



"To be a caregiver is one of life's great challenges, great honors, and great blessings"

- Mr. Eldercare 101

Mr. Eldercare 101™ works with caregivers to provide the absolute best care available to their aging loved ones while simultaneously caring for themselves, their families, and their livelihoods.

AS FEATURED ON:

Derrick Y. McDaniel

NATIONAL SPEAKERS ASSOCIATION

ELDERCARE
THE ESSENTIAL GUIDE TO CARING FOR YOUR LOVED ONE AND YOURSELF
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- Nearly 2 out of 3 elderly hospitalizations are due to unintentional overdoses.
- One 1 of 3 older people fall each year (less than half tell their doctors).
- Each year 2.5 million older people are treated in emergency departments for fall injuries.
- The elderly are 7 times more likely to be admitted to hospitals after an emergency room visit

HOME SAFETY CHECKLIST SAFETY CRITERIA

GENERAL:

- Is the home free from bugs, mice and/or animal waste?
- Are materials stored safely and at a proper height?
- Are inside halls and stairways free of clutter/debris?
- Are there sturdy handrails or banisters by all steps and stairs?
- Are electrical cords unfrayed and placed to avoid tripping?
- Are electric outlets/switches overloaded (e.g. warm to the touch)?
- Are hazardous products labeled and kept in a secure place?
- Is there a need for a stool to reach high shelves/cupboards?
- Is smoking paraphernalia handled safely (e.g. cigarettes put out)?
- Does anybody smoke in homes where oxygen is in use?
- Are all animals, on site, controlled?
- Can your loved one hear the telephone ring & doorbell – turn up ringer
- Are rugs either removed or secured around the edges

EMERGENCIES:

- Is there an emergency plan in place?
- Are working smoke and carbon monoxide detectors installed?
- Is there a “ready-to-use” fire extinguisher(s) on the premises?
- Does the person wear an emergency response necklace/bracelet?
- Are emergency numbers posted near the telephone – written in large print
- Is there an “Emergency Folder” containing medications & dosing, contacts, medical instructions etc. clearly marked, visible and updated.

ENTRANCE TO HOME:

- Are there outside lights covering the sidewalks and/or other entrance ways?
- Are the steps & sidewalks in good repair and free from debris or material?
- Are the railings on the steps secured?
- Is there a functional peephole in the front door?
- Does the door have a deadbolt lock that does not require a key to open it from the inside (unless client has a tendency to wander)?

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