

# Creating a Safer Home Environment

Simple Ways to Reduce Risk and Support Independence at  
Home

Elevé Home Care

Elegant • Compassionate • Clinically Informed

Serving Columbus and surrounding communities

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Trust  
Compassion

# INTRODUCTION

## Why Home Safety Matters

Home should feel comforting and familiar, not risky.

Yet many injuries, setbacks, and hospital readmissions occur inside the home, often due to small, preventable hazards.

This guide was created to help families:

- Identify common safety risks
- Make simple, meaningful adjustments
- Support independence without sacrificing safety
- Feel more confident about home living during recovery or aging

Safety isn't about restricting freedom. It's about protecting it.

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A CALM  
APPROACH  
TO SAFETY

## Safety Without Fear

Creating a safer home doesn't mean:

- Turning the house into a medical space
- Removing personality or comfort
- Making drastic or expensive changes

Often, the most effective safety improvements are:

- Thoughtful
- Subtle
- Easy to implement

Small changes can significantly reduce fall risk and improve confidence.

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FALL PREVENTION:  
WHY IT MATTERS

## Understanding the Risk

Falls are one of the leading causes of injury among older adults and individuals recovering from illness or surgery.

Common contributors include:

- Weakness or fatigue
- Balance changes
- Poor lighting
- Clutter or uneven surfaces
- Rushing or unfamiliar routines

Preventing falls starts with awareness not alarm.

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# GENERAL HOME SAFETY CHECKLIST

## Start With the Basics

- Clear walkways of clutter and cords
- Secure or remove throw rugs
- Ensure frequently used items are within easy reach
- Keep floors dry and clean
- Arrange furniture to allow clear pathways
- Encourage wearing supportive, non-slip footwear

## Tip:

If something feels awkward to navigate, it may also be unsafe.

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## LIGHTING & VISIBILITY

Good Lighting Supports Safety

Poor lighting increases fall risk and confusion.

Check for:

- Adequate lighting in hallways and stairways
- Night lights in bedrooms and bathrooms
- Easy access to light switches
- Natural light during daytime hours

Soft, warm lighting improves visibility without feeling harsh or institutional.

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## BATHROOM SAFETY

One of the Highest-Risk Areas

Bathrooms are a common location for falls.

Consider:

- Non-slip mats in the shower and tub
- Grab bars near toilets and bathing areas
- Shower chairs or benches if balance is limited
- Raised toilet seats if standing is difficult
- Easy access to towels and toiletries

Privacy and dignity should always guide safety decisions.

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## BEDROOM SAFETY

### Supporting Safe Rest and Transitions

The bedroom should support safe movement especially at night.

Check for:

- Clear path from bed to bathroom
- Bed height that allows feet to rest flat on the floor
- Nightstand within reach
- Night light for nighttime visibility
- Phone or call device nearby

Getting in and out of bed should feel steady, not rushed.

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## Making Everyday Tasks Safer

### KITCHEN & DAILY TASKS

In the kitchen:

- Store frequently used items at waist level
- Avoid step stools if balance is unsteady
- Ensure appliances are easy to use
- Clean spills immediately
- Encourage seated meal preparation if needed

Safety supports continued independence, not limitation.

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## Reducing Confusion and Errors

Medication management is a common safety concern.



### MEDICATION & ORGANIZATION

Helpful practices include:

- Clearly labeled medication containers
- Pill organizers for daily routines
- Consistent medication times
- Keeping medications in a visible, designated area
- Avoiding expired or duplicate medications

When routines are simple, safety improves.

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MOBILITY &  
MOVEMENT

## Supporting Confidence With Movement

Encourage:

- Slow, deliberate movement
- Using mobility aids consistently if prescribed
- Sitting to rest when needed
- Avoiding rushing, especially when fatigued

Confidence reduces hesitation and hesitation often leads to falls.

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## WHEN TO ASK FOR ADDITIONAL SUPPORT

### Safety Is a Team Effort

If you notice:

- Increasing falls or near-falls
- Fear of moving independently
- Difficulty completing daily tasks
- Fatigue limiting safe movement

It may be time to explore additional support.

Having trained assistance at home can:

- Reduce risk
  - Provide reassurance
  - Support safer routines
  - Offer peace of mind for families
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HOW ELEVÉ HOME  
CARE SUPPORTS  
HOME SAFETY

At Elevé Home Care, safety is part of every visit.

Our caregivers are trained to:

- Observe environmental risks
- Make thoughtful safety recommendations
- Assist with mobility and transfers
- Support routines that reduce injury risk
- Communicate concerns promptly

We believe safety should feel supportive and respectful, never restrictive.

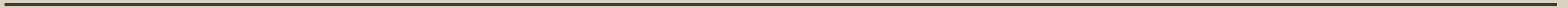
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A SAFER HOME IS A  
MORE CONFIDENT  
HOME

Home safety isn't about perfection.

It's about creating an environment where:

- Movement feels steady
- Routines feel manageable
- Independence feels supported
- Families feel reassured



If you ever want guidance or support in creating a safer home environment, Elevé Home Care is here to help thoughtfully and respectfully.

Call: (614) 785-6401

Text: (614) 401-6046

Email: [wecare@elevehomecare.com](mailto:wecare@elevehomecare.com)

Website: [www.elevehomecare.com](http://www.elevehomecare.com)

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