



Elderly Bathroom Safety

Proprietary Information of Parent Care, Inc.



		Yes	No
1.	Does door have a lever shaped handle? If no, install one – they are easier to use.		
2.	Can door be unlocked from the outside in emergencies? Look for tiny hole in/around door knob. If yes, place tool provided or suitable alternative above door jam.		
3.	Is light switch a “rocker” type (About 1” wide)? If no, have EZ to use/see lighted rocker switch installed.		
4.	Is there enough light to easily read labels on medicine? If no, consider installing high output compact florescent bulbs.		
5.	Does door have a threshold (raised area) beneath it? If yes, this is a tripping hazard, remove it.		
6.	Is floor surface tile or linoleum? If yes, consider installing low pile carpet – safer when wet.		
7.	Does room have unsecured throw rugs and/or bath mats on floor? If yes, remove them.		
8.	Is toilet too low to sit/stand easily? If yes, consider raised toilet seat and grab bar attached to wall stud.		
9.	Do bathtubs/showers have grab bars installed? You can avoid “institutional” look by using decorative grab bars.		
10.	Are grab bars attached to studs in wall?		
11.	Do bathtubs/showers have non-skid mats or abrasive material on bottom?		
12.	Are bath oils stored in shower or on tub? If yes, remove them since spills can create a major fall hazard.		
13.	Does parent have difficulty standing?		



		Yes	No
	Consider buying shower chair and handheld shower head.		
14.	Does parent have difficulty stepping over side of tub? Consider installing a transfer tub bench or walk-in tub.		
15.	Have you tested water temperature? Over 120 degrees can cause scalds Use cooking thermometer and adjust water heater if needed.		
16.	Are there glass containers on countertops? If yes, replace with plastic where possible.		
17.	Have you made an inventory of medicine cabinet? If no, complete the Parent Care Medicine Cabinet Checklist.		
18.	Are there small appliances in bathroom? If yes, keep cords off floor to avoid tripping.		
19.	Are electrical outlets GFI type? (labeled GFI or have red/black buttons) If no, electrician can install them to prevent electrical shock.		
20.	Are extension cords used in the bathroom? Eliminate or check carefully for fraying and wear.		
21.	Is there a space heater in the room? Insure that it is not placed near flammable items.		