

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.