



Home Care Tip:

Pay attention to what seniors mention as concerns. Watch as they perform activities to see what causes them to hesitate. Use what you notice to guide your home modification priorities.

Discharge Home Safety Checklist

Throughout the Home

- Install pull or lever handles instead of door knobs
- Add lighting strips along floor & next to switches
- Rearrange furniture to create clear walk pathways

Hallways

- Add nightlights & light switches for dark hallways
- Install low rails for support along the walls
- Remove loose rugs and other tripping hazards

Bathrooms

- Install grab bars in and around the shower & toilet
- Add easy-access, waist-height shelving for storage
- Place non-slip pads on tub floors & wet surfaces
- Lower water heater temperature to 120°F

Main Living Spaces

- Add more lamps behind and around furniture
- Remove curtains and replace with blinds
- Adhere cords and wires to walls

Kitchen

- Move heavy and often-used items to easy-to-reach
- Add lighting wherever possible
- Use table for prepping vs. tall countertops

Bedrooms

- Place easy-to-use lights on each side of the bed
- Install bed rail for support (getting in & out of bed)
- Add pillows/pads for sharp edged headboards
- Swap items from drawers/high bars to easy shelving



Change Home Habits for Safety

- Use smaller, wheeled laundry baskets
- Put remotes in easy-to-reach containers
- Place lights on one switch for ease & illumination
- Make towels accessible for cleaning spills quickly
- Establish cleanup routines to reduce overwhelm
- Keep track of medications in a weekly pill box
- Relocate bedroom main floor for one-floor living
- Use automatic food & water dispensers for pet(s)
- Sit down before bending over when attending pet(s)

