

HOME SAFETY CHECKLIST FOR SENIORS

Keeping a home safe plays a big role in helping seniors stay independent and feel secure. This Home Safety Checklist for Seniors helps families and caregivers spot common safety concerns and make simple changes to keep a loved one's home safe, comfortable, and easy to navigate.

| ISSUE | WHAT TO LOOK FOR | CONCERNS TO ADDRESS |
|------------------|---|---------------------|
| Fall Risk | Pathway around favorite chair/ couch and bed is free from clutter | |
| | Grab bars are in place near their bedside and next to the tub and toilet in the bathroom | |
| | There are no cords (including extension cords) running across carpets or floors that could create a fall risk | |
| | No scatter rugs or throw rugs that might present a fall are used in the home | |
| | Older adult has non-skid shoes and slippers with non-skid soles | |
| | Thresholds between rooms are level and secure | |
| | Easy accessible, good lighting is available in all rooms | |
| | Night lights are in place in key locations including bathrooms, hallways, and kitchen | |
| | A raised toilet seat is in place if needed | |
| | Bathroom and tub are modified to allow easy access and use | |
| Stairways | Stairways have bright lighting with on/off switches at the top and bottom of the stairway | |
| | Hand rails are secure and strong enough for an adult to use to pull themselves up | |
| | Stairways are free of clutter with secure treads on each step | |

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| Fire & Carbon Monoxide Risk | Each level of the home has at least one working smoke detector | |
| | A carbon monoxide detector is in place in the home | |
| | A light-weight fire extinguisher is in place in the kitchen | |
| | Furnace is inspected twice a year | |
| | Knobs on stove can be turned on/off without reaching over the burner | |
| Exterior Safety | All exterior steps and stairs have strong handrails | |
| | Exterior doors and walkways have motion lights | |
| | Sidewalks and driveways are free of cracks that may present fall risks | |
| | A winter snow and ice removal plan is in place | |
| General | All exterior doors and windows have secure locks | |
| | A home alarm system is in place with signs displayed prominently to discourage break-ins | |
| | Flashlights are strategically located throughout the home including the bedside table, living area, and basement | |
| | There are phones in all rooms | |
| | A medical alert system that allows an older adult to call for help is utilized | |
| | A medication management system is in place | |