

## BE SAFE STAY SAFE CHECKLIST

TASK <i>2/12/25</i>	DATE	REPORTED BY/TO	RESULTS NOTED	MISC INFORMATION
ABILITY TO COMMUNICATE NEEDS: BATHROOM, HUNGER, THIRST, PAIN, ABILITY TO SPEAK UP ABOUT ANGER OR FRUSTRATION				
CAN THEY EXERCISE: SIT IN CHAIR, CHECK FOR BALANCE, USE FAMILIAR MUSIC AND SONGS, GENTLE DANCE, EXERCISE DECREASES TENSION, STRESS, AND INCREASES ABILITY TO SLEEP, JUST DO MEANINGFUL ACTIVITY				
CAN THEY LIVE AT HOME SAFELY: CARE GIVER SUPPORT & SUPERVISION, HAVE EMERGENCY CONTACTS, HYGIENE AND NUTRITION NEEDS MET, DAILY CHECKINS				
MONITOR CHANGES IN BEHAVIOR: MOOD, AGGRESSION, ANXIETY; BE VIGILANT				
SECURE DANGEROUS ITEMS: KNIVES, SCISSORS, CHEMICALS; SOAP PODS, MATCHES, POISONS				

## BE SAFE STAY SAFE CHECKLIST

TASK	DATE	REPORTED BY/TO	RESULTS NOTED	MISC INFORMATION
DANGER WITH APPLIANCES: STOVE KNOB COVERS, FIRE HAZARDS, MICRO WAVE DANGERS, OVEN/STOVE BURNS, ACCIDENTAL USE				
ENVIRONMENT: NON SLIP FLAT RUGS, GRAB BARS, SHOWER CHAIR, LIGHTING, SHARP OBJECTS, STAIRS, OUTLET COVERS, CLUTTER, TRIP HAZZARDS, WATER TEMP CONTROLS				
HOARDING FOOD LOSING WEIGHT: COORDINATION SPOONS FOR COMFORT IF HAVE ARTHRITIS OR NEUROPATHY IN LIMBS; WEIGH WEEKLY				
INCONTINENCE: CHECK FOR URINARY TRACT INFECTION SEE MD, OVERALL HYGEINE ASSESS				
IRRITABLE: ARE THEY FEELING SICK, COUGH, HEADACHE, FEVER, NAUSEATED, CONSTIPATED, NEW MEDICATION, ALWAYS GET TO THE ROOT OF IRRITABILITY				

## BE SAFE STAY SAFE CHECKLIST

TASK	DATE	REPORTED BY/TO	RESULTS NOTED	MISC INFORMATION
JUDGEMENT IN MAKING SAFE DECISIONS IS POOR: HYGIENE, NUTRITION, & HYDRATION NEEDS MET				
PERSONAL EMERGENCY ALERT SYSTEM: LIFE ALERT OR SIMILAR DEVICE WORN (BRACELET, PENDANT, OR SMART DEVICE)				
PREVIOUS STROKE: WHAT LEVEL OF RECOVERY ARE THEY IN, CAN THEY WALK, EAT, HAVE CHOKING POTENTIAL				
SIMPLIFY LIFE HAZARD CHECKS: WATER TEMPERATURE, CLUTTER, TRIP POTENTIALS, BALCONY, MICROWAVE MEALS, ICE/SNOW SAFETY, CLIMATE CONTROLS, DOOR & WINDOW LOCKS EASY TO UNLOCK, DOOR ALARMS				
SMOKE & CARBON MONOXIDE DETECTORS ASSESSMENT: PLACED IN THE RIGHT AREAS, BATTERY CHARGE LEVEL				

## BE SAFE STAY SAFE CHECKLIST

TASK	DATE	REPORTED BY/TO	RESULTS NOTED	MISC INFORMATION
SMOKING/VAPING, GUMMIES OR OTHER DRUGS USED OR HAVE ACCESS TO				
SYSTEMS TO KEEP SAFE: DOOR ALERTS, MEDICAL BRACELET, VOICE/VISUAL MONITOR, BED CHIMES, MOTION DETECTORS, MATTRESS ON FLOOR, LAP BUDDY CHAIR, CANNOT RESTRAIN PERSON OR TIE THEM DOWN				
MEDICATION MANAGEMENT: TAKING MEDICATIONS ON TIME & PROPER DOSAGE, USE ORGANIZERS, HAVE REMINDERS, MUST AVOID CONFUSION				
WANDERING: DISTRACT THEM AND GENTLY REDIRECT THEY MAY BE FRIGHTENED, PROTECT FROM GETTING LOST				
COGNITIVE & EMOTIONAL NEEDS: MENTAL STIMULATION, PUZZLES, PHOTOS, CALENDAR OF EVENTS, SOCIAL INTERACTION, VISITS TO AND FROM, ASSIGNED DAILY TASKS				