

## 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><b>Emergency Contact Information</b></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><b>Medical Information</b></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><b>Home Safety</b></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 <a href="http://www.betterathome.co.nz">www.betterathome.co.nz</a> or call 0800 726 223 for a more comprehensive home safety checklist</p> <p>Visit <a href="http://www.police.govt.nz/safety/home.operationsnap">www.police.govt.nz/safety/home.operationsnap</a></p> <p>Visit <a href="http://www.stjohn.org.nz">www.stjohn.org.nz</a> or call 0800 785 646 for more information on medical alarms</p>
<p><b>Nutrition and Personal Care</b></p> <p>Eat properly Able to prepare own food Able to food shop Able to shower, dress</p>	<p>Visit <a href="http://www.betterathome.co.nz">www.betterathome.co.nz</a> for information on how to get help with personal care or meal preparation whatever time of the day</p> <p>Visit <a href="http://www.eat.co.nz">www.eat.co.nz</a> or call 0800 328 333 to order fresh, wholesome food delivered</p>
<p><b>Companionship and Social</b></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 <a href="http://www.betterathome.co.nz">www.betterathome.co.nz</a></p> <p>Visit <a href="http://www.stjohn.org.nz">www.stjohn.org.nz</a> or call 0800 785 646 to arrange for a Caring Caller to do a phone call each day</p>
<p><b>Transport</b></p> <p>Access to transport</p>	<p>Call Mount Taxi's to arrange safe transport on 07 578 6086</p> <p>You may be eligible for a <a href="#">Total Mobility Subsidy</a> from the council which entitles you to 50% off taxi fares. Phone Mary McLaren at the council 0800 884 880 or 0800 368 267 to enquire about eligibility for this or view on <a href="http://www.BOPRC.govt.nz">www.BOPRC.govt.nz</a></p> <p>Visit <a href="http://www.betterathome.co.nz">www.betterathome.co.nz</a> 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: \_\_\_\_\_



