

# Home Safety Resource Links

Home Safety Checklists:

- [THE PARKINSON'S HOME SAFETY CHECKLIST](#) by Davis Phinney Foundation for Parkinson's

University at Buffalo: Department of Rehabilitation Science

“How to” before & after Photos of home improvements

- [http://sphhp.buffalo.edu/content/sphhp/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool/jcr\\_content/par/download\\_2064233016/file.res/F3-Case-Study.pdf](http://sphhp.buffalo.edu/content/sphhp/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool/jcr_content/par/download_2064233016/file.res/F3-Case-Study.pdf)

Tip Sheet to Prevent Falls

- [http://sphhp.buffalo.edu/content/sphhp/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool/jcr\\_content/par/download\\_1377718489/file.res/F4-Tips-for-Fall-Prevention.pdf](http://sphhp.buffalo.edu/content/sphhp/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool/jcr_content/par/download_1377718489/file.res/F4-Tips-for-Fall-Prevention.pdf)

List of Assistive Devices & Helpful Products to Reduce Falls

- [http://sphhp.buffalo.edu/content/sphhp/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool/jcr\\_content/par/download\\_570920319/file.res/F2-AD-and-Helpful-Products.pdf](http://sphhp.buffalo.edu/content/sphhp/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool/jcr_content/par/download_570920319/file.res/F2-AD-and-Helpful-Products.pdf)

Free Printable Checklist with pictures and ideas on how to “fix” home safety issues

- [http://sphhp.buffalo.edu/content/sphhp/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool/jcr\\_content/par/download\\_1631462784/file.res/F1-Checklist.pdf](http://sphhp.buffalo.edu/content/sphhp/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool/jcr_content/par/download_1631462784/file.res/F1-Checklist.pdf)

“How to” and instructional Videos on making Home Safety Suggestions: Fall Prevention

- [http://sphhp.buffalo.edu/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool.html#title\\_913912467](http://sphhp.buffalo.edu/rehabilitation-science/research-and-facilities/funded-research/aging/home-safety-self-assessment-tool.html#title_913912467)

National Parkinson's Foundation:

- <https://www.parkinson.org/Living-with-Parkinsons/Managing-Parkinsons/Activities-of-Daily-Living/Home-Safety>
- [https://www.parkinson.org/sites/default/files/pdf/Safety%20Considerations%20from%20CC%20Book\\_0.pdf](https://www.parkinson.org/sites/default/files/pdf/Safety%20Considerations%20from%20CC%20Book_0.pdf)
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## Home Product Links

	<p>Night lights</p> <ul style="list-style-type: none"><li>● GE 30966 on Amazon <a href="https://smile.amazon.com/GE-30966-Automatic-Efficient-Entryway/dp/B01C634M98/ref=sr_1_5?crd=3SRGT2WBL3O8F&amp;dchild=1&amp;keywords=nightlights+with+light+sensors&amp;qid=1598301599&amp;srefix=nightlights&amp;pd_rd_w=mmRbh&amp;pf_rd_p=e75a99cf-81c4-40cb-bc86-6efa5f44f6cb&amp;pd_rd_wg=fxupU&amp;pf_rd_r=Z40KC6X77JJEQFDBY00Y&amp;pd_rd_r=830788cb-c601-42f6-846c-c53678856123">https://smile.amazon.com/GE-30966-Automatic-Efficient-Entryway/dp/B01C634M98/ref=sr_1_5?crd=3SRGT2WBL3O8F&amp;dchild=1&amp;keywords=nightlights+with+light+sensors&amp;qid=1598301599&amp;srefix=nightlights&amp;pd_rd_w=mmRbh&amp;pf_rd_p=e75a99cf-81c4-40cb-bc86-6efa5f44f6cb&amp;pd_rd_wg=fxupU&amp;pf_rd_r=Z40KC6X77JJEQFDBY00Y&amp;pd_rd_r=830788cb-c601-42f6-846c-c53678856123</a></li><li>● Also available at Ace Hardware, Home Depot, Lowes, Menards, Target and Walmart</li></ul>
	<p>Touch Lights</p> <ul style="list-style-type: none"><li>● Multicolor touch lamp on Amazon <a href="https://smile.amazon.com/dp/B085XFDLB1?pd_rd_i=B085XFDLB1&amp;pd_rd_w=mmRbh&amp;pf_rd_p=e75a99cf-81c4-40cb-bc86-6efa5f44f6cb&amp;pd_rd_wg=fxupU&amp;pf_rd_r=Z40KC6X77JJEQFDBY00Y&amp;pd_rd_r=830788cb-c601-42f6-846c-c53678856123">https://smile.amazon.com/dp/B085XFDLB1?pd_rd_i=B085XFDLB1&amp;pd_rd_w=mmRbh&amp;pf_rd_p=e75a99cf-81c4-40cb-bc86-6efa5f44f6cb&amp;pd_rd_wg=fxupU&amp;pf_rd_r=Z40KC6X77JJEQFDBY00Y&amp;pd_rd_r=830788cb-c601-42f6-846c-c53678856123</a></li><li>● Touch lights on Amazon <a href="https://smile.amazon.com/Cabinet-Lighting-Battery-Counters-Emergency/dp/B07M8YZF5P/ref=sr_1_33?dchild=1&amp;keywords=touch+lights&amp;qid=1598301929&amp;sr=8-33">https://smile.amazon.com/Cabinet-Lighting-Battery-Counters-Emergency/dp/B07M8YZF5P/ref=sr_1_33?dchild=1&amp;keywords=touch+lights&amp;qid=1598301929&amp;sr=8-33</a></li></ul>
	<p>Cordless Phones</p> <ul style="list-style-type: none"><li>● AT&amp;T BL102-2 DECT 6.0 2-Handset Cordless Phone on Amazon <a href="https://smile.amazon.com/AT-BL102-2-2-Handset-Answering-Unsurpassed/dp/B086QB7WZ1/ref=sr_1_2_sspa?dchild=1&amp;keywords=cordless+phone&amp;qid=1598306866&amp;sr=8-2-spons&amp;psc=1&amp;spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzVlJTV0FUVWlNlTVZlYmVhY3J5cHRlZElkPUEwNDMxMDMwNkZlYmVhY3J5cHRlZEFkSWQ9QTA3MzQ5NzAxUjNVTKVaT0FZR0EwJndpZGdlE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJlZQ==">https://smile.amazon.com/AT-BL102-2-2-Handset-Answering-Unsurpassed/dp/B086QB7WZ1/ref=sr_1_2_sspa?dchild=1&amp;keywords=cordless+phone&amp;qid=1598306866&amp;sr=8-2-spons&amp;psc=1&amp;spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzVlJTV0FUVWlNlTVZlYmVhY3J5cHRlZElkPUEwNDMxMDMwNkZlYmVhY3J5cHRlZEFkSWQ9QTA3MzQ5NzAxUjNVTKVaT0FZR0EwJndpZGdlE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJlZQ==</a></li><li>● Easy to Read Cordless Phones at Best Buy <a href="https://www.bestbuy.com/site/shop/easy-to-read-cordless-phones">https://www.bestbuy.com/site/shop/easy-to-read-cordless-phones</a></li></ul>
	<p>Remote Control</p> <ul style="list-style-type: none"><li>● Plug-In Wireless Remote for 3 Outlets at Home Depot <a href="https://www.homedepot.com/p/Woods-13-Amp-Indoor-Plug-In-Wireless-Remote-3-Outlet-Digital-Timer-White-3-Pack-13569WD/203638968">https://www.homedepot.com/p/Woods-13-Amp-Indoor-Plug-In-Wireless-Remote-3-Outlet-Digital-Timer-White-3-Pack-13569WD/203638968</a></li></ul>

## Medication Tool Links

### Pill opening tools

- Pharmacies will provide easy to open prescription containers:

Walgreens <https://www.walgreens.com/topic/pharmacy/services.jsp>

- Bottle grip tool with magnifier: [https://www.ncmedical.com/item\\_2141.html](https://www.ncmedical.com/item_2141.html)

### Pill storage with timer and alarm

- MedQ Pill Box <https://medqpillbox.com/>
- Similar products available on Amazon

[https://smile.amazon.com/s?k=pill+box+with+timer+reminder&crd=IDM25570A3ZV&srefix=pill+box+with+tim%2Caps%2C173&ref=nb\\_sb\\_ss\\_i\\_3\\_17](https://smile.amazon.com/s?k=pill+box+with+timer+reminder&crd=IDM25570A3ZV&srefix=pill+box+with+tim%2Caps%2C173&ref=nb_sb_ss_i_3_17)

### Pill storage with separate compartments

- e-Pill Large Weekly Pill Organizer on Amazon

<https://www.amazon.com/Pill-Large-Weekly-Pill-Organizer/dp/B082BFKNTR>

- Similar products available at Drug other Retail stores

### Create your own system

- Instructions available on: Living Well with Parkinsons Disease <https://livingwellwithparkinsonsdisease.com/2018/12/15/build-your-own-pill-organizer/>