

# HOME SAFETY & WELLNESS GUIDE

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A simple guide to a safer home and a clearer mind—for adult children and caregivers.

# HEY THERE!

I'm Nurse Amy, and it's truly a privilege to walk alongside you on this journey. Caring for a loved one is both a gift and a responsibility—and you don't have to do it *alone*.

This guide is here to support you with calm, clarity, and confidence as you create a safer, more balanced home rooted in wellness and intention.

The *Home Safety & Wellness Guide* is thoughtfully designed to help you bring mindfulness and purpose into how you care for your aging parent or loved one. By weaving **safety** and **wellness** together, we can create an environment that nurtures physical health, emotional well-being, and peace of mind—for *both* the caregiver and the one receiving care.

As part of this growing community of adult children and caregivers, know this: you are seen, supported, and never alone.

*Nurse Amy*

# CONTENT

## Section 1: Home Safety Checklist

*This section provides a room-by-room guide to help ensure your parent's home is safe and accessible. It covers key areas—entrances, living spaces, bathroom, and kitchen—with practical items to check for preventing falls, improving lighting, and reducing common hazards. Use this checklist during a home walk-through to identify and address potential safety concerns.*

## Section 2: Daily Wellness Indicators

*This section helps you monitor your parent's overall well-being by focusing on four key areas: medication management, mobility, nutrition, and mental/emotional health. Regularly checking these indicators can help you catch early signs of decline, ensure proper daily functioning, and support a higher quality of life. Use this as a guide during check-ins or visits.*

## Section 3: When to Seek Support

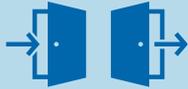
*Noticing multiple concerns or feeling uncertain about your parent's well-being can be a sign that extra support is needed. This section offers guidance on when to take the next step—whether that's talking to a healthcare provider, consulting a care professional, or bringing in part-time help. Remember, you don't have to navigate this alone. Coastal Care Partners is here to provide expert support, assessments, and compassionate care tailored to your family's needs.*

# SECTION 1: HOME SAFETY CHECKLIST

Walk through your parent's home and assess the following:

✓ Or ✗

## Entrances and Exits:



- Steps have sturdy handrails on both sides.
- Outdoor lights are working and well-positioned
- No clutter or tripping hazards at entryways.

## Bathroom:



- Grab bars are installed in shower and near toilet.
- Non-slip mats in shower and on floors.
- Raised toilet seat if needed for ease and safety.

## Living Areas:



- Floors are clear of loose rugs or cords.
- Furniture is sturdy and not blocking pathways.
- Adequate lighting (especially nightlights) throughout.

## Kitchen:



- Working smoke detector and fire extinguisher.
- Frequently used items are within easy reach.
- No expired food or signs of spoiled perishables.

# SECTION 2: DAILY WELLNESS INDICATORS

*Check in on how your parent is managing these essential wellness areas:*

## Medication



- Medications are taken on time and correctly.
- Pill organizers / medication systems are in place.
- No duplicate prescriptions or confusion.

## Mobility



- No new or worsening difficulty walking.
- No recent falls or "near misses."
- Uses cane/walker properly if prescribed.

## Nutrition



- Eating regular, balanced meals.
- No signs of weight loss or poor appetite.
- Food in fridge is fresh and within date.

## Mental & Emotional Health



- Engages with friends, family, or activities.
- No signs of isolation, sadness, or confusion
- Oriented to time, place, and routine

# SECTION 2: DAILY WELLNESS INDICATORS

*Check in on how your parent is managing these essential wellness areas:*

Click Below:

[Skin Tear Defense helps prevent tears before they happen! Purchase now at skinteardefense.com](https://skinteardefense.com)

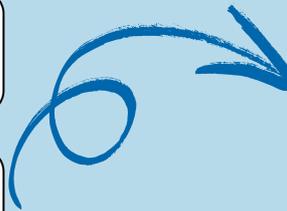
## Skin Health



Check for bruises, redness, or skin tears

Use protective products to help prevent injuries

Keep skin moisturized to maintain integrity



**BECAUSE EVERY  
TEAR PREVENTED  
IS A WIN FOR  
INDEPENDENCE  
AND CONFIDENCE**

### NURSE AMY'S TOP 5 PREVENTION TIPS

#### MOISTURIZE DAILY

Hydrated skin is more elastic and less prone to tearing.

#### USE SKIN-FRIENDLY CLOTHING

Soft sleeves and long pants protect delicate arms and legs.

#### AVOID ADHESIVES

Choose non-stick bandages or wrap gauze instead.

#### PAD SHARP CORNERS

Protect furniture edges and bathroom fixtures.

#### PROTECT & STRENGTHEN

Use Skin Tear Defense daily for added protection and nourishment.

# SECTION 3: WHEN TO SEEK SUPPORT

*If you checked two or more boxes as concerns—or something “just feels off”—it may be time to:*

- Schedule a visit with their primary care provider
- Consult a nurse advocate or aging life care manager
- Explore part-time caregiving or home support services

## **Aging Care Guidance Sessions**

If you're feeling overwhelmed, unsure of what your parent truly needs, or simply want expert support to create a plan, my Aging Care Guidance Sessions offer one-on-one help tailored to your family. Together, we review your parent's safety, wellness, and care needs and map out the next best steps—whether you're local or supporting from afar. These sessions are available both in-person and virtually to support families wherever they are.

**Click Below:**

**[Aging With Amy Website!](#)**

# SECTION 3: WHEN TO SEEK SUPPORT

*If you checked two or more boxes as concerns—or something “just feels off”—it may be time to:*

## Need Help?

At Coastal Care Partners, we help families like yours every day. From nurse assessments to in-home care and care management, we're here to support your loved one—without you doing it all alone.

If your family lives in **Savannah, Bluffton, or St. Simons**, we offer in-home support and hands-on care management through our local team.

For families **outside these areas**, you can still work directly with me through **virtual Aging Care Guidance Sessions**, where I help you assess your parent's needs, create a personalized plan, and navigate next steps with clarity and confidence—no matter where you live.

 [www.coastalcarepartners.com](http://www.coastalcarepartners.com)

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