

Elderly Home Safety Checklist

Bathroom	Kitchen	Bedrooms	Halls & Stairways	General
<ul style="list-style-type: none"> <input type="checkbox"/> Grab bars in shower/tub and by toilets <input type="checkbox"/> Bath seating or a shower stool <input type="checkbox"/> Non-slip mat in tub <input type="checkbox"/> Install a toilet seat riser <input type="checkbox"/> Remove clutter or debris on floor to reduce chance of trips and falls <input type="checkbox"/> Remove locks from doors for easier accessibility by family or first responders in an emergency <input type="checkbox"/> Multiple bath mats with non-skid backing 	<ul style="list-style-type: none"> <input type="checkbox"/> Ensure smoke detectors are present and working properly <input type="checkbox"/> Make sure a fire extinguisher is available and easy to access <input type="checkbox"/> Place food and dishes in cupboards and cabinets within reach <input type="checkbox"/> Stock kitchen with no-prep or easy-to-make meals <input type="checkbox"/> Replace small appliances, such as toasters and slow cookers, with auto shut-off features <input type="checkbox"/> Install auto shut-off device on stove <input type="checkbox"/> Cleaning products and poisonous materials are easily identified and stored separately 	<ul style="list-style-type: none"> <input type="checkbox"/> Ensure that lights are accessible <input type="checkbox"/> Lamps have pull chains for easy access <input type="checkbox"/> Phone and charger within reach of bed <input type="checkbox"/> Heating/air conditioning working properly <input type="checkbox"/> Extra blankets easy to access <input type="checkbox"/> Replace bed frame with low-profile frame if getting in and out of bed is difficult <input type="checkbox"/> Install a night light 	<ul style="list-style-type: none"> <input type="checkbox"/> Install handrails on both sides of stairs <input type="checkbox"/> Cover wood or tile stairs with non-slip carpet runners <input type="checkbox"/> Motion lighting or night lights in hallways <input type="checkbox"/> Non-skid rugs or carpet runners on hard flooring in halls <input type="checkbox"/> Clutter and debris removed from stairs 	<ul style="list-style-type: none"> <input type="checkbox"/> Secure area rugs or replace with heavier, non-skid rugs <input type="checkbox"/> Replace rugs with curled edges that can cause a fall <input type="checkbox"/> Ensure daily-use items are within reach and easily accessible <input type="checkbox"/> Replace round door handles with levers for arthritic seniors <input type="checkbox"/> Install carbon monoxide detectors <input type="checkbox"/> Check that outdoor stairs and railings are present and sturdy <input type="checkbox"/> Ensure cords and cables are out of footpath to prevent trips