

# Home Safety Checklist for Mesothelioma Patients

## 1. Mobility and Accessibility

### Clear Pathways

Ensure that all walkways and hallways are free of obstacles to allow easy navigation, especially for mobility aids like wheelchairs, walkers, or canes.

### Non-slip Flooring

Install non-slip mats or rugs in high-traffic areas, especially in bathrooms, kitchens, and hallways.

### Ramp Access

If using a wheelchair, ensure all entryways have ramps or wide doors to accommodate the wheelchair.

### Handrails and Grab Bars

Install sturdy grab bars in the bathroom near the toilet, shower, and bathtub.

Place handrails along stairs or in areas that require balance support.

### Elevated Toilet Seat

Consider installing an elevated toilet seat for easier access if mobility is limited.

### Shower Chair or Bench

Use a shower chair or bench to ensure safety during bathing, avoiding risk from standing for long periods.

## 2. Respiratory and Environmental Health

### Ventilation and Air Quality

Ensure good air circulation throughout the home, especially in rooms where the patient spends most of their time.

Use air purifiers to remove allergens and irritants, particularly in bedrooms and living areas.

### Smoke-Free Environment

Enforce a smoke-free environment to reduce respiratory strain and irritants.

### Avoid Mold and Dampness

Regularly inspect the home for mold, especially in bathrooms and basements. Use dehumidifiers to reduce moisture in damp areas.

### Carbon Monoxide Detectors

Install and regularly check carbon monoxide detectors, especially if using gas appliances.

## 3. Health and Treatment Equipment

### Accessible Medication Storage

Keep medications in an easy-to-reach location, ideally near where the patient spends most of their time. Use a pill organizer to avoid confusion.

### Oxygen and Medical Equipment Storage

Ensure oxygen tanks, nebulizers, or other medical devices are easily accessible and do not block pathways.

Secure oxygen tanks to prevent tipping or accidents.

### Resting Areas

Create a comfortable, quiet area for rest with supportive seating or a reclining chair, especially for times when fatigue or shortness of breath occurs.

## 4. Emergency Preparedness

### Emergency Contacts List

Keep a list of emergency contacts (doctors, caregivers, family members) clearly displayed in a central location, such as the fridge or near the phone.

### Fire Safety

Install smoke detectors in every bedroom and hallway. Test monthly to ensure functionality.

Have a fire extinguisher within easy reach, particularly in the kitchen.

Know emergency exits from the home and have a family emergency plan in place.

### First Aid Kit

Keep a well-stocked first aid kit in an accessible location with bandages, antiseptic, medications, and other supplies relevant to mesothelioma care.

## 5. Lighting and Visibility

### Proper Lighting

Ensure all areas of the home, especially stairs, hallways, and bathrooms, are well-lit to prevent falls.

Install motion-sensor lights in hallways, bathrooms, and entryways for easy access during the night.

### Nightlights

Use nightlights in hallways, bathrooms, and near stairs to provide a guide during nighttime trips to the bathroom or kitchen.

## 6. Ergonomics and Comfort

### Comfortable Seating and Furniture

Invest in ergonomic chairs and sofas that provide support for sitting or reclining comfortably for long periods.

Ensure that chairs and beds are at the right height for easy sitting and standing.

### Adjustable Bed

Consider an adjustable bed that can be elevated to help with breathing and comfort when lying down.

## 7. Kitchen and Dining Safety

### Accessible Kitchen Layout

Ensure kitchen counters and shelves are within easy reach for someone with limited mobility. Consider installing lower counters or pull-out shelves.

Organize kitchen items so that frequently used tools or ingredients are easily accessible.

### Microwave or Easy-to-Use Appliances

Use a microwave or other easy-to-operate appliances for those with limited mobility or strength to lift heavy pots and pans.

## 8. Assistance and Caregiver Support

### Caregiver Communication Tools

Place communication tools like a phone, intercom, or alert system near where the patient spends most of their time, to reach caregivers or medical staff if necessary.

### Caregiver Rest Areas

Designate a space where caregivers can rest and relax when needed, separate from the main caregiving area.

## 9. Emotional and Psychological Well-Being

### Personal Space for Relaxation

Create a calming area with comfortable seating, soothing colors, and familiar items to promote emotional well-being.

### Therapeutic Environment

Incorporate plants, artwork, or sensory elements like soft lighting or relaxing music to help manage stress and anxiety.

## 10. General Household Maintenance

### Regular Cleaning and Maintenance

Ensure that the home is kept clean and free of dust, allergens, or pests that may worsen respiratory conditions.

### Regular Equipment Checks

Perform regular checks on home medical equipment and safety devices (e.g., grab bars, fire alarms) to ensure they are functioning properly.

