

Top 10 Home Safety Risks Families Often Miss

Here are some common warning signs that additional support or safety planning may help.

- 1** Falls or Near Falls: Holding onto furniture, difficulty with stairs, or increased fatigue may signal growing safety concerns.
- 2** Medication Confusion: Missed doses, forgotten refills, or confusion with schedules can quickly become dangerous.
- 3** Poor Lighting & Trip Hazards: Loose rugs, clutter, and dim lighting increase fall risk throughout the home.
- 4** Bathroom Safety Concerns: Getting in and out of the shower or navigating slippery surfaces may become more difficult over time.
- 5** Memory Changes: Repeating questions, confusion with routines, or poor judgment may impact safety and independence.
- 6** Isolation: Spending too much time alone can affect both physical and emotional well-being.
- 7** Difficulty Managing Daily Tasks: Cooking, laundry, housekeeping, and transportation may slowly become overwhelming.
- 8** Caregiver Burnout: Family caregivers often become exhausted trying to manage everything alone.
- 9** Nutrition & Hydration Concerns: Weight loss, spoiled food, or skipped meals can be signs additional support may be needed.
- 10** Waiting Too Long to Plan: Many families wait until a crisis happens before exploring support options.

Not sure where to start?

The TrueGuide Home Safety & Aging-in-Place Assessment helps families better understand safety concerns, explore support options, and make informed decisions with clarity and confidence.

Assessments starting at \$149

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