



Hackensack Meridian  
Jersey Shore University  
Medical Center

# IN-HOME PREVENTIVE HEALTH CARE PROGRAM

## HOME SAFETY CHECKLIST FOR OLDER ADULTS



Did you know? 1 in 4 older adults age 65+ fall each year in the United States, with approximately 1 out of 5 fallers sustaining a serious injury. Making small changes in your home can decrease your risk of accidents and falls. Place a checkmark (✓) for each item as you make changes that can keep you healthier and safer in your home.

### Lighting

- Place night lights in bedroom, hall, and bathroom.
- Have light switches accessible at room entrances.
- Eliminate glare with window shades.

### Floors

- Remove throw rugs, rugs without a slip-resistant backing, and extension cords.
- Keep pathways clear of furniture and clutter.
- Secure all carpet edges.

### Stairs

- Have light switches at the top and bottom of stairs.
- Install sturdy handrails.
- Mark top and bottom steps with bright paint or tape.
- Keep stairs in good repair and free of clutter.

### Footwear

- Wear proper fitting shoes with low heels and non-slip soles.
- Avoid wearing stockings and slippers without soles.

### Telephone

- Have telephone in easy to reach location.
- Keep a list of emergency numbers near telephone.
- Consider utilizing a fall alert device and/or plan a telephone check-in with family and friends.
- Use large, easy-to-read numbers or voice amplifiers if necessary, on the telephone.

### Bathroom

- Install grab bars in tub/shower and by toilet.
- Use rubber mat in tub/shower.
- Use a shower chair and/or hand held shower nozzle.
- Remove door lock to ensure access in an emergency.
- Set thermostat on water heater at 120° or less.

### Kitchen

- Mark stove controls so “off-on” settings are clear.
- Store frequently used items on accessible shelves.
- Wipe up spills right away (even small ones).



### **Yard and Entrances**

- Repair cracks in pavements and holes in lawn.
- Install adequate lighting for walkways.
- Install and use dead-bolt locks on outside doors.
- Install wide-angle peepholes on outside doors.
- Keep entrances and pavements clear of snow and ice.

### **Medications**

- Use medications as directed.
- Never take someone else's medication.
- Always verify the medication before you take it.
  - Don't take medication in the dark.
- Keep medications out-of-reach of children and others who may misuse them.
- Promptly dispose of outdated and medications no longer used.
- Renew/refill your medications ahead of time so you don't run out of medicine.

### **Crime Prevention**

- Lock all doors and windows when away from home.
- Keep valuables out of easy view.
- Be aware of telephone fraud. Never give your credit card or social security number over the telephone.

### **Fire Protection**

- Install smoke detectors and check batteries regularly.
- Plan an escape route to exit bedrooms quickly.
- Never smoke when tired or lying down.
- Don't leave burning candles unattended.
- Inspect furnace and chimney every year.
- Replace frayed or cracked electrical cords.
- Check and maintain heating and cooling units to prevent fires.

### **Firearms**

- Remove ammunition from guns before storing them.
- Store guns and ammunition separately in locked cabinets.

### **Miscellaneous Suggestions**

- Wear a medical ID bracelet.
- Always wear a seat belt when riding or driving a vehicle.
- Be alert to dangerous weather situations.
- Wear sunscreen, hats, and long sleeves to prevent sunburn.

### **CONTACT US:**

(Classes, Information and More!)  
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