

# 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 key safe/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.**