Home Security for Aging in Place

Start at the door you use most. If someone is helping, ask them to let you try each step first. You decide which changes you want and who can help.

Can I use my front door comfortably?

- ☐ Try the handle and lock from your usual standing or seated position. Can you use them comfortably and open the door without pulling it hard against the frame?
- ☐ Check the same door after dark. Can you see the keyhole or keypad and reach the light switch? Keep the route clear for your usual mobility aid.
- ☐ If a knob hurts to turn, ask to try a more comfortable handle before buying. For a keypad, have the installer demonstrate its backup access method while the door stays open.

Will reinforcement still let me get out?

- ☐ Close the door gently and check that it latches. If the frame is split or the lock sticks, ask about repairs before adding another lock.
- ☐ Discuss reinforcement with a qualified installer. Check that you can still release the finished door from inside without a key, phone or someone else's help.
- ☐ Before changing windows or adding security film, identify the windows in your escape plan and discuss how you would get out. Check condo or building requirements before changing shared doors or windows.

My alerts and support plan

Who gets which alert?

- ☐ Decide who, if anyone, may receive doorbell notifications, view live video or receive alarm calls. You may want different people for different tasks.
- ☐ Review the actual permissions before inviting anyone. An invitation may include camera access as well as alerts. Decline access you do not want and use separate accounts rather than sharing your password.
- ☐ For a monitored alarm, confirm the call order and arrange any test with the monitoring company first. Check whose phone rings, and review access when a helper changes.

What will we practise together?

- ☐ Practise your planned way out using your usual mobility aid. If a door, lock or window is difficult, agree who will help arrange a suitable change.
- ☐ Agree what your chosen contact should do if you miss a call, and name a backup. Keep the plan where you can reach it. Leave passwords and entry codes off the worksheet.

Keep your escape routes usable. Ask about exit needs before changing locks, doors, windows or glass.

My choices about help and access

Write a name only where you want someone to have access. Check the system's actual permissions before sending an invitation. Keep this completed sheet private.

Access or help	Person I choose	Review date
Doorbell notifications		
Live camera video		
Alarm calls		

Choosing a person here does not change device permissions. Confirm each permission in the system.

My first contact and phone number

My backup contact and phone number

One change I want, who will help and when

Sources and further reading

Toronto Fire Services: Home fire escape planning

Toronto Police Service: Break and enter prevention

Public Health Agency of Canada: The Safe Living Guide

Ring: Example of shared-user permissions