

Home Access and Safety



HOME SAFETY

Listed below are recommendations to allow for easy access and maneuvering in the home to prevent falls and increase independence. Please feel free to print a [Safety Checklist Worksheet](#) to see how your home environment looks.

- Keep heavy traffic areas free from clutter.
- Remove extension cords from walkways to prevent tripping.
- Tape down any extension cords or raised areas in carpeting.
- Remove small rugs and runners to prevent falls; if you have throw rugs, they should have a non-skid rubber backing to keep them secured in place.
- Have good lighting throughout the home, especially in heavy traffic areas, stairs and halls.
- Avoid patterned or dark carpeting on stairs/steps, patterns in carpet are helpful on stairs/steps high in contrast solid colors in flooring/carpet and on steps.
- Ensure stairways have sturdy handrails on both sides.
- Discourage pets from resting and sleeping on stairs/steps.
- Remove pets when moving about to prevent them from getting in the way.
- Use "glow switches" for easy access to light at night.
- Remove all unstable furniture to prevent from holding on to unstable surfaces; use given device instead (e.g., walker, cane).
- Do not wax or polish floors as they may become slippery.
- Use electric garage door openers.
- Keep keys to heavy machinery out of reach.
- Do not sleep with a heating pad or electric blanket to prevent burning/fires.
- Adjust the thermostat on the hot water heater to 120 degrees to prevent burns due to impaired sensation.
- Keep car keys out of reach.
- Remove any harmful weapons (guns, knives).

For more information on home accessibility and safety devices please print the **General Home Safety Devices resource**.

For more information on bedroom adaptive devices please print the **Bedroom Safety Devices resource**.

FIRE SAFETY

- Check for fire hazards and fireproof your home.
- Prevent access to radiators or portable heaters.
- Install fire extinguishers and smoke detectors and learn how to use them.
- Make a fire disaster evacuation plan and practice with your loved ones.
- Alert the fire department about your family member's special safety needs.

BATHROOM SAFETY

- Place toilet paper in reach to prevent falls.
- Keep bathroom cleaners in a safe place.
- Install grab bars in the bathroom to prevent falls.
- Keep bathroom well-lit and use night lights.
- Remove locks on bathroom doors in case of emergency/for supervision purposes.
- Use nonskid mats in the tub or shower to prevent falls.
- Keep medicine bottles safely stored and clearly labeled.
- Use therapist recommended bathroom equipment.

Please print the **Bathroom Safety Devices resource** for more information on bathroom equipment.

Please see the **Bathroom Equipment resource** for more information on adaptive bathroom equipment.



KITCHEN SAFETY

- Supervise person when cooking or using sharp objects in the kitchen.





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- Have good lighting near stove and sink areas and use when preparing meals, cleaning and cooking.
- Keep oven mitts nearby when cooking to prevent burns.
- Make sure any spills are cleaned up to prevent falls.
- Remove knives or store them in a safe area.
- Keep fire extinguisher close by.
- Keep a well-stocked first aid kit close by.
- Remove counter clutter to reduce confusion.
- Safeguard appliances (toaster, coffee maker, blender, etc.) that could be dangerous.
- Insulate/cover water pipes and drain lines to prevent burns.
- Store frequently used items in easy reach.



For more information on adaptive kitchen equipment, please print the **Kitchen Safety Devices resource**.

OUTDOOR SAFETY AT HOME & IN THE COMMUNITY

- Keep lawn and garden tools safely stored.
- Keep outdoor poisons locked up.
- Supervise near pools or other water.
- Keep yard surfaces even to prevent falls.
- Supervise when outdoors to prevent getting lost in crowds.
- Keep outside areas well lit.
- Alert neighbors of general safety needs.
- Enclose yard to prevent wandering or getting lost.
- Use lawn furniture that is sturdy and durable to prevent falls.
- Ensure that small pets do not get under foot when walking.
- Restrain large pets that may jump to prevent loss of balance.
- Keep walkways clear of snow, ice, loose gravel, toys and lawn equipment.