

Be prepared to stay in your home longer.

Before it becomes an emergency, look around your home and think about what you can do now to prepare for tomorrow. Use the space below to make your own “Honey, do” list of things to be proactive, prevent falls or accidents, and successfully stay in your home longer.

Entryway/Driveway/Garage Entrance:

1. _____
2. _____
3. _____

Kitchen:

1. _____
2. _____
3. _____

Bathroom:

1. _____
2. _____
3. _____

Bedroom:

1. _____
2. _____
3. _____

Living Room/Hallways:

1. _____
2. _____
3. _____

Some ideas to get you started:

Entryway/Driveway/Garage Entrance:

- Is there a handrail for steps or ramps?
- How will you get into and out of your home if you can't manage steps? If you require a walker?
- Would an ambulance be able to pull into your driveway if needed?
- Do you have adequate lighting to prevent tripping? Is it motion activated?
- Do you have arrangements for someone to take care of outdoor tasks like mowing, shoveling, and any landscape projects?

Kitchen:

- Are you able to reach necessary items for cooking and serving food?
- If you need to use a walker, will you still be able to access what you need?
- Are heavier items stored at counter level to prevent dropping or injury from reaching or lifting?
- Do you have a fire extinguisher in your kitchen, and are you comfortable using it?
- Are you able to get to items in the back of your refrigerator? Your freezer?
- Is your pantry well-stocked? Do you have a plan for how to restock when needed?
- Do you have a safe and organized way to store your medications when you need refills?

Bathroom:

- Are you able to safely get yourself onto and off of the toilet? Will you be able to if you require a walker?
- Is your toilet high enough to safely get onto and off of? Do you need handrails?
- Are you able to get safely into and out of the shower or bathtub?
- Is your shower/bathing facility safe? Consider the necessity for:
 - A shower chair
 - Hand-held shower wand
 - Safety grab bars to prevent slipping
 - Nonslip surfaces
 - Assistive devices to help with bathing
- Is your water heater set at a safe temperature of less than 120F? Sensation loss can lead to burning if your water heater is too hot.
- Are your hot and cold water taps clearly labeled in a way you'll be able to recognize even if you're not wearing your glasses?

Bedroom:

- Do you need an adaptive bed that can elevate the head or foot?
- Is your bed at a good height so you can safely get in and out?
- Do you have a bedrail or handle to help with moving in bed and getting out of bed?
- Do you have somewhere to sit when getting dressed?
- Are your clothes stored in a way that you'll be able to reach them, not too high or too low?
- Would it help to have adaptive devices like a long shoehorn or sock assistive device to help with getting dressed such as a reacher/grabber?
- Do you need a bedside commode to prevent falls or incontinence in the night?
- Do you have clear walking pathways free of trip hazards?
- Do you have adequate lighting that can be turned on and off from the bed?
- Do you have a nightlight or voice-activated light source?
- Are your bedroom or other storage areas free of excessive clutter that could cause trip hazards?

Living Room/Hallways:

- Are all your walkways clear of any trip hazards like rugs or cords?
- Do you have chairs that are of a height and with arms that you'll be able to comfortably get into and out of with limited mobility? Are they heavy enough to not move when you're getting in or out?
- Are walkway paths wide enough to accommodate a walker?
- Do you have adequate lighting that is able to be manipulated from your primary chair or is voice activated?
- Do you have light-colored walls that will increase ambient light in the room and increase visibility?
- Do you have handrails where necessary?
- Do stairways have sturdy handrails?
- Consider flooring: natural stone or hard tile can cause greater injuries in the case of a fall.