

Safety at Home Checklist

Take the necessary precautions to ensure your loved ones are safe while you are away. Use this checklist as a helpful guide.

Recommended Actions	
<p>Emergency Contact Information</p> <p>Easily accessible phone and address information for: Home, Doctor, Police, Neighbour or Family member</p>	<p>Complete emergency contact sheet overleaf.</p>
<p>Medical Information</p> <p>An easily accessible summary of medical history, allergies, medication – names and dosage, Doctor name and GP Practice name</p>	<p>Complete medical information sheet overleaf.</p>
<p>Home Safety</p> <p>Fire alarm tested and working, Fire extinguisher in home Windows and doors have security locks Telephone is easily accessible Hot water cylinder is set at 50 – 55°C Eliminate Hazards – mats, slippery decks, power cords</p>	<p>Visit www.betterathome.co.nz or call 0800 726 223 for a more comprehensive home safety checklist</p> <p>Visit www.police.govt.nz/safety/home.operationsnap</p> <p>Visit www.stjohn.org.nz or call 0800 785 646 for more information on medical alarms</p>
<p>Nutrition and Personal Care</p> <p>Eat properly Able to prepare own food Able to food shop Able to shower, dress</p>	<p>Visit www.betterathome.co.nz for information on how to get help with personal care or meal preparation whatever time of the day</p> <p>Visit www.eat.co.nz or call 0800 328 333 to order fresh, wholesome food delivered</p>
<p>Companionship and Social</p> <p>Avoid isolation and loneliness by arranging daily visit or call by friend or companion</p>	<p>To arrange for a caring support worker to pop in during the day, evening, morning or overnight, call 0800 726 223 or www.betterathome.co.nz</p> <p>Visit www.stjohn.org.nz or call 0800 785 646 to arrange for a Caring Caller to do a phone call each day</p>
<p>Transport</p> <p>Access to transport</p>	<p>Visit www.relionus.co.nz or call 0800 025 999 to arrange safe transport – Auckland wide</p> <p>Visit www.betterathome.co.nz for support available for outings</p>

Emergency Contact Information

Personal Details

Name

Address

Street No/Name: _____

Suburb: _____

Phone Number: _____

Next of Kin Details

Name

Relationship to you _____

Address

Street No/Name: _____

Suburb: _____

Phone Number: _____

GP Details

Doctor Name

Phone Number: _____

Doctors Surgery Name: _____

Neighbour /Friend close By

Name

Address

Street No/Name: _____

Suburb: _____

Phone Number: _____



