



THE ESSENTIAL HOME SAFETY CHECKLIST

**How to Create a Safer, More Comfortable
Home for Older Adults & Those With
Long-Term Conditions**



WELCOME & INTRODUCTION



As we get older or manage long-term health conditions, the home can sometimes present unexpected challenges.

Falls, accidents, and small hazards can add up - but the good news is that a few simple adjustments can make a home far safer and more comfortable.

This **Home Safety Checklist** is designed for older adults, people living with long-term conditions, and the caregivers who support them. Inside, you'll find simple, practical tips to prevent accidents, reduce stress, and improve day-to-day living.

Use it as a guide. Tick off items as you go. Share it with friends, family, or anyone who cares for someone vulnerable. **A safer home means greater independence, peace of mind, and dignity for everyone involved.**

✔ WHY HOME SAFETY MATTERS

Did you know that falls are one of the leading causes of injury among older adults? **Many of these accidents happen at home - but most can be prevented.** Small changes like better lighting, non-slip mats, and properly installed grab bars can dramatically reduce risks.

For those with long-term conditions, a safe and accessible home environment can also help with medication adherence, stress management, and overall wellbeing.

Caregivers benefit too, because they spend less time worrying about accidents and more time providing quality care.





GENERAL HOME SAFETY TIPS

Start with a walkthrough of the entire home. Look at it with fresh eyes - imagine you're seeing it for the first time. Ask: "Could someone trip, slip, or struggle here?"

Here are the essentials:

LIGHTING

CLEAR PATHWAYS

FLOORING

EASY ACCESS

EMERGENCY CONTACTS

ALARMS

Go to next page for more details



A FEW MINUTES SPENT CHECKING THESE BASICS CAN PREVENT MAJOR INCIDENTS LATER



LIGHTING

Make sure hallways, stairs, and entryways are well lit. Use brighter bulbs or add nightlights.



FLOORING

Secure or remove loose rugs. Opt for non-slip mats.



EMERGENCY CONTACTS

Post phone numbers near telephones or keep a laminated card handy



CLEAR PATHWAYS

Remove clutter, cords, or low furniture from walkways.



EASY ACCESS

Store frequently used items within easy reach (no step stools)



ALARMS

Check that smoke and carbon monoxide detectors are working.

PREVENTING FALLS

Falls can be life-changing. **The good news:** most are preventable. Here's what to look for:

✔ STAIRS

Install sturdy handrails on both sides.

✔ SHOWERS/TUBS

Non-slip mats inside and outside bathing areas.

✔ FOOTWEAR

Encourage non-slip slippers or shoes indoors.

✔ BATHROOMS

Grab bars near toilets, tubs, and showers.

✔ FURNITURE

Choose stable chairs with arms to make standing easier.



Tip: Walk through each room as if you were someone unsteady on your feet. Where might you slip? Where might you need support?

RECOMMENDED PRODUCT

Orange Suction Cup Grab Bar

The Suction Cup Grab Bar with Indicator is a 12" support bar designed for quick, tool-free installation. Its large suction cups deliver a strong, reliable hold, while the quick-release levers allow for easy removal without leaving marks or causing damage to surfaces. The integrated color indicator provides added reassurance by showing when the grab bar is securely attached or if it requires repositioning.



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MEDICATION & HEALTH ESSENTIALS

Managing medications is a daily reality for many older adults. Good organization can save lives. **Here's how:**

PILL ORGANIZERS

Use weekly or monthly boxes to separate doses.

MEDICATION LIST

Keep an up-to-date list posted in a visible place.

FIRST AID KIT

Stock it and keep it accessible.

MEDICAL ALERTS

Consider a wearable alert device or a phone with emergency dial features.

CHECK-UPS

Schedule regular reviews of medications with a pharmacist or GP.

This section will help you reduce the risk of missed or double doses and ensures emergency personnel have the information they need

KITCHEN SAFETY

The kitchen is a hotspot for accidents. Prevent them with these steps

Store frequently used items at waist level to avoid bending or reaching

Ensure smoke alarms are working

Use oven/stove knobs that are easy to see and turn

Label food clearly and check expiration dates

Place a non-slip mat in front of the sink and stove



Tip: Consider installing automatic shut-off devices for kettles or stoves, especially if memory issues are a concern.

RECOMMENDED PRODUCT

The Uccello Tilt-to-Pour Kettle

Make every cup of tea or coffee a pleasure, not a challenge. The Uccello Kettle is ingeniously designed for those with limited reach, reduced mobility, dexterity concerns, or weakened grip strength. Its revolutionary tilt-to-pour mechanism allows you to safely pour hot water without lifting, straining, or balancing a heavy kettle.

Why Choose the Uccello Tilt-to-Pour Kettle?

Traditional kettles can be heavy, awkward, and even risky – especially if you struggle with grip, strength, or balance. The Uccello Kettle was designed with **you in mind**:

- ✓ Tilt to pour – no lifting required
- ✓ Stable, non-slip base for added safety
- ✓ Lightweight yet generous 1.5L capacity
- ✓ Quiet boil and energy-efficient design
- ✓ Auto shut-off and overheat protection



With its sleek, modern style, the Uccello blends seamlessly into any kitchen while providing the ultimate in ease and safety.

Introducing the Uccello Tilt-to-Pour Kettle



How to Use the Uccello Tilt-to-Pour Kettle



BATHROOM SAFETY

Bathrooms are one of the highest-risk areas in the home.

Here's how to make them safer

Install grab bars next to the toilet and inside/outside the tub or shower

Add non-slip strips or mats in the shower/tub

Use a raised toilet seat if needed

Make sure faucets are easy to turn; install anti-scald devices if possible

Keep towels, toiletries, and clothing within easy reach to prevent stretching or bending



Tip: A few inexpensive products can turn a high-risk bathroom into a safe space..

RECOMMENDED PRODUCT

Bellavita NOVA Bath Lift

The Bellavita NOVA delivers exceptional comfort and an enhanced bathing experience, combining safety, convenience, and reliability in a product that's easy to install and operate. Designed, developed, and manufactured by our bathlift experts in Germany, the NOVA introduces several innovative patented features to maximize comfort and usability.



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EMERGENCY PREPAREDNESS

Accidents and health crises happen, but preparation makes them less frightening. **Keep these in place**



CONTACT LIST

Family, GP, hospital, neighbours



PHONES

Ensure there's a phone within reach in every main living area



"GRAB BAG"

A small bag with medical info, spare keys, and essentials in case of emergency



NIGHTLIGHTS

Place in hallways and bathrooms for late-night trips



CHECK-IN PLAN

Arrange for a neighbour, friend, or caregiver to check in regularly

This section gives both older adults and caregivers peace of mind

EXTRA SAFETY & PEACE OF MIND

Personal alarms or
wearable emergency
buttons

Security cameras or
doorbell cameras

Smart plugs or
automatic shut-off
devices for appliances

**Technology
can provide an
added layer of
safety**

These options aren't
essential, but they
can make daily life
feel much safer and
more independent



RECOMMENDED PRODUCT

2 In 1 Raised Toilet Seat with Free Removable Arms

The Toilet Seat with Removable Arms is designed to securely fit onto a standard toilet bowl, providing extra support when sitting down or standing up. Made from durable, heavy-duty moulded plastic, it offers long-lasting strength, while the foam-padded armrests ensure added comfort during use.

Click Video To Watch The Demo



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PUTTING IT ALL TOGETHER

This checklist works best when you actually use it. Print it out. Walk room by room. Tick off the items you've completed. Even small improvements can reduce risks dramatically

Remember: Home safety isn't about taking independence away. It's about giving it back - by making sure older adults can live confidently, comfortably, and with dignity.





FINAL THOUGHTS & NEXT STEPS

We hope this Home Safety Checklist gives you practical tools to protect yourself or your loved one. Every item you tick off brings more peace of mind. With the right support, your home can be a safe and welcoming place for many years to come.

RECOMMENDED PRODUCT

Rotating Seat & Tray

The Rotating Padded Shower Seat is a free-standing, round shower stool designed to provide secure and comfortable seating while showering. Its rotating seat allows the user to move easily, reducing awkward twisting and strain. The seat also features a convenient storage tray and non-slip, non-marking feet for added stability and safety.



Click Video To Watch The Demo



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NEED A HAND CHOOSING THE RIGHT HOME SAFETY PRODUCTS?

We know it can feel overwhelming to decide which safety products are truly necessary. Our friendly team is here to help you find the best options for your home and your budget.

Whether you're caring for yourself or a loved one, we'll guide you step-by-step to create a safer, more comfortable home. **Contact us using any of the details below:**



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THANK YOU FOR YOUR ATTENTION

We hope the insights shared have been both valuable and inspiring for your future endeavors.

Jeffrey Oravbiere - Founder, Oras Medical



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