

Moving about at home

- Are the objects you need every day easily accessible to you?
- Is the floor of your home non-slippery, so that it does not pose a risk of slipping?
- Are your rugs equipped with anti-slip rug underlay or rug grippers under the corners?
- Are the paths clear of objects?
- Are the electrical cords mounted so that they are not in the way?
- Do you have a sturdy household ladder at home?
- Do you have a seat in the entryway so that you can sit down to take off and put on footwear?
Are the doorsills in your apartment low enough?
- Do you have the necessary support handles or handrails in your bathroom and, if necessary, a toilet seat riser that makes it easier to get up?
- Do you have sufficient anti-slip guards in the washing facilities?
- Do you have the necessary support handles and handrails, as well as a shower chair or bath seat, in your sauna and washing facilities?

- Is your bed a suitable height or is it equipped with a bed assist rail that makes it easier to get up?
- Are the assistive devices you use suitable, in good condition and regularly maintained?
- Is your indoor footwear the right size and sturdy, with a good grip?
- Do you have adequate lighting and enough light switches at home?
- Do you have a night light so that you can also make your way to the bathroom at night?

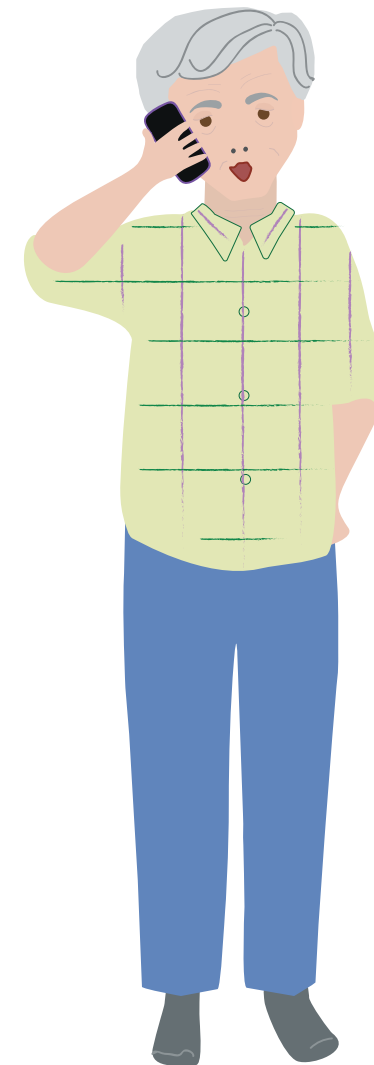
Maintaining functional capacity

- Do you exercise your muscles and practise balance exercises at least two or three times per week?
- Do you engage in brisk physical activity for at least 2.5 hours per week or strenuous exercise for at least an hour and 15 minutes per week?
- Do you regularly have your eyesight checked?
- Would you benefit from a hearing aid or other assistive devices for hearing impairment?
- Has a physician checked your medication within the last year?

- Do you always take the correct doses of your medication at the correct time?
- Do you get enough protein and vitamin D?
- Do you take into consideration that the use of alcohol increases the risk of accidents?
- Has your risk of falling been assessed?
- Do you use hip protectors if necessary?

Fire safety

- Do you have at least one functional smoke alarm per every 60 square metres on every floor in your home?
- Are your smoke alarms installed on the ceiling according to instructions and not too close to the walls, for example?
- Do you check the functionality of your smoke alarms once a month?
- Do you vacuum the dust on the surface of your smoke alarms at least once a year?
- Have you replaced the smoke alarms in your apartment at least every ten years?



Safety for everyday life

Checklist for the elderly and their family members.

Expertise on accidents: Development Manager Riitta Koivula, National Institute for Health and Welfare.

Drawing by Mari Vehkalahti

- Do you think that you would hear the sound of the smoke alarm at night or do you need a vibration pad as an additional safeguard?
- Is first-aid fire fighting equipment accessible to you and do you know how to use it?
- Would you be able to exit your apartment safely in the event of a fire?
- Is your sauna heater protected with a robust safety railing?
- Do you make sure to never dry laundry in the sauna?
- Do you make sure to never leave the cooker on unattended?
- Do you make sure to never dry dishes on the cooker or store frying pans or other dishes in the oven?
- Is your cooker equipped with a device that automatically turns it off in the event of danger?
- Do you thaw and clean your refrigerator and freezer regularly once or twice a year and do you also vacuum their back walls?
- Was your apartment built in or after 2009? Any apartments completed in or after 2009 should be equipped with hardwired smoke alarms. Their backup batteries must be replaced when signalled by the device.

Moving about outdoors

- Do you utilise assistive devices for balance when moving about outdoors (e.g. Nordic walking poles or a rollator)?
- Do you keep a phone with you when you go outside?
- Is your outdoor footwear the right size and sturdy, with good grip?
- Do you wear anti-slip guards, grip shoes or high-traction shoes in slippery weather conditions?
- Is there a chair near the door to your building that you can sit in to put on and remove anti-slip guards?
- Are the pathways in your yard easily accessible, well-lit and sanded in the winter?
- Do you wear a safety reflector when moving about in low-light conditions?
- Do you use a bike light when cycling in low-light conditions?
- Do you protect your head with a bike helmet when cycling?
- Do you wear a life jacket when travelling on water?

Driving and driving condition

- Do you know how your medication affects your driving?
- Do you take regular breaks when driving long distances and do you choose a safer route, even if it

increases the distance somewhat?

- Do you choose another mode of transport or switch drivers when your driving condition or health deteriorates?
- ### Other preparedness
- Are you prepared for long power outages?
 - Are the locks on your external doors in good condition and easy to use?
 - Do you have a spyhole on your front door so that you can check who is outside?
 - Do you make sure to never order anything that is advertised to you as being free or almost free by e-mail or phone?
 - Do you make sure to never open e-mail attachments or links sent by unknown senders if you are unsure about whether the content is safe?
 - Do you have up-to-date antivirus software and a firewall on your computer?

Communication

- Do you communicate with a family member or a friend on a daily basis?
- Do you receive assistance with daily shopping and errands when necessary?
- Do you live alone and are you able to call for help in the event of an accident?
- Do you need an emergency phone?

Save the number on your phone

- **emergency number 112** or
- **the 112 Suomi mobile app** if you are using a smartphone. Can you use the app?
- **Poison Information Centre 0800 147 111 24h** (free of charge)
- number of a health centre, health counselling or hospital emergency services
- numbers of family members
- number for home care



Do you have sufficient first aid equipment at home and do you know how to use it?

Never disclose your online banking credentials or payment card number to anyone via e-mail or if someone asks for them, even if it is the police

Change the battery of your smoke alarm once a year if it does not have a 5-year lithium battery, for example.