

# HOME SAFETY CHECKLIST:

How Safe Is Your Family Member At Home?

Visiting a parent or family member in their home is a great way to spend quality time together, but it's also an opportunity to observe their lifestyle habits and take note of their home safety and well-being.

Home safety and functionality are essential for leading an independent lifestyle, and certain factors can impact your family member's level of independence and safety in their own home.

Some questions to ask yourself during your visit can include (but are not limited to):

## 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 & 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 & 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- Does your family member seem to be withdrawn from conversations?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 observed any warning signs or are concerned about your family member's safety, it may be time to consider additional support. **Our Ormond Beach senior living community offers supportive care services catered to each individual to enhance their lifestyle.**

Visit [www.AdenSeniorLiving.com](http://www.AdenSeniorLiving.com) to learn more about our lifestyle options and what we have to offer!