

# Living Well Tip of the Week

Nearly 1 in 4 U.S. households are now providing care to a relative or friend aged 50 or older (AARP)

## Home Safety Checklist for an Aging Loved One

### Throughout the Home

- ✓ Are all areas well lit? Are switches easy to operate?
- ✓ Is a telephone accessible at all times?
- ✓ Are outside doors protected by security locks that can be easily operated?
- ✓ Are batteries to smoke & carbon monoxide detectors replaced on a regular basis?
- ✓ Are floors & stairs kept free of cords & loose objects?

### Bathroom

- ✓ Is safety equipment properly installed?
- ✓ Do the tub and shower have non-slip surfaces?
- ✓ Is the hot water heater set to prevent scalding?

### Kitchen

- ✓ Can frequently used items be reached without using a chair or stool?
- ✓ Is a fire extinguisher within easy reach of the stove?
- ✓ Is there a work area where a person can sit while preparing food?



For Eldercare information and resources go to [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut), click over “Health Topics” then type “Eldercare” in the search engine.