

❄️ PRE-WINTER ❄️

Home Maintenance Checklist

Preparing your elderly loved one for winter takes a lot of preparation. Use this checklist to help ensure your parent, grandparent or elderly loved one stays safe, happy and warm this winter!

Inside The Home

- Seal windows and doors with caulking, weather-stripping or plastic window treatments that stop drafts from entering the house.
- Wrap insulation or electrical heating tape around exposed pipes to prevent pipes from freezing.
- Have your loved one's heating system checked by an HVAC technician. Make sure to have four or five furnace filters on hand so that they can be changed once a month.
- Make sure chimney and fireplaces are properly maintained and have had a recent cleaning and inspection by a professional.
- Reverse the direction of ceiling fans to a clockwise direction to create an updraft that pushes heated air down to keep the rooms warmer.
- Make sure your loved one has flashlights in multiple locations & fresh batteries.

- Stock pantry with non-perishable foods such as crackers, gallons of water, peanut butter, trail mix, cereal and dried fruits.
- Ensure the medicine cabinet is well stocked and that they have their prescription drugs filled. Possibly arrange for home delivery of prescriptions for the winter.

Outside The Home

- Turn off exterior faucets.
- Drain lawn irrigation systems.
- Remove excess leaves from the yard and any other fall debris.
- Make sure low hanging branches near the house or power lines are trimmed.
- Test the sump pump.
- Place snow shovels and a container of sidewalk salt next to your loved one's front door.
- Cover, or remove, window air conditioners.
- Locate and schedule a reliable plowing service for when it snows.

With this easy to use checklist the time and effort you spend preparing your loved one and their home for the winter months will be well spent. Our communities are also prepared for any season - and we welcome you to visit a community near you for more information.

**To find a Presbyterian Senior Living Community near you,
please visit our Community Finder:**

<http://www.presbyterianseniorliving.org/community-finder>