



Checklist: 14 tips for updating your home

There's no place like home. However, as we get older, the hidden dangers in our home can quickly turn into real risks.

That's why we've provided this checklist for updating your home. Check it off as you move through your home to make it safer and more secure as you age.

Sweat the small stuff!

- Have I removed clutter from thoroughfares?
- Have I added abrasive strips to stairs?
- Are my rugs and carpets a trip hazard?
- Are my medications accessible and organised?
- Is my first aid kit up to date and accessible?
- Do I have a list of emergency phone numbers handy?
- Is my smoke detector working?
- Does my torch have full batteries?

Home modifications

- Do I need handrails for added stability?
- Is my home well lit and do I have spare lightbulbs handy?
- Do I feel stable walking on my current flooring?
- Do I find it hard to access my benchtops and microwave at their current height?
- Would an upside-down fridge assist me?
- Can I move easily between rooms with my walker?

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with home and contents insurance.**

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