



David York Agency Home Healthcare

A Commitment to Excellence in Home Healthcare



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David York Agency provides Skilled Healthcare Professionals:

- RNs/LPNs
- Home Health Aides
- Personal Care Aides

We Deliver:

- Elderly Care
- Private Duty
- Home Care
- Live In/Live Out
- Transition Care from Hospital to Home

We provide the services you need:

- Bathing, dressing, grooming and personal hygiene
- Meal preparation according to any dietary requirements
- Household tasks and errands
- Personal laundry and shopping
- Escorting to doctors and health care appointments
- Accompany on walks, outings and other pleasant events
- Errands and shopping

Elderproofing Your Home **CHECKLIST**

**David York Agency, Ltd.
Home Healthcare**

**718-376-7755
908-373-5300**

Licensed to serve New York & New Jersey
www.davidyorkagency.com
www.davidyorkhomehealthcare.com/new-jersey

General Considerations

1. Make sure there is adequate lighting in all areas
2. Place flashlights throughout the house in accessible places
3. Electrical cords should be tacked down, hidden, or built into walls
4. Make sure all clutter such as books and papers are removed
5. Remove all small area rugs
6. Replace slick floors with slip proof materials such as vinyl, linoleum, and wood
7. Widen doorways to a minimum of 32 inches
8. Replace round doorknobs with easy grip lever door handles
9. Put smoke detectors and carbon monoxide detectors in all areas
10. Make sure the hot water is set to no more than 120° F or install temperature-controlled faucets
11. Leave regularly used items in convenient places
12. Stress to your senior to get up SLOWLY
13. Consider a bedroom and bathroom on the main floor
14. Install wheelchair ramps where necessary
15. Consider a Personal Emergency Response System (PERS) such as a necklace or bracelet
16. Consider a smart speaker
17. _____
18. _____

Bathrooms

1. Place nightlights in the bathroom
2. Install grab bars for the tub, toilet, and shower
3. Install a raised toilet
4. Install one-handed lever faucets
5. Make a shower with a step free entrance

6. Place a shower chair in the tub or stall shower
7. Install a hand-held shower attachment
8. Place non-skid mats and strips in the shower and tub
9. Make sure any bathmat is non-skid and completely adheres to the floor
10. Make sure all drawers and cabinets are reachable
11. Put a child-lock on cabinet with medications
12. Consider installing a walk-in tub
13. _____
14. _____
15. _____

Kitchen

1. Install good nightlights in the kitchen and in the path to the kitchen
2. Consider the accessibility of all kitchen cabinets
3. Install pull out drawers and shelves for lower storage
4. Adjust kitchen countertops to 30 inches from the floor for accessibility
5. Make sure there is a workspace that can be used while sitting
6. Install a one-handed lever faucet
7. Have a step stool with non-skid feet handy
8. Put a child-lock on drawers with sharp objects such as knives and scissors
9. Put a child-lock on cleaning fluids
10. Purchase a user-friendly fire extinguisher, place within reach, and make sure all know how to use it
11. _____
12. _____
13. _____

Living Areas

1. Arrange furniture to ensure clear paths for walking
2. Make sure sofas and chairs are the right height for sitting and getting up
3. Recliners can be useful
4. Keep electrical cords and wires next to the wall and tacked down
5. Affix all carpets firmly to the floor with no bumps or lumps
6. If possible, remove all area rugs, large and small
7. Do NOT walk on wet, newly washed floors
8. Do NOT stand on a table or chair
9. Keep often used items within easy reach of favorite sitting area
10. Keep phone near favorite sitting area
11. Keep emergency numbers in large print and near the telephone
12. Purchase a reach stick for hard-to-reach items
13. Know where a pet is before sitting or standing to avoid tripping on them
14. _____
15. _____

Stairways & Hallways

1. Make sure there is good lighting with light switches at the top and bottom of the stairway
2. Install a chair lift or elevator
3. Install handrails on both sides of any stairways and make sure they are firmly affixed/not wobbly
4. Keep the hallways clear and tidy
5. Check that all carpets are firmly fixed to the floor and stairs
6. Place glow-in-the-dark or contrasting color tape on stair treads
7. Do NOT use small area or throw rugs
8. _____

Outdoor Issues

1. Optimize outdoor lighting for pathways and stairway
2. Make a step free entrance or place a ramp
3. Outside path should be smooth, clear of debris and free of tripping hazards
4. Affix tape or decals to glass doors
5. Ensure security with easy-to-use locks and peepholes in the door
6. Fence in the yard
7. _____
8. _____

Bedrooms

1. Place nightlights and light switches next to the bed and make them within arm's reach
2. Keep the telephone on the night table and within reach
3. Have all remotes within reach
4. Minimally, make sure each bedroom has a smoke and carbon monoxide detector
5. Adjust the bed height to make sure the bed is at the right height for sitting and getting up
6. Consider bed rails
7. _____

Specific Individual Concerns

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____