

# Home Safety Checklist:

IS YOUR LOVED ONE SAFE AT HOME?

Home safety and functionality are the foundation of healthy aging and leading an independent lifestyle. However, there are certain factors to consider that could impact a person's level of independence and safety in their home.

During your next visit to your parent or loved one's home, observe and ask yourself the following questions to help determine the safety of their home and assess their overall well-being.

## General Home Maintenance

- Is there a change in the level of cleanliness of the home since your last visit?
- Are there signs of disrepair, such as light bulbs out or broken appliances?
- Are there dirty or unwashed dishes in the sink?
- Are food items in the refrigerator and pantry fresh?
- Does the outside of the house look maintained or does it look neglected?

## Personal Hygiene and Health

- Does your family member appear to have lost or gained weight?
- Does their appearance look unkempt?
- Are they wearing clothes appropriate for the weather?
- Is there any evidence of a fall or unexplained bruising?
- Does it look like laundry is being done regularly?

## Socialization and Cognition

- Does your family member seem to be withdrawn from conversations?
- Are they repeating stories or asking repeated questions?
- Have they been keeping up with friends, neighbors, or family members?
- Do they have difficulty remembering things that happened recently?
- When was their last visitor other than yourself?

## Other Daily Living Activities

- Is there unopened mail piling up?
- Are bills being paid on time?
- If your parent is still an active driver, is there any unexplained damage to the car?
- Are there empty prescription bottles?
- Are they taking any new medications?

If you have noticed warning signs and are concerned about your loved one's safety, it may be time to consider additional support. Riverchase Senior Living offers assisted living and memory care services to enhance the safety of individuals and improve their quality of life.

To learn more about our community. Call 205.982.7000 or visit [RiverchaseSeniorLiving.com](http://RiverchaseSeniorLiving.com).

