



SAFE AND SECURE ACTION CHECKLIST

Chapter 10 of *The Complete Eldercare Planner*

MINIMIZE DISTRESS OVER DISTANCE	To Do By	Completed
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Set safe and secure goals

short-term _____

long-term _____

Review home hazards

throughout home _____

kitchen _____

bedroom _____

bathroom _____

exterior _____

garage _____

Have elder's home surveyed by

police department _____

fire official _____

electric company _____

gas company _____

Implement safety precautions

at home _____

on an extended trip _____

walking _____

driving _____

banking _____

shopping _____

Create check-in systems

visitors _____

geriatric case manager _____

telephone _____

emergency response device _____

telephone reassurance program _____

postal carrier alert _____

Vial of Life _____

computer _____

computer audio/video _____

e-mail _____

home-monitor system _____

ombudsman _____

Check for abuse and neglect _____

Plan to ward off con artists _____

Make sure an elder with hearing/sight disabilities

has access to a telephone _____

Know the telephone numbers of

police department _____

fire department _____

electric company _____

water company _____

gas company _____

plumber _____

electrician _____