

How to Make a Home Senior Friendly



1. Are sturdy railings or banisters securely placed along each stairway?
2. Are stairs, halls, and exits free of clutter?
3. Are throw rugs eliminated or fastened down?
4. Are electrical cords in good condition?
5. Are nightlights placed in the bedroom-bathroom area and in the halls? Wiring should not be frayed or stripped. Do not run electrical wire under carpet. Keep telephone wires away from walkways.
6. Is furniture arranged to allow free movement in heavy traffic areas?
7. Are often-used items stored in spaces that are easy to reach?
8. Are panhandles turned toward the back of the stove when in use?
9. Are potholders used, not apron corners and dish towels, when cooking?
10. Are grease and liquids wiped up immediately after spilled?
11. Are cleaning fluids, polishes, bleaches, detergents and all poisons stored separately and clearly marked?
12. Are grab bars installed in the bathtub and shower and at the toilet?
13. Are non-slip rubber mats placed in bathtub and shower?
14. Is water temperature checked with hand before showering or bathing?
15. Is a first-aid kit available at all times?
16. Are medicines clearly labeled and placed where the person knows where they are?
17. Is a lamp or other light located within easy reach of the bedside?
18. Are hazardous tools and firearms kept locked up?