

**SAFE AND SECURE ACTION CHECKLIST**

**MINIMIZE DISTRESS OVER DISTANCE To Do By Completed**

**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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

home inspector \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

in-home care agency \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Implement safety precautions**

at home \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

on an extended trip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

walking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

driving \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

banking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

shopping \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Create check-in systems**

visitors \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

case manager \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

patient advocate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

telephone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

emergency response device \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

telephone reassurance program \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

computer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

video chats \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

camera surveillance system \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Check for abuse and neglect** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Plan to ward off con artists** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Make sure an elder with hearing/ sight impairments**

**has access to a telephone** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Know the telephone numbers of**

police department \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

fire department \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

electric company \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

water company \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

gas company \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

plumber \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

electrician \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Plan for natural weather-related disasters** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏