



Elderly Home Safety Checklist



GENERAL

- Ensure items that are used daily are within reach and easily accessible
- Replace rugs with curled edges with non-skid rugs
- Replace round door knobs with door handles or levers
- Ensure cords and cables are secured and out of footpath
- Remove clutter and debris from walkways and living spaces



KITCHEN

- Keep a fire extinguisher available & easy to access. Have it serviced regularly
- Pack food and crockery in cupboards that are easy to access
- Stock up on healthy ready-made/low-prep meals
- Choose appliances with automatic shut-off functionality
- Cleaning products should be clearly marked and stored away from food



BATHROOM

- Install grab bars in the shower or bath
- Install a bath or shower chair
- Use multiple bath mats with non-skid backing on the flooring & bath/shower
- Remove locks from doors for easier access in case of an emergency
- Install a toilet seat raiser with handles



PASSAGE & STAIRWELL

- Install handrails on both sides of the stairway
- Use motion censored lighting along passages and stairs
- Use non-slip edges or carpet runners on stairs
- Ensure outdoor pathways, stairs and railings are sturdy
- Keep a spare set of keys with a trusted family member or neighbour



BEDROOM/S

- Keep the phone and charger are within reach of the bed
- Ensure that lights switches and battery or solar operated lights are easily accessible
- Keep extra blankets within reach
- Install good quality bed raisers and/or bed rails
- Use a night light



Tailored home care & support for seniors

Peace of mind that you or your loved one's physical safety and emotional wellbeing are cared for in their own home.

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