



# SAFETY CHECKLIST FOR YOUR ELDERLY PARENT

Most Australians want to stay independent and live in their own home for as long as possible as they get older. Home care can help your parent(s) stay in their own home for longer.

To ensure their safety some home adjustments may be required for them to be safer.

# TOP SAFETY CONCERNS TO CONSIDER

There are several safety concerns that must be addressed for older people to safely remain in their homes as they age.

## Eating the Right Foods

Food and nutrition are two of the most significant and fundamental safety issues. It may be challenging for some older people to cook for themselves, depending on physical and cognitive abilities.

Operating devices in the kitchen can often be a barrier to a healthy diet for our elderly.

Loss of dexterity and mobility or cognitive function can make it more difficult to perform simple tasks such as switching on the stove, opening jars and boxes or operating a microwave.

## Falls

One of the main safety issues for the elderly is a risk of falls.

Falls are the major cause of lethal and non-fatal injury among adults 65 years of age and older. For various reasons, falls can occur, and safety risks are often concealed in fundamental household products such as furniture, rugs, or animals.

Besides physical objects that cause a danger of tripping and falling, many medicines that older people take have side effects and can make them dizzy in the morning when they first get out of bed.

## Forgetfulness

Tasks related to keeping up the home can become difficult as age progresses.

Cognitive issues can lead to forgetfulness, like paying bills on time, maintaining appointments and managing medicines.

If an elderly person misses a dose of medication or mixes prescriptions, this can lead to confusion and further complications.



# SAFETY CHECKLIST

It takes a few simple changes to make the home a safer environment for your loved one.



## 1. Create a support system

One of the most important things that the elderly staying at home can do is make sure that they have regular communication with family, friends or someone who can help them with maintaining their health and their home.

It's important for the elderly to have a strong social network of friends, family or neighbours. Having daily contact with someone creates a support system in times of need.



# Making Your Life Wonderful

## 2. Maintaining the home and garden

Hiring someone to assist with home maintenance can help keep the property in good and safe repair.

Getting help with handling bigger, more physical tasks of lawn mowing, weeding, cleaning and other routine maintenance tasks will remove the burden of care and keep people house proud.



## 3. Make the bathroom safer

The bathroom is often a place where falls and other accidents happen, but installing grab rails near the toilet, bath or shower can help assist balance issues when sitting or standing.

Shower chairs, stools, walk-in showers and non-slip mats also make the bathroom a much safer place.



# Making Your Life Wonderful

## 4. Remove trip and fall hazards

Mats and clutter on the floor, especially in walkways and items on the stairs can all be dangerous trip hazards.

If you want to keep floor mats, make sure the edges are well secured and move any loose electrical cords out of any paths of travel.



## 5. Brighten up the home

It's important to have good lighting throughout the home and placing a nightlight near the bedside and in the bathroom will help to avoid trip hazards.

As a truly Tasmanian not-for-profit organisation we know our local community and how we can deliver the best support to build and maintain our clients' independence.

This means they can spend more time getting out and about doing the things they enjoy.

Community Care TASMANIA is a multi-award winning specialist in home care provision across Tasmania. We exist to provide excellent individualised services that allow our clients to enjoy richness and a quality of life; age with dignity and respect; and live safely in their own home.

Our local team are experts in coordinating and delivering individual support and care services, including all your personal, social and community needs.

If your elderly parent receives a letter saying they have been assigned a Home Care Package you need to contact a service provider such as Community Care TASMANIA who can help you plan a budget and make suggestions about the best services to suit your parent(s) needs.

Our services:

- Personal care
- Meal preparation
- Shopping
- Domestic assistance
- Gardening
- Transport
- Social support
- Mobility aids
- Home modifications
- Case management and more

**Call us today to discuss your needs!**

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**Making Your Life Wonderful**