

# SENIOR SAFETY SCAVENGER HUNT



*“She looketh well to the ways of her household...” Proverbs 31:27*

The Majority of all Seniors want to **STAY IN THEIR HOMES**, and most families worry about their safety all the time!



A **FALL** with injuries can diminish quality and quantity of life.

**MEDICATION MIS-MANAGEMENT** accounts for highest rate of admissions and readmissions of seniors.

Next family visit...have some fun. Get everyone to look for items on a scavenger hunt list. **TALK** about safety and body, mind & spirit well being. Then come up with a plan to **FIND IT...GET IT or FIX IT... and CHECK IT** regularly!

\_\_\_\_ Throw rugs in the house

\_\_\_\_ Extension cords stretched across a room/kitchen

\_\_\_\_ Light bulbs (wattage too low, too high, burnt out)

\_\_\_\_ Grab bars in the bathroom (toilet area, shower/tub)

\_\_\_\_ Medications throughout the house (gather them all up and organize them according to physician orders and put in containers organized to take morning/noon/night. ( Can they read the Rx, swallow it)

\_\_\_\_ Food in frig/cupboards (eatable or science project?)

\_\_\_\_ Step stools and ladders( when do you use this and why)

# SENIOR SAFETY SCAVENGER HUNT



*“She looketh well to the ways of her household...” Proverbs 31:27*

The Majority of all Seniors want to **STAY IN THEIR HOMES**, and most families worry about their safety all the time!



A **FALL** with injuries can diminish quality and quantity of life.

**MEDICATION MIS-MANAGEMENT** accounts for highest rate of admissions and readmissions of seniors.

Next family visit...have some fun. Get everyone to look for items on a scavenger hunt list. **TALK** about safety and body, mind & spirit well being. Then come up with a plan to **FIND IT...GET IT or FIX IT... and CHECK IT** regularly!

\_\_\_\_ Throw rugs in the house

\_\_\_\_ Extension cords stretched across a room/kitchen

\_\_\_\_ Light bulbs (wattage too low, too high, burnt out)

\_\_\_\_ Grab bars in the bathroom (toilet area, shower/tub)

\_\_\_\_ Medications throughout the house (gather them all up and organize them according to physician orders and put in containers organized to take morning/noon/night. ( Can they read the Rx, swallow it)

\_\_\_\_ Food in frig/cupboards (eatable or science project?)

\_\_\_\_ Step stools and ladders( when do you use this and why)

\_\_\_\_\_ Raised toilet seat, shower/bath chair

\_\_\_\_\_ Handrails with steps and stairs, on/off light at top & bottom of stairs

\_\_\_\_\_ Bathroom Nightlights

\_\_\_\_\_ Sidewalk conditions and lighting at all doors

\_\_\_\_\_ Small Fire Extinguisher

\_\_\_\_\_ Updated Emergency Contact List at Phones

\_\_\_\_\_ Clear pathway throughout the house (entrance/exit,bathrooms, bedroom, kitchen)

\_\_\_\_\_ Water heater temperature (low or 120)

\_\_\_\_\_ Any 90 degree sharp edges on furniture in pathway to bath/ bedroom

\_\_\_\_\_ Spare key (hidden, family, neighbor, lock box)

\_\_\_\_\_ Smoke & Carbon Monoxide Detectors working/batteries?

\_\_\_\_\_ Animal safety for owner and pet

\_\_\_\_\_ Are walkers, wheelchairs, B/P machines all working and safe

\_\_\_\_\_ Can they reach phone from floor ( Need Fall Medical Alert System? If they yell for HELP, how far can they be heard?)

\_\_\_\_\_ Are family/caregivers getting adequate rest & respite

*Created by Denise Leichter, RN Senior Health Advocate & Minister  
Southern CA Mission Center [Denise@HMAcofChrist.org](mailto:Denise@HMAcofChrist.org)*

Provided by Community of Christ Health Ministries Association  
816-833-1000 ext 1262, [www.HMAcofChrist.org](http://www.HMAcofChrist.org)

\_\_\_\_\_ Raised toilet seat, shower/bath chair

\_\_\_\_\_ Handrails with steps and stairs, on/off light at top & bottom of stairs

\_\_\_\_\_ Bathroom Nightlights

\_\_\_\_\_ Sidewalk conditions and lighting at all doors

\_\_\_\_\_ Small Fire Extinguisher

\_\_\_\_\_ Updated Emergency Contact List at Phones

\_\_\_\_\_ Clear pathway throughout the house (entrance/exit,bathrooms, bedroom, kitchen)

\_\_\_\_\_ Water heater temperature (low or 120)

\_\_\_\_\_ Any 90 degree sharp edges on furniture in pathway to bath/ bedroom

\_\_\_\_\_ Spare key (hidden, family, neighbor, lock box)

\_\_\_\_\_ Smoke & Carbon Monoxide Detectors working/batteries?

\_\_\_\_\_ Animal safety for owner and pet

\_\_\_\_\_ Are walkers, wheelchairs, B/P machines all working and safe

\_\_\_\_\_ Can they reach phone from floor ( Need Fall Medical Alert System? If they yell for HELP, how far can they be heard?)

\_\_\_\_\_ Are family/caregivers getting adequate rest & respite

*Created by Denise Leichter, RN Senior Health Advocate & Minister  
Southern CA Mission Center [Denise@HMAcofChrist.org](mailto:Denise@HMAcofChrist.org)*

Provided by Community of Christ Health Ministries Association  
816-833-1000 ext 1262, [www.HMAcofChrist.org](http://www.HMAcofChrist.org)