

Home Safety Checklist

Preventing Falls When Grandma & Grandpa Come to Visit

BrightStar Care[®]
HOME CARE | MEDICAL STAFFING
A Higher Standard



LIVING ROOM

- ___ Rearrange sofas, ottomans, or coffee tables to create a clear path of entry.
- ___ Add some extra height by securing a cushion to your loved one's seat for easier sitting and standing up.
- ___ Clear away electric cords, toys, rugs, and other items that may be on the floor.



BATHROOM

- ___ Make sure there is easy access to toilet paper.
- ___ Leave out soap, towels, and other bathroom necessities in easy-to-reach places.
- ___ If staying for a longer period of time, install a grab bar or place a non-skid bath mat in the tub or shower.



BEDROOM

- ___ Make sure the room's lights can be turned off and on from bed, like a lamp with switch.
- ___ Place a flashlight and any necessary remote controls on the nightstand for easy access.
- ___ Designate a space (out of reach for children) to organize any medications.



OTHER TIPS

- ___ **Keep Your Home Well Lit:** Maybe it's opening some curtains or turning on an extra light, but making sure your senior can see where he or she is going is important. In the evening, place nightlights in darker hallways.
- ___ **Secure Rugs:** Some living area rugs or welcome mats can be slippery. It is best to remove them completely while your senior guest visits, but if the rug is necessary, smoothly tape down the edges or use non-skid carpet mesh.
- ___ **Clear Away Obstacles:** Creating unobstructed walkways is key to preventing falls for elderly visitors. Whether it's your child's bike in the driveway, toys in the living room, or grocery bags on the kitchen floor, be sure to put away anything that may be in your loved one's walking path.
- ___ **Watch for Small Children and Pets:** Your kids and pets probably can't wait to see grandma and grandpa, but make sure the extra excitement doesn't lead to a fall. For example, ask your small child to wait until grandpa is seated to jump up on the sofa with a book, or temporarily place an active pet in another room while grandma is walking up the stairs.

Learn more about home safety and care when you contact a BrightStar Care location near you.

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