

Keeping you safe and happy at home.

Each year, thousands of seniors fall in their homes and many are seriously injured or disabled as a result of those falls. Often times falls are caused by hazards that are easily overlooked but easy to fix.

This checklist will help you identify some of the areas where you can improve your home safety and reduce the risk for falls. "NO" answers indicate the need to review changes to your home.



Home Safety Checklist for Seniors

LIVING AREAS	YES	NO
Are throw rugs and floor coverings secure? (no uneven floors or torn carpet)		
Is the floor free of clutter (papers, books, magazines, shoes, boxes, blankets, clothes, etc.)?		
Can you answer the phone without getting up?		
Are wires and cords secured out of walking paths?		
Can you turn on the light before walking into the room?		
Is there enough light in the room?		
Is there a glare from the windows that makes it difficult to see?		
Can you turn on the ceiling fan without pulling a cord overhead?		
If you use any furniture for support, is it secure and sturdy?		
Is it easy to walk around the furniture?		
Is the room temperature comfortable and not too warm or too cold?		
Is the seating secure and easy to get in and out of?		
BEDROOM	YES	NO
Are throw rugs and floor coverings secure? (no uneven floors or torn carpet)		
Is the floor free of clutter (papers, books, magazines, shoes, boxes, blankets, clothes, etc.)?		
Are wires and cords secured out of walking paths?		
Can you turn on the light before walking into the room?		
Can you easily reach a lamp on your nightstand from the bed?		
Do you have a motion sensor night light?		
Is the bed easy to get in and out of?		
If you use any furniture for support, is it secure and sturdy?		
Is there a clear and lit pathway to the bathroom at night?		

Home Safety Checklist for Seniors (con't)

BATHROOM	YES	NO
Is the path to the bathroom well lit and free of clutter or obstacles?		
Are there bath mats on the floor to help prevent the floor from being wet and slippery?		
Do bath mats have slip resistant backing and are floor coverings secure?		
Is the tub or shower floor clean and free of soap build up so it is not slippery?		
If you have difficulty with balance, do you use a shower seat?		
Can you easily reach the soap and shampoo without bending or turning too far?		
Is there handrail support (not towel bars) when getting in and out of the tub or shower?		
If you have difficulty standing and sitting, do you use a raised toilet seat?		
Is your hot water heater set to no hotter than 120° to help prevent burns?		
Is there handrail support (not towel bars) when getting up from the toilet?		
Are medications and toiletries stored properly and not too high or low to easily reach?		
KITCHEN	YES	NO
Are throw rugs and floor coverings secure?		
Can you access the items you use regularly without bending down or reaching up too far?		
Can you turn on the light before walking into the room?		
Is there enough light in the room?		
Is there a glare from the windows that makes it difficult to see?		
Is your step stool steady?		
STAIRS & STEPS	YES	NO
Are the stairs free of clutter (papers, books, magazines, shoes, clothes, etc.)?		
Are all of the steps in good repair and stable? And without torn carpet on the steps?		
Is the handrail secure?		
Is the stairway adequately lit?		
Is there a light switch at the top and bottom of the stairs?		
PORCH, PATIO, YARD	YES	NO
Is the path from the driveway or garage into the house well lit and free of clutter?		
Is the path from the driveway or garage in good repair? (no loose bricks, large cracks, etc.)		
Is the garage free to clutter and obstacles?		
Is the garbage can on wheels or easy move to the curb?		

Senior Partner In-Home Care helps clients live safely and independently at home by providing a reliable and affordable source of high-quality, non-medical home care. Call us today to schedule a free in-home consultation.