



'Aging in Place' *Home* Safety Tips

Remain home and safely 'Age in Place' with a debilitating health issue or after a recent surgery. Help to eliminate any additional risks for injury with the following safety checklist.

1. Remove throw rugs from walkways and always pick up your feet as you walk.
2. Use a cooking timer, especially if you leave the kitchen while the stove/oven is on.
3. Keep all flammable items away from the stove/oven, including shirt sleeves and dish towels.
4. Rearrange shelves and counters to keep frequently used items within easy reach.
5. Use a non-skid bathmat and handrails as you take your time getting in or out of the tub/shower.
6. Keep phones and emergency numbers easily accessible in each room of the house, and by your bed.
7. Keep the house brightly lit: use the right wattage bulbs and nightlights.
8. If you live alone, keep daily contact with friends and/or family.
9. Use a pill organizer and/or a journal to keep track of daily medications.
10. Call your physician if you do not feel well or if you have questions about medications.
11. If you use a walker, do not carry items -- use a rolling cart, walker basket or bag.
12. Place electrical cords safely away from walkways - under rugs, furniture, along the walls or baseboards.
13. Never stand on a chair, box or other unstable object to reach something.
14. Never place anything on the stairway. Use railings and take your time on the stairs.