



## Outdoors

- Place motion sensor lights around outside of home
- Keep walkways clear of gravel and debris
- Provide handrails along walkways leading to doorways
- Keep tools, equipment, other objects put away – hoses coiled and stored

## Stairs and Steps

- Install handrails on both sides of stairways and ramps
- Make sure light switches are at both the top and bottom of the stairs.
- Provide enough light to see each step and the top and bottom landings.
- Keep flashlights nearby in case of a power outage.
- Do not leave objects on the stairs.
- Consider installing motion detector lights, which turn on automatically and light your stairway.
- Put nonslip treads on each bare-wood step.
- Do not use patterned, dark, or deep-pile carpeting. Solid colors show the edges of steps more clearly.
- Do not place loose area rugs at the bottom or top of stairs.

## Bathroom

- Install grab bars on the bathroom walls near the toilet and along the bathtub or shower.
- Place a slip-resistant rug adjacent to the bathtub for safe exit and entry.
- Mount a liquid soap dispenser on the bathtub/shower wall.
- Place nonskid adhesive textured strips on the bathtub/shower floor.
- Use a sturdy, plastic seat in the bathtub if you are unsteady or if you cannot lower yourself to the floor of the tub.
- Stabilize yourself on the toilet by using either a raised seat or a special toilet seat with armrests.

## Bedroom

- Place a lamp and flashlight near your bed.
- Install night-lights along the route between the bedroom and the bathroom.
- Sleep on a bed that is easy to get into and out of.

## Living Room

- Keep clutter out of pathways between rooms.
- Remove low coffee tables, magazine racks, footrests, and plants from pathways in rooms.
- Install easy-access light switches at entrances to rooms so you won't have to walk into a darkened room in order to turn on the light. Glow-in-the-dark switches may be helpful. Consider motion sensor switches or audible-control sensors.

- Secure loose area rugs with double-faced tape or slip-resistant backing. Recheck these rugs periodically.
- Keep electric, appliance, and telephone cords out of your pathways, but don't put cords under a rug. Use wireless telephones.
- Eliminate wobbly chairs, ladders, and tables.
- Do not sit in a chair or on a sofa that is so low it is difficult to stand up. Consider replacing low chairs with auto-rise chairs that assist standing.
- Place low-pile carpeting over concrete, ceramic, and marble floors to lessen the severity of injury if you fall.

## Kitchen

- Remove throw rugs.
- Immediately clean up any liquid, grease, or food spilled on the floor.
- Store food, dishes, and cooking equipment at easy-to-reach waist-high level.
- Don't stand on chairs or boxes to reach upper cabinets. Use only a step stool with an attached handrail so you are supported.
- Repair loose flooring.
- Use nonskid floorwax.
- Consider removing stove, oven and other heated-element appliances and replace with microwave.
- Monitor use of sharp implements and remove if use becomes dangerous.
- Perform major cleaning in kitchen regularly or have a service keep this room clean and safe.

## Laundry

- Strive to have laundry services provided for your loved one.
- If laundry is to be done, be sure room is well lighted.
- Keep floor clean and moisture-free
- Keep cleaning supplies in easy reach. (the use of pre-measured packets will reduce the potential for spill and misuse of chemicals)
- Keep dryer clean and lint free. Do not encourage the use of laundry lines – lifting and possible climbing is dangerous)

This list is a compilation of suggestions from agencies dealing with the elderly.

Prepared by



*The Caregiver Foundation*

Visit

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95-099 Lauaki Pl.  
Mililani, HI 96789  
(808) 625-3782