Elder Care Checklist

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# Tasks:

☐ **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.**