

Senior Safety Living Alone Checklist

Keep a list of emergency phone numbers next to your telephone.

Create and post an emergency evacuation plan.

Keep and maintain an emergency first aid kit.

Maintain Safe Living Spaces:

remove clutter and tripping hazards,

secure rugs,

ensure sturdy furniture,

place a telephone and keep walking aids in an accessible location,

maintain adequate lighting and use nightlights.

Maintain Safe Bathrooms:

install grab bars,

use a non-slip bathmat or adhesive strips,

consider a shower stool or chair,

use a raised toilet seat or safety frame,

keep toiletries and towels easily accessible,

store medications safely

and set the water temperature to 120 degrees Fahrenheit or lower.

Maintain a Safe Kitchen:

store frequently used items within reach,

use a sturdy stepstool with handles,

store sharp objects in drawers,

store cleaning supplies in cabinets,

use appliances with auto shut-off features

and keep a fire blanket and/or fire extinguisher nearby,

Maintain Safe Bedrooms:

place a lamp and phone within easy reach,

use a bed rail or bed assist handle,
ensure a clear path to the bathroom,
and consider an adjustable bed or bed risers.
install sturdy handrails on stairs,
keep stairs free of clutter,
and ensure adequate stairs and hallway lighting.

Source: "Senior Safety Living Alone Checklist" Bing Chat with GPT-4

More seniors depend on cellphones and devices other than telephone landlines. Here is an additional list.

Organize Battery Charged Devices:

keep your device chargers in accessible and well-lit locations,
keep your devices well charged,
consider having a charged power bank for emergencies
and have access to your wi-fi router system.