

Home Safety Checklist for Aging Adults



Use our room-by-room checklist as you walk through your home and note potential safety hazards and modifications you should make.

- Prevent falls and other accidents by taking precautions and making safety modifications in the home.
- When assessing your home's safety, consider going room-by-room with our comprehensive checklist to ensure you find all potential hazards.
- Many safety modifications can be made to your home that are affordable and easy to do yourself.

Exterior



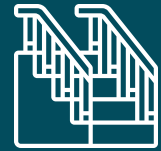
Description	Yes	No	N/A	Notes
Motion detection lighting for use at night				
Overhead lighting to illuminate the entryway				
Security system to prevent home intrusion				
Ramp installation (if needed)				
Handrails along all steps				
Clear walkway from the parking area to home entry				
Front door and storm door is lightweight and easy to open				
Mats should be low-profile and not create a fall risk				
Doorknob is easy to turn				

Hallways



Description	Yes	No	N/A	Notes
Motion detection lights to illuminate hall				
Handrailing throughout walkways (if needed)				
No throw rugs that create fall hazards (replace with vinyl rugs if needed)				
No wiring or cords crossing high-traffic areas				

Stairways



Description	Yes	No	N/A	Notes
Stair lift (if needed)				
Nonslip stair treads				
Motion detection lights on steps				
Handrailing				



Kitchen

Description	Yes	No	N/A	Notes
Smoke and carbon monoxide detectors work and are present in kitchen (and throughout the home)				
Appliances are working correctly (no frayed wires or error codes)				
The phone number for poison control is accessible				
Appropriate clothing is worn when cooking (short sleeves and fire resistant material)				
Cut-resistant protective gloves and rubberized cutting boards				

Living Areas



Description	Yes	No	N/A	Notes
Walkways are clear				
No low-level tables or furniture that can cause tripping				
Landline or cell phone charging station is next to the sitting area				

Bedroom



Description	Yes	No	N/A	Notes
Bed is easy to get into and out of (keep a step stool nearby for bed access)				
The room is clutter free for more restful sleep				
Charging station for devices near bed				

Bathroom



Description	Yes	No	N/A	Notes
Mount grab bars near the toilet and in the shower or tub area				
Install walk-in-tub/shower (if needed)				
Add a nonslip mat on the tub or shower floor				
Use nonslip mats around the bathing area				
Replace faucet handles with ones that are easy to use				
Replace low toilets or toilet seats with higher ones to make it easier to get on and off				