

SENIOR HOME SAFETY TIPS

PREMIER
home health care services, inc.



FALL PREVENTION

Secure or remove all rugs and any other opportunities that could cause a fall. Install grab bars and non-slip rugs where necessary. Be sure all stairways have handrails or other appropriate guidance.

AWARENESS OF ROUTINE

Be sure your loved one is aware of the daily routine and post any calendars, plans of care or other reminders conspicuously.



WELL LIT ROOMS

Ensure good lighting in all entryways, stairs and other frequently used rooms. Keep bathrooms and hallways lit at night.

EASE OF ACCESS

Provide your loved one with an emergency call button if necessary while also keeping emergency phone numbers in a conspicuous area.



EMERGENCY PLAN

Check your alarms and detectors regularly, make sure there is an updated emergency exit plan and review it with your loved one.

HOT OR COLD

Make sure faucets and other applicable appliances are labeled clearly as hot and cold.



MEDICATIONS

Be sure to properly organize and store medications and schedule refills as needed.

FRIENDLY VISITS

Schedule frequent visits from friends, family and neighbors.

