

# FamilyBiz

## HOME AND SAFETY CHECKLIST

### Around the house

#### Kitchen

- Do large appliances need to be replaced with smaller, more convenient items?
- Arrange cupboards so that essential items are at a height that can be easily reached. Bending can be just as difficult as stretching.
- Make garbage disposal as easy as possible
- If using a gas or electric stove are knobs “bump” safe?
- Are stove and appliance dials easily read?
- Are taps easily reached and handles easily turned?
- Are the sink and benches at the right height?
- Is the can opener efficient and easily used?
- Are there enough power points? Double adaptors and power boards should not be overloaded.
- Buy food in small quantities.
- Knives with a serrated edge will work just as well as a sharp straight edge and are safer.
- Use a wooden cutting board rather than plastic as the harbour fewer bacteria.
- Buy a set of robust crockery that will handle rough usage. Shatter proof drinking tumblers can save cuts and slivers on the kitchen floor.

#### Bathroom

- Is there a need to renovate? If the shower is over a bathtub, should you remove the tub and just have a shower recess?
- Is the hot water regulated to a safe temperature? (50 degrees Celsius maximum)
- Does the soap container hold the soap adequately, preventing it from falling to the floor?
- Do you need to install sturdy grab rails?
- Is there a stable plastic chair in the shower recess?
- Are taps at the right height and easily turned on and off?
- Can the showerhead be reached and easily adjusted? A detachable shower with a flexible hose works well.
- Visit a medical supply store to get a better idea of what is available.
- Is the bathroom sink functional? A sink-strainer may help stop small items going down the drain.

# FamilyBiz

- Is the toilet seat the right height? Many are too low making it difficult for a person to get up.
- Is the toilet roll holder easily reached?
- Are floor tiles non-slip and free of mould and soap build up?
- Is the bathroom brightly lit?
- Is a light switch located near the entrance of the bathroom?
- Is the mirror large enough and at the right height?
- Are power points away from water and are appliances safely situated?

## Bedroom

- Is the bed at a convenient height?
- Is the mattress in good condition and does it provide adequate support?
- Is the room adequately lit with safe and bright bedside lamps?
- Do you need to install a night-light?
- Is the room well ventilated free of dampness and mildew?
- Is it adequately insulated?
- Is there a sturdy armchair to assist with dressing and putting on shoes?
- Are clothes conveniently located and hanging at reachable height?
- Is there a need to label draws for sorting various items?
- Is there a conveniently place laundry basket for dirty clothes?
- Are bedside tables solid and easily reached from the bed?
- Is there a need for a telephone beside the bed? Consider a cordless phone.
- Are shades/curtains/blinds easily drawn for privacy?

## Living room

- Does the room adapt well to different seasons?
- Is the floor clear of clutter and loose rugs that could cause a fall?
- Does the floor need new carpet laid?
- Are power cords and aerials out of the way?
- Is the room well insulated and free from draughts?

## Laundry

- Are the controls of the washing machine easily read and reached?
- Is it difficult for your parent to reach into the bottom of the washing machine bowl or tumble drier?
- Should you change to a front-loading machine with drying cycle so that all washing and drying is done automatically?
- Is there a need for a laundry basket and trolley to transport clothes to the clothesline?

# FamilyBiz

- Is the clothesline easily reached and at the right height?
- Is the ironing board and iron accessible and stable?

## **Around the garden**

If your parents have a garden to tend it can quickly become too much to handle by themselves. You may want to have a gardener come on a regular basis to do lawns, pruning, rubbish removal, weeding and trimming. For a reasonable cost your parents are freed of the worry and effort of garden maintenance.