

Your Checklist:  
*Home Safety for  
Older Adults*



*R***RABELLA**  
OF LONGVIEW



## *How safe is living at home?*

Many older adults opt to “age in place,” or remain in their homes. However, a safe living environment is crucial, addressing worries about accessibility, mobility, and falls, not to mention social isolation and a lack of communication. Use this checklist to see if you or your loved ones’ home is prepared for the future. Then feel free to contact us and allow us to help with any questions.

### **BATHROOM**

- Grab bars in shower/tub and by toilets
- Non-slip mats
- Raised toilet seats
- Hot and cold faucets clearly labeled
- Bath seating or a shower stool
- Open and easy-to-navigate layout
- Bathroom essentials easy to reach
- Install bedside toilet if necessary

### **KITCHEN**

- Working smoke detectors
- Easy-to-reach cabinets and cupboards
- Easy-to-access fire extinguisher
- No expired food
- Auto shut-off device on stove
- Cleaning supplies stored separately

### **BEDROOMS**

- Lights accessible and easy to use
- Low-profile bed for easy accessibility
- Night light installed
- No loose rugs or laundry on floors
- Clear doorway/pathways of clutter
- Phone and charger near bed
- Remove door locks to avoid accidents
- Install bed guard rail if necessary

### **GENERAL**

- Unstable furniture removed
- Medication properly labeled; expired disposed of
- Medical alert bracelet or pendant
- Wheelchair, cane, or walker available
- Cords/cables out of pathways
- Emergency information easily accessible
- Heating/air conditioning works
- Set up 911 speed dial on phone
- Uneven floor surfaces leveled
- Cluttered floors and tabletops decluttered



**Independent Living: 1133 E Hawkins Pkwy, Longview, TX 75605 | 903-984-8839**

**Assisted Living & Memory Care: 1155 E Hawkins Pkwy, Longview, TX 75605 | 903-663-8886**

**[ArabellaLongview.com](http://ArabellaLongview.com)**

As a trusted part of the senior living industry, we are happy to share our expertise and connect you with one of our local professional partnerships to help guide you and answer your questions. Please feel free to contact us and see how we can help.



**SCAN TO CONTACT US**



FACILITY ID# 106015