

Safety First: Winter Preparedness Checklist for Seniors

Ensure your home is safe and cozy this winter with this comprehensive checklist, designed to address potential hazards and challenges seniors may face during the colder months.

Checklist for the Winter:

Outdoor Safety:

- ✓ Clear Walkways: Keep sidewalks, driveways, and entryways free of snow and ice. Use sand or salt to improve traction.
- ✓ Safe Lighting: Install motion-sensor or bright outdoor lights to illuminate paths during shorter daylight hours.
- ✓ Handrails: Ensure sturdy handrails are installed and secure on stairs and ramps.
- ✓ Non-Slip Mats: Place weather-resistant, non-slip mats at entrances to reduce the risk of slipping.
- ✓ Emergency Kit for the Car: Include a blanket, flashlight, batteries, snacks, water, and a phone charger for road safety.

Indoor Heating & Energy Efficiency:

- ✓ Space Heaters: Use models with automatic shut-off features and place them away from flammable materials.
- ✓ Check Smoke and CO Detectors: Test all detectors and replace batteries as needed.
- ✓ Insulation: Seal windows and doors with weatherstripping to prevent drafts and improve warmth.
- ✓ Maintain Heating Systems: Schedule a furnace check-up or clean fireplaces before use.
- ✓ Warm Clothing & Bedding: Keep blankets, sweaters, and extra layers easily accessible.

Holiday Decorations Safety:

- ✓ Avoid Tripping Hazards: Keep extension cords, decorations, and wires secured and out of walkways.
- ✓ Sturdy Christmas Trees: Secure trees to prevent tipping; opt for artificial, fire-resistant trees if possible.
- ✓ Safe Lighting: Use LED lights that generate less heat and check for frayed cords or broken bulbs.
- ✓ Avoid Overloading Outlets: Use power strips with surge protectors to prevent electrical fires.
- ✓ Flame-Free Candles: Replace traditional candles with battery-operated options for a safer ambiance.

For more information and personalized care options, visit us online now!

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Emergency Preparedness:

- ✓ Stock Up on Supplies: Keep a 3-day supply of food, water, and medications.
- ✓ Create a Communication Plan: Ensure phones are charged and emergency contacts are up to date.
- ✓ Backup Power: Have a flashlight, extra batteries, and a generator for power outages.
- ✓ First Aid Kit: Check that your first aid kit is stocked and accessible.

Hydration & Nutrition:

- ✓ Stay Hydrated: Drink plenty of water to avoid dehydration from dry winter air.
- ✓ Nutritious Foods: Stock up on hearty, non-perishable foods like soups, grains, and canned vegetables.
- ✓ Avoid Outdoor Errands: Use grocery delivery services during extreme weather.

Personal Safety:

- ✓ Non-Skid Footwear: Wear shoes (or slippers) with a good grip indoors and outdoors.
- ✓ Regular Check-Ins: Arrange for friends, family, or caregivers to check in regularly.
- ✓ Layer Clothing: Dress in layers to stay warm while allowing flexibility indoors.

Combat Isolation:

- ✓ Stay connected through phone calls, virtual meetups, or visits from loved ones.
- ✓ Engage in Activities: Enjoy winter-themed crafts, puzzles, or reading to stay mentally active.
- ✓ Holiday Spirit: Decorate together or involve loved ones to bring joy while ensuring safety.

Snow and Ice Removal Services:

- ✓ Hire Help: Arrange for reliable services to clear snow and ice promptly.
- ✓ Emergency Contacts: Keep the contact information for local snow removal or handyman services readily available.

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