

Holiday Safety Checklist



For Seniors:

- ☐ **Stick to your routine:** Keep meal, medication, and sleep times consistent.
- ☐ **Dress smart for winter:** Warm layers, non-slip shoes, dry socks, gloves, and hats.
- ☐ **Pack a comfort kit:** Water, snacks, hearing batteries, hand warmers, phone charger, and medication list.
- ☐ **Take breaks:** Choose shorter visits; step away to rest if needed.
- ☐ **Watch indoor temps:** Stay warm — older adults are more sensitive to cold.

For Family Caregivers:

- ☐ **Plan coverage:** Assign who's handling meals, meds, and transportation each day.
- ☐ **Prep medications early:** Bring extras and an updated list.
- ☐ **Communicate expectations:** Share preferred visit times and limits.
- ☐ **Schedule respite:** Even a few hours off can help you recharge.
- ☐ **Ask specifically:** “Can you help with Mom’s meds at 6 p.m.?” beats “Can you help?”

For Hosts:

- ☐ **Declutter walkways:** Secure cords, remove rugs, brighten entryways.
- ☐ **Follow the 3-2-1 Rule:**
 - 3 feet clear around heaters/fireplaces
 - 2 safer swaps – flameless candles & checked light strings
 - 1 clear exit path at all times
- ☐ **Create a quiet room:** Low lighting, comfy chair, blanket, and water.
- ☐ **Safe décor:** Use sturdy seating and non-slip mats; avoid trip hazards.

Travel & Health Tips for Seniors:

- ☐ **Pack a travel health kit:** Meds, prescriptions, sanitizer, and contact list.
- ☐ **Dress in layers:** Carry extra warmth for cold weather.
- ☐ **Share your itinerary:** Keep emergency contacts accessible.
- ☐ **Stay hydrated:** Dehydration worsens fatigue and confusion.

Need Help? Contact your local office today!

