

# Senior House Audit

DONE	ITEM	CATEGORY	MORE INFORMATION
	Obtain a personal wearable device with an emergency alert button appropriate for the types of activities the senior is involved in.	Emergencies	<a href="http://www.seniorsmatter.com/senior-living/fall-monitoring-review/">http://www.seniorsmatter.com/senior-living/fall-monitoring-review/</a>
	Make a plan for evacuation in the event of an emergency such as a flood or a hurricane. Involve a third party if you live out of town.	Emergencies	
	Phone should be close to the bed, for emergency purposes.	Emergencies	
	A complete first aid kit should be organized in an easy to locate box or purchased as a kit.	Emergencies	<a href="#">First Aid Kit</a>
	A well organized list of numbers to call in an emergency should be in plain view.	Emergencies	
	All caregivers should be instructed on what to do in the event of an emergency. Who to call, where to go, etc.	Emergencies	
	Anyone involved in caregiving should know (and practice) the drive to the nearest emergency room.	Emergencies	<a href="http://www.seniorsmatter.com/senior-living/go-stay-kit/">http://www.seniorsmatter.com/senior-living/go-stay-kit/</a>
	There should always be a weather update or a weather alert device.	Emergencies	
	Make a plan with neighbors if possible to be on call in the ultimate emergency.	Emergencies	
	Caregivers should be properly trained in CPR	Emergencies	<a href="#">15% Off at CPR AED Course! Use coupon code CPRSECRET15 during checkout.</a>
	Have an disaster preparedness plan and a box or kit of necessary supplies, lights, blankets and discuss how these will be used and what procedures should be for communication.	Emergencies	
	Flooring: Must be dry and not slippery. Consider carpeting if possible. The floorboard must be even, without humps and without loose boards.	Fall Prevention	
	Flooring should be even with any considerable humps or loose boards.	Fall Prevention	
	The room should have adequate lighting. Observe it at night to look for shadows or dark corners that could be confusing.	Fall Prevention	
	Do stairs have handrails on both sides?	Fall Prevention	
	Consider locking off dangerous stairways.	Fall Prevention	
	Discard junk from hallways, doorways.	Fall Prevention	
	Remove unstable furniture that could be tempting to use for support.	Fall Prevention	
	If pets are in the home, consider putting bells or something on them to help to locate.	Fall Prevention	
	Discourage pets from laying in floors where a senior cooks.	Fall Prevention	
	Minimize the clutter under sinks and remove anything that is not necessary or poisonous.	Fall Prevention	
	Electrical wires, cables, extension cords should be put behind furniture and kept out of any area that someone may walk.	Fall Prevention	
	If thresholds on doors are high, consider changing if possible especially if inside.	Fall Prevention	

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	Any small changes in floor height or small steps not easily seen should be blocked off if a senior is unstable.	Fall Prevention	
	Are handrails installed properly without any possibility of coming out of wall.	Fall Prevention	
	Dispose of or store unneeded furniture.	Fall Prevention	
	Outdoor walkways that are used often should be leveled and repaired if necessary.	Fall Prevention	
	Limit the use of floor wax or other cleaning products that cause a floor to be slippery.	Fall Prevention	
	Chairs should be easy to sit in and rise from.	Fall Prevention	
	The room should be well-lit. It should not be dark. Everything must be visible to an elder's eyes.	Fall Prevention	
	Put nightlights around the house. Make sure that they turn on automatically.	Fall Prevention	
	Elders should be able to get in and out of bed easily. Use supports if necessary for steadiness.	Fall Prevention	
	Make sure there are grab bars or handrails even in the bedroom if the senior has any instability.	Fall Prevention	
	Evaluate the heating system. Is it safe? Is it easy to use?	Fire prevention	
	Make sure that any space heaters have the Underwriter's Laboratory label.	Fire prevention	
	Consider using an automatic shut-off stove for cooking if cognitive decline is apparent.	Fire prevention	
	If there is no air conditioning, make plans to stay safe on hot days.	Health	
	Lock poisonous or flammable items outside of the house.	Health	
	All rooms should be well-ventilated and with adequate lighting.	Health	
	If bottled water is used, make sure that delivery is scheduled properly so that the dispenser is always filled.	Health	
	Ensure that canned or boxed food is in the house for emergency backup.	Health	
	Engage a reputable exterminator to control pests.	Hygiene	
	Trash should be put outside daily if possible.	Hygiene	
	Fire extinguisher in kitchen	Kitchen	
	Smoke detectors around house	Safety	

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	Sprinkler system in multi-level residences	Safety	
	Planned escape route discussed and written for senior	Safety	
	Consider putting a thermostatic valve to control water temperature on sinks, tubs and showers.	Safety	
	Medications that are not taken on a daily basis should be separated with clear instructions on how to take.	Safety	
	Old medications should be returned to the pharmacy.	Safety	
	A peep hole should be installed in the door at a height where the senior can use it.	Safety	
	Entrances and exits must have an outdoor light but the senior should be cautioned about exiting alone at night or in inclement weather.	Safety	
	Test the smoke detectors every 6 months	Safety	
	Label any harmful chemicals, flammable and hazardous materials and store them in a safe place outside of the house.	Safety	
	Every year, check the fire extinguisher and discuss how to use it with the senior.	Safety	
	Sharp, pointed objects should be disposed of or stored in a safe place.	Safety	
	Combustible objects should be kept away from the stove or any electric appliances.	Safety	
	Consider options to keep a gas stove from being turned on accidentally	Safety	
	Consider options to alert someone if gas is leaking in the house (i.e. from a stove)	Safety	
	Install a landline phone or other phone that does not depend on charging	Security	
	Put items needed on a daily basis in a place that you discuss with the senior so that they know where they are (toothpaste, coffee, bedroom slippers, tv changer).	Self Care	
	Medications should be organized and put into a daily pill organizer	Self Care	
	Keep an up-to-date medication regimen in caregiver instructions.	Self Care	
	Doorbell should be loud and distinctive and tested periodically.	Self Care	
	Remotes for any important appliances such as fans, air conditioning or television should be visible and within reach of elders.	Self Care	
	Mailbox should be within reach and preferably in a place that does not require descending on unprotected steps or a hill.	Self Care	
	Organize closets to make it easy to find needed clothing, coats, shoes, and anything else needed on a daily basis.	Self Care	

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	For important things that have small labels, label them again and make sure the label is visible and readable.	Self Care	
	Consider installing a remote camera. Many new two-way devices are on the market.	Self Care	
	The living room should be spacious and without junk.	Self Care	
	Periodically reorganize and clean. Discuss new placement of items after this.	Self Care	
	Easy to reach lamp next to bed	Self Care	
	Consider using automatic turn off device for lights.	Self Care	
	Have adjustable blinds on the window.	Self Care	
	Choose easy to operate appliances such as microway, coffee maker.	Self Care	
	Phone for visually or hearing impaired	Special Situations	
	If senior requires oxygen, make sure there is always an extra supply.	Special Situations	
	If someone suffers from dementia, vision loss, hearing loss or other disabilities the senior should wear an emergency bracelet and/or signage should be placed in an obvious place for emergency personnel to see.	Special Situations	
	Look for grooming items that are safe to use especially for someone who uses blood thinners.	Special Situations	
	Look for kitchen utensils that are safe to use for someone with dementia.	Special Situations	