

# August Fall Prep Checklist for Older Adults

## Heating & Home Comfort

- ☐ Schedule furnace/boiler tune-up
- ☐ Replace or clean furnace filters
- ☐ Test thermostat for proper heating
- ☐ Bring out heavier blankets & bedding

## Seal & Insulate

- ☐ Check windows/doors for drafts
- ☐ Add or replace weather stripping
- ☐ Install draft stoppers if needed

## Lighting & Safety

- ☐ Replace indoor lightbulbs with bright LEDs
- ☐ Add nightlights in hallways/bathrooms/stairs
- ☐ Test outdoor lights & motion sensors

## Yard & Exterior

- ☐ Trim bushes & tree branches
- ☐ Clean gutters & downspouts (or hire help)
- ☐ Bring in or cover outdoor furniture

## Safety Checks

- ☐ Test smoke & carbon monoxide detectors
- ☐ Replace batteries if needed
- ☐ Stock up on ice melt (pet-safe if needed)
- ☐ Repair walkway/driveway cracks

## Organization

- ☐ Rotate fall clothing to the front of closet
- ☐ Wash heavier curtains before hanging
- ☐ Stock pantry for cold-weather cooking

## **Emergency Preparedness**

☐ Check flashlights & batteries

☐ Restock emergency kit (water, snacks, medications)

☐ Keep contact list for repair services handy