



DAVIS PHINNEY

Foundation For Parkinson's

every victory counts®

THE PARKINSON'S HOME SAFETY CHECKLIST



**Lighting &
Electrical Outlets**
pg. 7

**General Safety
Guidelines** pg. 4-6

Bedrooms pg. 10-11

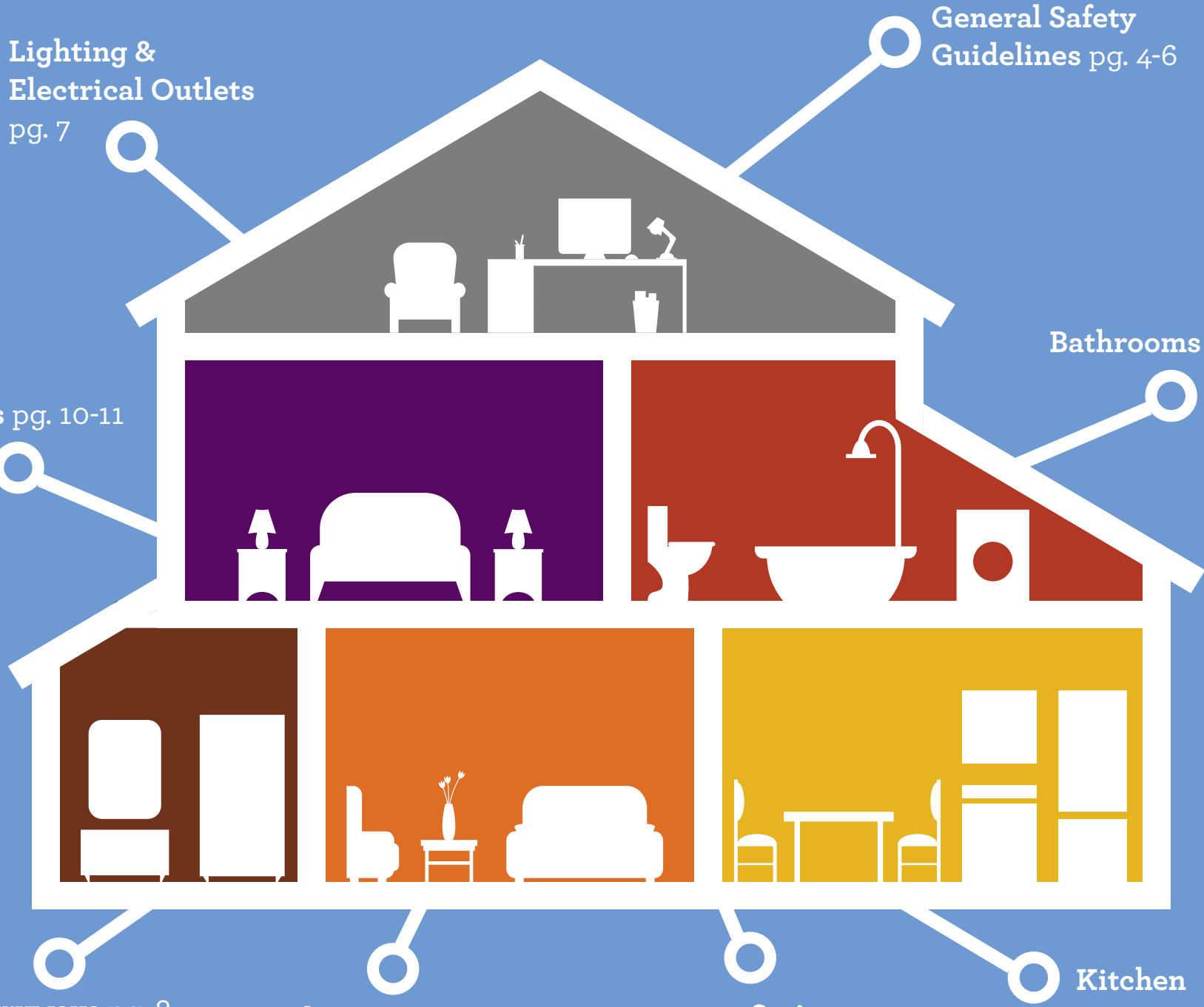
Bathrooms pg. 12

Entryways pg. 8

Floors pg. 8

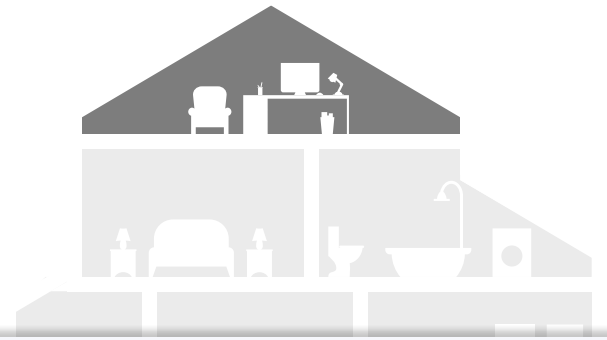
Stairs pg. 9

Kitchen
pg. 13



GENERAL SAFETY GUIDELINES

Implement these updates everywhere in the house.



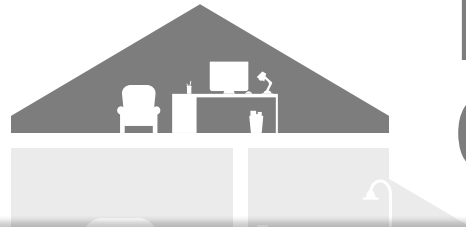
- **Decrease clutter.** Place furniture so that you have wide walkways and can move around easily. Decreasing clutter in your physical space not only reduces tripping hazards but also helps to reduce mental clutter and distractions, allowing for greater focus and calm.
- **Install lever handle door knobs** instead of circular knobs for easier opening.
- **Install grab bars** throughout your home. (If possible, seek advice from an occupational therapist (OT) on proper placement first.)
- **Make sure chairs in the house are stable** (not on wheels), have arm rests and are the adequate seat height to make standing up and sitting down easier. (Your feet should be able to touch the floor and your legs and hips at about a 90 degree angle so you can stand easily.)
- **If using a wheelchair or walker,** always lock brakes after each use.
- **Arrange your furniture to avoid multiple turns or maneuvers** to access areas used every day as this is where you are most likely to fall.

- **Be sure a communication system is in place** and easily accessible in every room and hallway that you use. (This could be a phone, alarm button or medical alert necklace or bracelet.) This is important for people who are in the later stages of Parkinson's .
- **Give 2-3 trusted individuals keys to your home** in case you need them to come by, and let each of them know who is on your trusted list. Compile their contact information and share with each person if they're comfortable with that. Or use a lockbox and key, garage door remote code or a smart lock so you can offer people easy access to your home.
- **Consider a doorbell that offers a camera view** so you can see who is at the door.
- **Consider getting a natural gas detector** for your home. This can be life-saving if you have a diminished sense of smell due to your Parkinson's.
- **Place the File of Life (folife.org) notice outside** your house and the information on the side of your refrigerator so that first responders can access it quickly and respect your wishes.

GENERAL SAFETY GUIDELINES *CONT.*

- Consider getting a **service dog** that can help you with freezing of gait at home and elsewhere.
- **Consider in-home exercise equipment** for exercise solutions in bad weather. Exercise can improve gait, movement and mental capacity throughout the day—even short bouts of 10-15 minutes can be helpful.
- **If you exercise at home**, make sure you have plenty of space to do your exercises.
- **Request a visit from a physical therapist (PT) or occupational therapist (OT)** who knows the ins and out of Parkinson's to address your needs and offer solutions.
- **Utilize voice activated music devices** (Alexa, Google Home, etc.) to assist with ungluing from a freeze.

LIGHTING & ELECTRICAL OUTLETS



- **Place lights so they are easily accessible.**
- **Make sure hallways and stairways are well-lit** and use extra lighting to **reduce shadows on steps.**
- **Use contrasting colors** on light switch plates or get lighted switch plates to make finding switches easy in the dark.
- **Put night lights in hallways** between bedrooms and bathrooms.
- Get lamps that you can **turn on with one touch or with sound.**
- **If possible, install all electrical outlets about waist high** so you don't have to bend down to access them. If not practical, use power strips that are placed within easy reach.
- **Put all electrical, extension and telephone cords out of the flow of foot traffic** to reduce tripping hazards.



FLOORS

- **Consider installing hardwood flooring and tile** throughout your house. **If you redo your floors**, consider flooring that includes horizontal lines or contrasting grout colors to help with freezing.
- **Change the paint color in rooms to lighter colors.** It can give the illusion of more space and assist with freezing.
- **Eliminate abrupt changes in surfaces** (i.e. carpet to hardwood) because they can be a tripping hazard.
- **Ensure there are handrails on both sides of all stairways** (or areas with multiple steps) that run the full length of the stairs. Cueing may be needed to use the railing consistently.



ENTRYWAYS

& STAIRS

- Install light switches (or motion sensors) **at the top and bottom of the stairs and at every entryway.**
- **Put a piece of easy-to-see tape at the edge of each step** to help with depth perception.
- Avoid distractions such as carrying on a conversation or carrying multiple objects **while going up or down the stairs.** Always keep one hand free to use the rail.
- **Use painter's tape to mark proper foot placement** for routine tasks or to guide foot placement through doorways and around corners that might otherwise cause freezing.



- **Make sure you can touch your feet to the floor** when seated on your bed to make it easier to get in and out.
- **Consider installing a side rail, a sturdy bedside table** or a rope above the bed to assist with rolling and getting up.
- **Put a bedside commode** next to the bed. This is ideal if you struggle to move easily upon waking.
- **Always have a bottle of water at the bedside** to assist in raising your blood pressure in the morning if needed.
- **Securely place blocks, bricks or other objects under the bed to slightly elevate the head of the bed** and decrease the angle necessary to get out of the bed. This potentially decreases large drops in blood pressure with change in position from supine to sitting if you have neurogenic orthostatic hypotension (nOH).
- **If you have REM Sleep Behavior Disorder**, reduce safety hazards (secure bedside lamps, lock up any weapons, remove clutter) in case you act your dreams out at night or fall out of bed. (Consider sleeping in separate beds.)
- **Consider putting a motion sensor** in the bedroom with an alarm or light activation to alert your spouse if you get up in the middle of the night.
- **Consider using a satin sheet for your bottom sheet to** make it easier to roll over.
- **Make the bed with loose and light sheets** that can be taken off or layered depending on the temperature. (No heating blankets.) Or, just use a light down comforter instead of sheets and blankets to reduce the chance of getting caught up in multiple sheets.
- **Place a flashlight in the nightstand** or within easy reach in case your power goes out.
- **Keep a telephone within easy reach of the bed.**

BATHROOMS

- **Install grab bars near the** toilet, tub and in the shower. (If possible, get help from a PT or OT on proper placement.)
- **Ensure your toilet is at comfort height** to make it easier to get up and down. (You can get a riser if you don't want to replace your toilet.)
- **Install a stable, purpose-made seat or bench in** your shower.
- Make sure all bathtubs, showers floors and exits from shower **are non-slip**. (Use aqua socks in public showers.)
- **Install faucets that turn on and off with one touch**.
- **Make sure water temperature** is consistent and not too hot.
- **Make sure there is a phone or life alert button** within easy reach of the shower, tub and toilet in case of an emergency. (Better yet, consider using a **waterproof med alert device** such as Revolar in the shower or tub.)

KITCHEN

- **Install faucets that turn on and off with one touch** and can do hot/cold with one hand.
- **Consider** appliances that automatically turn off after a certain length of time in case you forget.
- **Put frequently used items in easy to access locations** so you don't have to bend or reach to get them. (No step stools or ladders!)
- **Create prep stations** with all of the supplies for a task within easy reach of the work space (i.e., a coffee station).
- **Consider trading your ceramic and glass dishes for those made with melamine**, a more durable substance that rarely breaks when dropped.
- **Swap out large trash cans for smaller ones** or ones with wheels to make it easier to take out the trash.
- **Try “flicking fingers” periodically** to help with tremor when performing kitchen tasks and eating.
- **Purchase convenience foods that are pre-cut and washed** to save time and limit the need to use sharp knives.
- **Make opening jars easier** by using a one-touch automatic jar opener.
- **Use non-slip rubber matting** to stabilize cutting boards, mixing bowls or dinnerware.

WHAT'S NEXT?

Want more ideas on how to live well with Parkinson's?

Much more practical information can be found in a powerful new edition of the Davis Phinney Foundation's free *Every Victory Counts*® manual. The *Every Victory Counts* manual gives you, your care partners and your family members the tools you need to take control of your Parkinson's treatment through a proactive approach to self-care.

It's jam-packed with up-to-date information about everything Parkinson's, plus it includes over 30 checklists and worksheets to help you put what you've learned into action. Color coding and engaging graphics help guide you through the written material and point you to complementary videos, podcasts and other materials on the *Every Victory Counts* companion website. And, it is still free of charge thanks to the generosity of our sponsors. We just ask that you pay a small fee for shipping and handling.

Request your complimentary copy of the new Every Victory Counts manual at www.EveryVictoryCounts.com.

Want to join hundreds of other people with Parkinson's to learn how to live well today?

Each year we host several free events all over the US and Canada. The Victory Summit® event is a day of information and inspiration, featuring dynamic presentations from leading movement disorder neurologists and therapists from across the continent. It's an upbeat, fast-paced event of community and connection, filled with laughter and conversation. You and your care partners will leave feeling motivated and armed with tools to help you be more involved in your own treatment and to improve your quality of life.

To learn more and register, for free, for an upcoming event, visit www.dpf.org/vs.

ABOUT THE DAVIS PHINNEY FOUNDATION

Our goal at the Davis Phinney Foundation is to **help people with Parkinson's live well today**. We provide essential information, practical tools and inspiration to people living with Parkinson's and their care partners; we host educational and fundraising events in locations all over the world; and we fund early-phase, innovative research that focuses on exercise, speech, movement and other factors that affect quality of life.





DAVIS PHINNEY
Foundation For Parkinson's

every victory counts®



357 S. McCaslin Blvd, Ste. 105, Louisville CO 80027
www.davisphinneyfoundation.org | 1-866-358-0285