

Visiting Homecare Checklist

Inside Home Checklist

Entrance

- Ensure walkway is uncluttered and doorway accessible.
- Provide safe entry into the house or apartment with secure railing present.
- Provide viewing of visitors prior to entry when possible.
- Secure doors to outside with double key locks, or high or low locks.

Living Area

- Furnish with chairs/sofas that can safely get up/down.
- Adapt seating with additional firm cushions to raise seat.
- Provide auto raising lift chair to assist getting up when necessary.
- Be certain safe opening/closing of windows or key locked windows installed.
- Ascertain ability to operate the television and light switches.
- Keep cords out from under carpeting and furniture and clear of walkways.

Kitchen

- Maintain appliances in working order.
- Ascertain ability to manipulate sink faucets with hot water temperature settings reduced.
- Make sure electrical cords aren't dangling near water.
- Ascertain ability to open/close refrigerator/freezer/stove door/ and cabinets.
- Ascertain ability to reach dishes, pots, utensils, and outlets.
- Store sharp objects are safely away.
- Keep flammables away from the stove area.
- Remove small non-food items that could be swallowed.
- Cover stove burners, remove knobs/shut-off valves/ and install auto-pilots when needed.
- Unplug or put away kitchen appliances not in use.
- Disconnect or camouflage garbage disposals.

Stairways

- Widen treads or shorten risers.
- Replace outdoor stairs with ramps.
- Install sturdy handrail or grab rails along both sides of stairs.
- Put reflector tape on edge of treads.
- Install barriers or gates at stairs if needed.
- Provide adequate lighting and ensure steps are free of clutter.

Bedroom

- Locate bedroom near bathroom or furnish bedside commode.
- Use night-lights to provide nighttime orientation.
- Ensure safe transfer in/out bed and remove bed frame if bed is too high.
- Rent or purchase a hospital bed if needed.
- Supply bumpers or padding to surround bed if needed.
- Install reverse locks on doors when needed.
- Use monitor to listen to activity especially at night.

- Remove carpeting if incontinence becomes a problem
- Install room darkening blinds or shades when needed.
- Be certain that phone and light is accessible from bed.
- Be certain that clothes in the closet/dresser are reachable.

Bathroom

- Install grab rails in tub or shower.
- Provide a tub bench or tub chair for sitting in tub.
- Install hand held shower nozzle.
- Remove any scatter rugs and furnish bath mat and non-skid strips in tub.
- Replace glass shower doors with unbreakable plastic.
- Install grab bars, safety frame, and/or raised seat on or near toilet
- Lock up razor blades, sharp objects, and store away electrical devices.
- Be certain that light switches, outlets and toilet paper are accessible.