

## ***Getting Started Checklist***

### Food

- Check freezer for old food, also may need defrosting
- Check fridge for old or moldy foods
- Organize fridge so everyday items are easily accessed
- Check cupboards for old food or anything not sealed
- Organize cupboards so anything needing to be accessed is low enough to reach without a stool
- Make a grocery list

### Floors

- Get rid of any mats or area rugs that could present a tripping hazard
- Check for other slippery surfaces
- Get rid of clutter to prevent tripping or falls

### Bathroom

- Install non-slip pads or mat in the bathtub
- Make sure there are adequate hand rails for getting in and out of the tub, you may consider a bath/shower seat if necessary
- Install safety rails on the toilet to assist getting up and down if necessary

### Phone

- Check for unexplained calls – scam artists prey on people's good nature
- Add your number as well as 911 to speed dial and explain how it works. Mark the phone clearly so this can be used quickly in an emergency
- Consider multiple phone extensions so there is no rush to make it to a phone and also so a phone is in close reach during an emergency

### Banking

- Check banking records for unsubstantiated charges- I had a friend who discovered his mother was unknowingly paying for hundreds of dollars worth of goats and other monthly purchases for a village... somewhere. This was among several other charges she knew nothing about.
- You may want to become power of attorney and set up alerts with the bank

### Prescriptions

- Add prescription renewals to your calendar
- Double check any vitamins or supplements for contraindications with prescriptions

### Create a monthly calendar (see monthly calendar link)