SHORT GUIDE

Living safely at home: the short guide

Living safely and well at home: the short answer from each of our 6 guides, with the address of the full guide.

This is a summary, not the whole story. Each full guide explains the conditions, exceptions and sources behind its short answer. They are online at the addresses below, and together in our full handbook, **www.dayandnightcare.co.uk/leaflets/brochure-living-safely.pdf**.

Home safety checklist for older people: room by room

Most accidents at home can be prevented with simple changes: good lighting, clear floors, working smoke and carbon monoxide alarms, safe heating and grab rails where they are needed. Walk through the home room by room with this checklist, involve the person who lives there in every decision, and ask your local fire and rescue service about a free home fire safety visit.

Full guide: **www.dayandnightcare.co.uk/guides/home-safety-checklist/**

Equipment and home adaptations: what is free and how to get it

In England, the council must provide equipment and minor adaptations costing £1,000 or less free of charge when an assessment shows they are needed, and the NHS lends equipment for health needs. Larger changes, such as a stairlift or level-access shower, may be paid for by a means-tested Disabled Facilities Grant of up to £30,000. Start with an occupational therapy assessment before buying anything.

Full guide: **www.dayandnightcare.co.uk/guides/equipment-and-home-adaptations/**

Technology and telecare: alarms, sensors and smart help at home

Personal alarms, fall detectors and telecare sensors can bring help quickly and give families peace of mind; monitored alarms typically cost about £15 to £30 a month plus a set-up fee. Councils provide or fund telecare for some people after an assessment, and anyone with an alarm that uses the phone line should check it will work on a digital line, as most homes are expected to switch by January 2027.

Full guide: **www.dayandnightcare.co.uk/guides/technology-and-telecare/** · Guide last reviewed 30 October 2026

Managing medication at home: a guide for families and carers

Medicines support at home ranges from a simple reminder, called prompting, to a trained care worker giving each dose and recording it on a medicines administration record (MAR). The aim is to help the person manage as much as they safely can, with the support agreed in writing in the care plan and regular reviews by the GP or pharmacist.

Full guide: **www.dayandnightcare.co.uk/guides/medication-management-at-home/**

Staying well in hot and cold weather: a guide for older people

Older people are more at risk in both hot and cold weather, because the body becomes less able to control its temperature. In cold weather, heat the rooms you use most to at least 18°C, keep moving and get your winter vaccines; in hot weather, keep rooms cool, drink regularly and know the signs of heat exhaustion and heatstroke. Sign up for free weather-health alerts from the UK Health Security Agency, and check every source of help with energy bills, from the Winter Fuel Payment to the Warm Home Discount.

Full guide: **www.dayandnightcare.co.uk/guides/staying-well-in-hot-and-cold-weather/**

Care glossary: UK care terms explained in plain English

Care in England comes with its own language of acronyms and legal terms, which can make a hard time feel harder. This glossary explains more than 80 of the words families meet most often, each in one plain sentence, so you can follow every conversation with social workers, nurses and care providers.

Full guide: **www.dayandnightcare.co.uk/guides/care-glossary/**

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CQC overall rating: Good (report published 20 April 2018)

This PDF was made on 31 October 2026. Information, not advice: please check anything important with the organisation named.