



KENTUCKY ELDERLAW, PLLC

ATTORNEYS AT LAW

*Getting Seniors the Care They Need –
Without Costing Their Life Savings*

Call 502 581-1111
for a free consultation and review.

920 Dupont Road, Ste. 200
Louisville, KY 40207

www.kyelderlaw.com



Are Your Aging Loved Ones Safe at Home?

A checklist for peace-of-mind.



Often times, elderly individuals hide some of the difficulties they may be having with daily activities. Perhaps the change is so gradual for them, or they have become so accustomed to this being their new normal, they don't recognize the potential dangers of living alone. Face-to-face visits often reveal issues that a casual phone conversation can hide. The following are seven warning signs to look for to ensure your loved ones are safe at home.



- 1 Has their appearance changed?** Are they neat and washed? Does their hair look clean? Be mindful of their clothes: are they wearing the same thing as the last time you saw them?
- 2 Do they seem physically steady?** Do you notice any stumbling? Do they lean to one side? Do they pick their feet up when they walk, or are they shuffling?
- 3 Is their physical space safe?** Look around the house: are the floors free from stumbling hazards and are the walkways clear?
- 4 Have they made the appropriate accommodations for their current state?** Be sure to look in and around the bathroom. Is there a raised seat on the toilet and a grab bar to make using the toilet easier? What about the shower? Are they able to get in and out of it? Are there safety grab bars in the shower? Is there a hose attachment they can use?
- 5 Are they eating properly?** Check out the refrigerator and the pantry -- is there good food available? It's all right to have snack cakes and treats, but make sure there's more than that in the house.

- 6 Ask them what they usually have for breakfast and the other meals of the day.** If possible, watch them make a meal so you can be sure they are able to do so on their own.
- 7 Is there recent damage to their vehicle?** Do you see any new dents? If so, find out how they got there. If you're concerned about your loved one's driving, ask them to drive you somewhere so you can assess their driving abilities.

If you are unable to stop by in person, it's a good idea to find someone to make a well visit to check in on your loved one. Perhaps a friend or neighbor, possibly a care agency. Give them this list of things to check on and ask them to visit your loved one.

If you are not satisfied with what you find on your next visit to your loved one's home, a call to a geriatric case manager or elder care coordinator may be a good place to start. They can help you with the proper safety measure and refer you to additional help that will allow your loved one to stay at home.

**KENTUCKY
ELDERLAW, PLLC**
ATTORNEYS AT LAW

