

WINTER SAFETY CHECKLIST



HELPING AGING ADULTS STAY SAFE, COMFORTABLE, AND CONFIDENT AT HOME

HOME & ENVIRONMENT

- Walkways and entrances are clear of snow and ice
- Entry mats are secure and non-slip
- Adequate lighting near doors and hallways
- Frequently used items are within easy reach

HEALTH & COMFORT

- Home temperature is consistent and safe
- Cold-sensitive conditions are monitored
- Extra layers and blankets are easily accessible
- Skin care adjusted for dry winter air

MEDICATION & ROUTINES:

- Medication schedule reviewed for seasonal changes.
- Refills planned ahead for bad weather days
- Hydration reminders in place
- Daily routines adjusted for shorter daylight hours

MOBILITY & FALL PREVENTION

- Proper footwear available for winter conditions
- Assistive devices are in good condition
- High-risk areas identified and addressed
- Emergency contact plan reviewed

SUPPORT & CARE PLAN REVIEW

- Care plan reviewed with seasonal needs in mind
- Backup support arranged for weather disruptions
- Support needs reassessed
- Questions or concerns discussed with care team

