

Calvary Community Care's Top 10 Safety Tips.

How to make your home safe for independent living.



Calvary can assist with regular social visits, welfare checks & advice on telecare solutions, OT assessments & other support to keep people living independently and safely at home.



1. Slips, Trips & Falls

Reduce the risk of slips, trips and falls by removing or taping down hazards such as loose rugs, mats, curled carpet edges and cords.



2. Lighting

Ensure there are adequate light sources throughout the house. Use nightlights and sensor lights in bedrooms, bathrooms, passageways and entrances.



3. Liquids & Cleaning Products

Clearly label liquids and cleaning products using large and legible writing. Move items used regularly to waist level for easy reach.



4. Slippery Bathrooms

Check that bathrooms have non slip surfaces and showers are not installed over the bath. Consider installing a handheld shower head or hand rails.



5. Electrical Equipment

Make sure that all electrical items and their cords are in good working order and power points are not overloaded. Connect portable heaters to their own powerpoint, not a powerboard.



6. Emergencies

Prepare for emergencies or power outages with a prepacked emergency kit. Identify evacuation routes and plans.



7. Personal Alarms

Consider a personal alarm, alert button or fall detector linked to a 24 hour monitoring service. Call Calvary for details and options.



8. Phone Numbers & Access

Share phone numbers with neighbours. Place an emergency contact list on the fridge. Enter numbers into speed dial. Place a spare key outside in a keysafe/lockbox for emergency access.



9. Heating, Cooling & Detectors

Ensure adequate heating and cooling options are available for extreme weather. Book in regular services for heaters and air conditioners. Test smoke detector batteries every six months.



10. Additional Support

Contact an Occupational Therapist for a home safety and modification assessment. Book in regular visits for welfare checks, domestic assistance or social support with an approved agency such as Calvary Community Care.

Calvary Home Health Checklist.



Falls Hazards

Mats and Rugs

Remove or attach with a non slip back or double sided tape.

Carpet

Tape down or replace tears, patches or corner turns in carpet.

Loose Cords or Wires

Tape up or remove. Organise an electrician to install additional power points.

Dangerous Surfaces

Replace and mend broken tiles, pavers or uneven floor surfaces.

Floor Objects

Remove all items to clear passageways, doorways and access points.

Steps & Stairs

Take note of any elevated surfaces. Check if a ramp or rail may be required.

Pets

Place a bell around neck to avoid tripping. Ensure food bowls are not in walkways.



Electrical

Powerpoints

Check condition. Remove multiple adaptors plugged into each other.

Plugs & Cords

Remove damaged or frayed cords.

Heating & Cooling

Organise annual service. Ensure heating & cooling are available for extreme weather.

Appliances

Check kitchen/laundry appliances are accessible and in good working order.

Internal/External Lights

Create safe pathways. Replace dead bulbs. Install an outdoor sensor light.

Smoke Detector

Check smoke detector is activated & working. Replace battery every 6 months.

Hot Water System

Check temperature of hot water. Adjust thermostat to avoid scalding.



Emergency

Keysafe/Lockbox

Place spare key in fixed lock box. Ensure relevant contacts have passcode & location.

Emergency Pack

Store torches, batteries, first aid supplies & contact list in easily accessible location.

Evacuation Plan

Discuss an evacuation plan & process. Ensure access routes are free from obstacles.

Emergency Contacts

Place current list in visible location. Use large font size & add photographs.

Telephone

Preset emergency contacts in speed dial. Mobiles are good backups.

Personal Alarm

24 hr monitor services are available and can be easily installed for peace of mind.

Neighbours

Stay in touch and provide neighbours phone numbers to relatives for emergencies.



Security

Window Locks

Check locks are functioning & key is accessible. Ensure windows open/close easily.

Security Screen Doors

Ensure the screen is intact, the lock is in good working order & key is accessible.

Deadlocks

Should be operable without a key from the inside. If not keep key in easy reach.



Bathroom, Kitchen & Laundry

Liquids

Check liquids & cleaning products are labelled correctly & clearly.

Fridge & Pantry

Check expiry dates. Ensure regular use & heavy items are in easy reach.

Freezer

Ensure temperature is correct by checking that products are not soft or defrosted.

Garbage Bins

Check bins are easy to take to curb and not over uneven, slippery pathways.

Seating

Check that seating is not too low down and it is easy to get out of chairs.

Showers

Use non slip mat, hand rails & hand held shower head to reduce fall risk.

Need support? Calvary Community Care can support safe, independent living at home with a variety of services and expert advice. Call 1300 66 00 22 for more information.