



In-home care for a better quality of life.

Right at Home offers caregiving services for almost any family and practically any situation. Our in-home care lets loved ones enjoy life in the comfort of a familiar environment. And we tailor all of our services to your unique situation through a Custom Care Plan.

Use this checklist to make sure that your loved one's routine is as beneficial as possible and that their home doesn't pose any health or safety hazards.



General

- ☐ Find someone to check on the individual daily.
- ☐ Schedule vision check.
- ☐ Discuss medications with physician to determine effects on balance.
- ☐ Establish light exercise routine.



Bedrooms

- ☐ Bedside table with non-tip lamp and room for eyeglasses.
- ☐ Clear traffic area from bedroom to bathroom.
- ☐ Comfortable, sturdy chair to aid in dressing.



Kitchen

- ☐ Items placed where they can be reached without use of stool.
- ☐ Area to sit during food preparation.
- ☐ Flooring free of cracks, splits or up-turned edges.



All Rooms

- ☐ No loose carpeting or rugs without nonslip backing.
- ☐ Traffic areas free of furniture.
- ☐ Electrical cords and other wires taped against walls.
- ☐ Bright lighting with switches and functioning bulbs.
- ☐ Telephones placed at height that can be reached from floor.



Bathroom

- ☐ Grab bars near tub, shower and toilet located and mounted properly.
- ☐ Nonslip surfaces in tub or shower. Night light.
- ☐ Rugs or bathmats with nonslip backing on floor.
- ☐ Shower/tub bench or seat.



Stairs and Inclines

- ☐ Keep free of items.
- ☐ Plenty of room to move at top and bottom.
- ☐ No loose carpeting or edges to catch on.
- ☐ Handrails securely attached and at proper height for user.
- ☐ Proper lighting on all steps, switches at top and bottom of stairs.



Right at Home Birmingham, Decatur & Huntsville
1446 Montgomery Highway, Birmingham, AL 35216
205.460.1062 | www.rahbhm.com
To learn more please call or email info@rahbhm.com
Job Applicants visit RAHapply.com