

Senior Home Safety Checklist

Provided by SecureHomeSeniors.com

This checklist will help you identify and address common home safety risks for seniors. It is designed to reduce the risk of falls, improve mobility, and promote independent living. Go through each section and make changes where needed.

Entrance & Hallways

- Ensure walkways are free from clutter.
- Install bright lighting at entrances.
- Use non-slip mats inside and outside entryways.
- Consider a ramp for easier access if stairs are present.

Living Room

- Arrange furniture for clear walking paths.
- Remove loose rugs or secure with non-slip backing.
- Keep electrical cords away from walkways.
- Ensure seating is sturdy and easy to get in/out of.

Bathroom

- Install grab bars near toilet and shower/bath.
- Use non-slip mats in and out of the shower.
- Set water heater to a safe temperature (below 120°F).
- Consider a walk-in tub or shower seat.

Bedroom

- Keep a phone or alert device near the bed.
- Ensure a clear path from bed to bathroom.
- Use nightlights for visibility during nighttime.
- Keep frequently used items within easy reach.

Kitchen

- Store heavy items on lower shelves.
- Keep a step stool with a sturdy handle.
- Clean up spills immediately.
- Ensure smoke and CO detectors are working.

General Home Safety

- Install handrails on both sides of stairs.
- Check that all lighting is bright and functional.
- Test smoke and carbon monoxide alarms monthly.
- Have an emergency contact list in an accessible place.