



Derrick Y. McDaniel works with caregivers helping them to provide the absolute best care for their elderly loved ones while simultaneously caring for themselves, their families, and their careers.

Mr. Eldercare 101

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HOME SAFETY CHECKLIST

- 1 out 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.
- Nearly 2 out of 3 elderly hospitalizations are due to unintentional overdoses.

SAFETY CRITERIA

GENERAL

- Are rugs either removed or secured around the edges?
- 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 controlled?
- Can your loved one hear the telephone ring, doorbell, and smoke / carbon monoxide alarms?
- Is the home free from bugs, mice and/or animal waste?

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 materials?
- 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 person has a tendency to wander)?