Home Safety Checklist

A practical room-by-room review for older adults and families. Check each item when it is in place; note anything that needs attention.

Reviewed by: _____ Date: _____

Walkways, stairs & lighting

- ☐ Keep floors and stairs clear of clutter, cords, and loose rugs.
- ☐ Provide good lighting along hallways, stairs, and entrances.
- ☐ Check that stair handrails are secure and steps are in good repair.
- ☐ Keep frequently used items within easy reach.

Bathroom

- ☐ Use secure grab bars near the toilet and tub or shower.
- ☐ Provide a nonslip surface in the tub or shower and keep floors dry.
- ☐ Keep toiletries within reach and provide lighting for nighttime visits.
- ☐ Discuss suitable bathing equipment with a qualified professional if needed.

Bedroom & living areas

- ☐ Keep a clear route between the bed, bathroom, and doorway.
- ☐ Place a lamp and phone within reach of the bed or usual seat.
- ☐ Use stable furniture; avoid chairs that slide or tip easily.
- ☐ Keep walking aids accessible and use them as instructed.

Items to address first:

Home Safety Checklist

Continue the review, then choose practical next steps with your loved one.

Kitchen & everyday items

- ☐ Keep everyday food, dishes, and supplies within easy reach.
- ☐ Clean up spills promptly and keep walking areas clear.
- ☐ Check appliance cords for damage and keep them away from water.
- ☐ Store cleaning products away from food and in their original containers.

Entrances & emergency readiness

- ☐ Keep entry steps and outdoor paths clear, well lit, and in good repair.
- ☐ Check that smoke alarms work; check carbon monoxide alarms where needed.
- ☐ Keep exits clear and discuss how to leave the home in an emergency.
- ☐ Keep emergency contacts accessible and agree on how to call for help.

Care routines & follow-through

- ☐ Keep medications labeled and stored according to their instructions.
- ☐ Agree on who will address each concern and when to check again.
- ☐ Ask permission before moving belongings or changing familiar arrangements.

Priority / Person responsible / Target date:

This checklist offers general household safety information. It does not replace an individualized home safety assessment or guarantee prevention of falls or injuries.

Further reading: National Institute on Aging, "Preventing Falls at Home: Room by Room" (nia.nih.gov); U.S. Consumer Product Safety Commission, "Safety for Older Consumers - Home Checklist" (cpsc.gov).