

Clear trip hazards from floors and routes.

Secure or remove loose rugs; use non-slip tape.

Bright night-lights and stair lighting installed.

Handrails on stairs and grab rails in bathroom.

Shower seat or bench and non-slip bath mats.

Frequently used kitchen items stored at waist height.

Appliances checked; cords replaced if damaged.

Smoke alarms and carbon monoxide alarms installed and tested.

Medication list updated; pill organiser in use.

Wearable alarm tested and charged weekly.

Emergency contacts programmed in phone; medical summary by phone.

Regular eye and hearing checks scheduled.

Trusted neighbour or family aware of spare key and welfare plan.

Important documents located and a named contact knows where.