



CAREGIVER SUPPORT TOOL

HOME SAFETY & FALL PREVENTION

PRIVATE DUTY
HOME CARE

Vision

- Keep glasses clean.
- Have your eyes checked yearly.

Blood Pressure

- If you feel lightheaded or dizzy when getting out of bed or standing - stay seated until you feel better.

Medication

- Take your medicine the way your doctor ordered.
- Talk to your nurse with any questions about your medications.
- Destroy out-of-date medications and those which are no longer being used.

Walking Aides

- Use your equipment at all times as ordered by the doctor (for example; walker, cane, wheel chair, grab bars in the bathroom, bedside commode, etc.).

Footwear

- Wear shoes that fit right.
- The best kind of shoes is non-skid with a low heel.

General Environment Safety

- Remove throw rugs and keep pathways clear of obstacles.
- Keep all areas of the home well lit and use night lights in the bedroom, hallways, and bathroom.
- Have a telephone close by at all times and keep a list of emergency numbers next to the phone.
- Consider having a Personal Emergency Response System installed in case of an emergency.

Bedroom Safety

- Keep glasses and walking aides close to the bed.
- Have beds and chairs near lamps or light switches.
- Keep a flashlight nearby in case the electricity goes off.
- Avoid long robes and/or pants that you may trip over.

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Bathroom Safety

- Have grab bars installed next to your toilet and in the tub or shower.
- Make sure toilet seats and sinks are secure.
- Use rubber mats with suction cups or non-slip rubber backs in the tub or shower.
- Use an elevated toilet seat if necessary.

Kitchen Safety

- Place items at hip or eye level.
- If you have a reacher, use it.

Stair Safety

- Turn on a light when going up and down steps.
- Make sure carpeting is secure.
- Use handrails.
- If you do not have a handrail, have one installed.

Fire Safety

- Keep a fire extinguisher in the kitchen.
- Install smoke detectors on every floor of the home.
- Keep space heaters away from flammable materials.
- Be sure that extension cords are not overloaded and that wires are not frayed.
- Have an emergency exit plan and stickers for the windows.