Home Safety

... is multi-faceted in today’s world.

As you begin your family conversation and start a plan, you may want to consider the additional needs of your loved one:

Frail, confusion, memory loss, blindness, hearing loss, mobility challenges, medical conditions needing additional support: insulin, oxygen, etc., pets

Physical building
Financial
Scams: phone/mail/internet/door to door
Identity theft
Medication
Travel
Pets
Disaster Plan

Websites

http://www.life123.com Home Safety Tips: How to Keep an Elderly Loved One Safe

http://www.seniorresource.com Checklist to Avoid Senior Falls


www.thehartford.com It Could Happen to Me: Family Conversations about Disaster Planning

www.thehartford.com The Calm Before The Storm: Family Conversations about Disaster Planning, Caregiving, Alzheimer’s Disease and Dementia

http://agingresearch.buffalo.edu/hssat/hssat_v3.pdf Home Safety Self Assessment Tool
# Home Safety Checklist

<table>
<thead>
<tr>
<th>Hazard</th>
<th>OK</th>
<th>No</th>
<th>Suggestion/Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bathroom</strong></td>
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<tr>
<td>Non-skid mats on floor and in shower</td>
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<tr>
<td>Ability to get off toilet easily</td>
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<tr>
<td>Grab bar in bathtub/shower (not towel rack)</td>
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<tr>
<td>Medications in original containers and clearly marked</td>
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<tr>
<td>Razor blades and other sharp tools stored away</td>
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<td></td>
<td></td>
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<tr>
<td>All electrical tools such as hair dryers, and curling irons, unplugged and put away</td>
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<tr>
<td>Single-level mixing faucet is used or faucet handles that are easy to grasp</td>
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<tr>
<td><strong>Bedroom</strong></td>
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<tr>
<td>Phone, lamp and emergency contacts listed are next to bed at an arm lengths distance</td>
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<tr>
<td>Nightlights are not touching any fabrics such as curtains or bedspread</td>
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<tr>
<td>No clutter</td>
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<tr>
<td>Lamps / extension cords are away from flow of traffic</td>
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<tr>
<td><strong>Doors/Windows &amp; Electrical</strong></td>
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<tr>
<td>All glass doors in the house contain decorative markers so they won't be mistaken as open doors</td>
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<tr>
<td>All window blind cords are tied with clothespins or specifically designed cord clips</td>
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<td></td>
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<tr>
<td>All unused outlets covered with safety plugs</td>
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<td></td>
<td></td>
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<tr>
<td>All major electrical appliances grounded</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>All electrical cords are properly installed (none broken or exposed wiring)</td>
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<tr>
<td>Checked for potential electrical fire hazards, such as overloaded electrical sockets and electrical wires running under carpets</td>
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<tr>
<td>No televisions, computers, or stereo equipment positioned against walls</td>
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<tr>
<td><strong>Heating &amp; Cooling Elements</strong></td>
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<tr>
<td>Chimneys have been cleaned recently</td>
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<tr>
<td>All electric space heaters are at least 3 ft from beds, curtains, or anything flammable</td>
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</tbody>
</table>
Home Safe Home®

Create a safer home by taking simple precautions.

Be prepared

- Have telephones in easy reach of both your bed and the place you sit most often.
- Place emergency phone numbers on or near every phone in your home.
- Buy a first-aid kit. Keep one in both your home and your car.

Avoid Fires

- Install smoke alarms and carbon monoxide alarms throughout the house. Test them periodically to make sure they work. Batteries should be changed at least once a year.
- Place fire extinguishers in the kitchen and other rooms. Make sure you know how to use them.
- Never smoke in bed.
- Turn off appliances when they are not in use.
- Run electrical cords along walls, not under rugs.
- Don't overload outlets and extension cords.
- Never store flammable liquids such as cleaning agents and paint supplies near heating units.
- Keep space heaters a safe distance from combustibles. Be sure to follow the manufacturer's guidelines.
- Have more than one escape route from your home. Practice these routes with your family.

A Recipe for Careful Cooking

- Keep flammable objects such as curtains, aprons and dish towels away from stoves.
- Never wear loose clothing near a stovetop while cooking.
- Never leave cooking unattended. Don't cook if you are drowsy.
- Heat oil slowly. Heating oil too quickly can easily start a fire.
- If a pan catches fire, carefully place a lid over the pan and turn off the heat. Leave the lid on until completely cool.
- Always clean appliances and surfaces after cooking to prevent grease buildup.
- Make sure handles on cookware are secure and always turned toward the center of the stove when cooking.
- Use a step stool instead of a chair to climb to a high shelf.

Avoid bumps, burns, bruises and falls

- Make sure staircases are well lit and have convenient switches and night-lights at the top and
Actions You Can Take To Protect Your Personal Information
by the Consumer Law Project for Elders

1. Remove your name from mail lists.
By Mail: Print out the on-line form or send a postcard or letter that includes your name, home address, signature and a statement that you would like your name to be removed from mail lists, along with a check or money order for $1.00 (to cover processing), to:
   Mail Preference Service PO Box 282 Carmel, NY 10512
By Internet: Go to http://www.dmachoice.org to link with the Direct Marketing Association (DMA) website. You must register with the DMA and provide a valid credit card number for identification purposes, but there is no charge for this service.

2. Put your name on the National Registry “Do Not Call” list.
By Phone: Call: 1-888-382-1222
By Internet: Go to http://www.donotcall.gov and fill out the registration form.

3. Remove your name from pre-screened credit offers.
By Phone: Call: 1-888-567-8688
By Internet: Go to www.optoutprescreen.com to fill out the opt-out form.

4. Remove your email address from commercial email lists. The Email Preference Service (eMPS) is available to companies for the sole purpose of removing your email address from their email lists. eMPS is a consumer service sponsored by the Direct Marketing Association (DMA). Although registration with eMPS will help reduce the number of emails you receive, it will not stop all commercial emails. The DMA does not provide marketers with consumer email lists for marketing purposes. Go to http://www.dmachoice.org/EMPS/ and fill out the registration form to remove your email address from national lists.

5. Put a security freeze on your credit files. A security freeze prevents the release of any information from your credit reports and remains in place until you lift it. In Connecticut a security freeze costs $10 to place and $10-$12 to lift or temporarily lift. Contact each of the 3 major credit reporting agencies below to find out how to place a security freeze on your file:
   Equifax 1-800-525-6285, www.equifax.com, PO Box 740241 Atlanta, Georgia 30374-0241
   Experian 1-888-397-3742, www.experian.com, PO Box 9532 Allen, X 75013
   TransUnion 1-800-680-7289, www.transunion.com, Fraud Victim Div. PO Box 6790 Fullerton, CA 92834

The Consumer Law Project for Elders provides free legal assistance to seniors 60 or over who have consumer questions or problems.

The Consumer Law Project for Elders
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1-800-296-1467

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