

# Elderly Home Safety Checklist

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