

Elder Care Checklist

By Campbell Rodriguez

☐ Housing

- ☐ Determine whether the elderly person can continue living at home.
- ☐ Prevent the elderly person from being injured by carefully examining all areas of the home to identify potential problems.
- ☐ Replace throw rugs or floor runners not made with slip resistant backing.
- ☐ Install carbon monoxide and smoke detector on each floor of the home.
- ☐ Make sure that flammable items are placed away from the kitchen stove.
- ☐ Check that hallways and stairwells are well lit.
- ☐ Place nonskid mats and apply textured strips to any slippery surfaces in the bath and shower area.
- ☐ Mount sturdy grab bars near the bathtub, shower and toilet areas.

☐ Driving

- ☐ Make sure that the elderly person does not appear drowsy or confused when driving.
- ☐ Make sure that the elderly person does not have difficulty turning his head, neck or shoulders when driving or parking.
- ☐ Suggest that the elderly person only drive in the daytime to familiar places not far from home.
- ☐ Suggest that the elderly person does not drive alone.

☐ Emergencies

- ☐ Make sure the elderly person knows what to do in the event of an emergency.
- ☐ Make sure the elderly person has access to a telephone from different locations within the house.
- ☐ Consider contracting a medical alert system that provides emergency response services for elderly who live alone.