



Home Safety Checklist

When assessing the safety of a senior's home, pinpoint exterior and interior risks with this checklist.

General Exterior Safety Issues:

- Exterior stairs are in good shape with secure handrails and motion-activated lighting
- Exterior doors have strong, working locks
- Sidewalks and walkways between residence and garage are in good condition, with no cracks or bumps that could present a fall hazard
- All windows have secure, working locks
- The yard has motion-activated lighting
- Garage has an electric door opener with automatic lighting, and the door is adjusted for reliable operation
- Mail and newspaper can be easily accessed
- Arrangements are in place for maintenance, including lawn care, snow removal, gutter cleaning and window washing
- Home security system is in working order, with signage displayed to deter break-ins

General Interior Safety Issues:

- Working smoke detectors are installed on all floors of the residence, including basement and attic, and near the entrance to the bedroom
- Working carbon monoxide detectors are installed on each floor and within 10 feet of the bedroom entrance
- Telephones are located in every room, or a cordless phone is available on each level of the residence
- Interior stairways have sturdy handrails, with treads in good shape and light switches at the top and bottom of the staircase
- No throw rugs are used in the home
- Walkways are free of tripping hazards, including clutter and furniture
- Frequently used rooms and hallways have motion-activated lights or night lights
- Furnace and air conditioning are inspected with each change in season
- Thresholds between rooms are level and in good repair
- Carpeting is free from tears and bumps that might create a fall risk
- Hot water heater is set at a safe temperature
- No space heaters are used in the home



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Primary Bathroom:

- Grab bars are installed near tub and toilet
- Fall-free tub or no-step shower is installed
- Elevated toilet seat is installed, if needed
- Most frequently used personal care items are stored within easy reach
- Emergency alert system is easily accessible, and the resident knows how to activate the system

Master Bedroom:

- A bedside grab bar is installed next to the senior's bed
- Telephone, glasses, flashlight and other necessities can be stored on the bedside table within easy reach
- On/off switch on the bedside lamp can be easily reached from the bed
- Pathways around the bed are free of clutter, extension cords and furniture

Living Area:

- Extension cords are safely hidden from foot traffic
- Throw rugs are removed

- Senior has a well-lit and comfortable chair or place on the sofa
- Flashlight is stored near the senior's favorite seating space

Kitchen:

- Most commonly used items are within easy reach and don't require a stepladder
- Stove has front-mounted controls, so there's no need to reach over hot cooking surfaces
- No curtains or towels are near stovetop, toaster or toaster oven
- Potholders are within easy reach
- A charged and tested fire extinguisher is easily accessible, and the senior knows how to operate it
- Working smoke detector is in place in or near the kitchen

If you aren't comfortable completing this assessment on your own, ask your senior's primary care physician for a referral to a physical or occupational therapist who routinely performs home safety evaluations.

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