

# Caregiver Home Safety Guide

## **ThrivePT Academy**

Educational Resource for Caregivers & Older Adults

### **Daily Safety Habits**

- Encourage slow position changes from sitting to standing
- Check floors regularly for spills
- Keep frequently used items within easy reach

### **Environmental Setup**

- Maintain consistent furniture placement
- Reduce visual clutter for individuals with cognitive impairment
- Ensure adequate lighting in hallways and bathrooms

Disclaimer: This guide is for educational purposes only and does not replace medical advice. No patient-provider relationship is established through use of this material.