

Home Safety Checklist for Aging Parents

Walk through the home room by room and tick off each item.

Floors & walkways (every room)

- ☐ Remove throw rugs, or secure them with non-slip backing
- ☐ Keep walkways clear of cords, clutter and shoes
- ☐ Arrange furniture so there is a clear path through each room
- ☐ Repair loose or uneven flooring and carpet edges

Stairs & steps

- ☐ Sturdy handrails on both sides, the full length of the stairs
- ☐ Light switches at the top and bottom of the stairs
- ☐ Fix loose or uneven steps
- ☐ Add contrasting tape to step edges so they are easy to see
- ☐ Nothing stored or left on the stairs

Kitchen

- ☐ Everyday items kept between waist and shoulder height
- ☐ A sturdy step stool with a handle (never a chair)
- ☐ Non-slip mat in front of the sink and stove
- ☐ Spills wiped up right away

Bathroom

- ☐ Grab bars inside the tub or shower and next to the toilet
- ☐ Non-slip mat or strips in the tub or shower
- ☐ Shower chair and handheld showerhead if standing is tiring
- ☐ Raised toilet seat if getting up is difficult
- ☐ Night light between the bedroom and bathroom

Bedroom

- ☐ Lamp or light switch within reach of the bed
- ☐ Night lights along the route to the bathroom
- ☐ Phone or medical alert button within reach of the bed
- ☐ Bed height lets feet rest flat on the floor when sitting

Around the house

- ☐ Bright bulbs in hallways, entrances and stairways
- ☐ Smoke and carbon monoxide alarms tested and working
- ☐ Emergency numbers written down near the phone
- ☐ Supportive, non-slip shoes worn at home (not socks or loose slippers)

Health habits that reduce falls

- ☐ Ask the doctor or pharmacist to review medications for dizziness
- ☐ Yearly eye exam, and glasses kept up to date
- ☐ Simple balance and strength exercises a few times a week
- ☐ Mention any fall or near-fall to the doctor, even a small one

Notes / things to buy or fix
