Birchmere.

Care that feels like family.

Home safety checklist

A room-by-room walk-through to help someone you love stay safe and steady at home.



BEFORE YOU START

Walk through it together.

Do the walk-through with them, not for them. Tick what's fine, note what needs fixing, and start with the quick wins.

Entrances and hallways

- [ ] Paths and steps clear of pots, hoses and leaves.
- [ ] Outside lights work, and the front door is easy to see at night.
- [ ] A sturdy handrail on any steps, inside or out.
- [ ] House number easy to read from the street, for visitors and ambulances.
- [ ] Rugs and mats lie flat, or have been taken away.
- [ ] No cords running across walkways.

Living areas

- [ ] A clear path through each room.
- [ ] Chairs a good height, with arms to push up from.
- [ ] A light switch or lamp within reach of each doorway.
- [ ] A phone within reach of their favourite chair.

Kitchen

- [ ] Everyday items stored between waist and shoulder height.
- [ ] No need to climb on chairs or step stools.
- [ ] Kettle and appliance cords in good condition.
- [ ] A working smoke alarm nearby, tested regularly.
- [ ] Fridge checked for out-of-date food.

Bathroom and toilet

- [ ] Non-slip mats in the shower or bath, and on the floor.
- [ ] Grab rails beside the toilet and in the shower.
- [ ] A shower chair if standing gets tiring.
- [ ] Hot water set so it can't scald.
- [ ] A night-light on the way from the bed to the toilet.

Quick wins.

Brighter bulbs, a night-light, and moving the rugs can all be done in an afternoon, and they make a real difference to falls.

Bedroom

- [ ] A lamp within easy reach of the bed.
- [ ] Bed a comfortable height to get in and out of.
- [ ] A clear path from the bed to the door.
- [ ] Glasses and a phone beside the bed at night.

In case of emergency

- [ ] Emergency and family numbers written large near the phone.
- [ ] Someone nearby has a spare key, or there's a key safe.
- [ ] A personal alarm, if they're often home alone.
- [ ] A list of medicines kept somewhere everyone knows.
- [ ] Smoke alarms tested and working.

Notes

FIXING WHAT YOU FIND

Help with the bigger jobs.

Some fixes are an afternoon's work. Others are worth getting expert advice on first.

Ask an occupational therapist

An OT can look at the home and how they move around it, then recommend equipment and changes. Their GP can help with a referral.

Funding for equipment and changes

If they're approved for Support at Home, the Assistive Technology and Home Modifications scheme can help pay for equipment and changes to the home. Ask My Aged Care on 1800 200 422.

A second set of eyes

Regular visits help small things get noticed early: a wobbly rail, a new bruise, a fridge that's emptying. With Birchmere, your care coordinator keeps you in the loop.

Everyday help that keeps paths clear.

Our companions help with light housekeeping, shopping, meals and outings, so the jobs that lead to a fall, like climbing for things or carrying heavy bags, don't have to be done alone.

Birchmere.

A second set of eyes, every visit.

Have a chat with a care coordinator. Real human, no scripts, no obligation.

CALL 02 5115 1162

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Scan to visit our website

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