

Home Safety Checklist for Seniors

Walk through each room. Tick every question that is true in your home. Those are the things to fix.

FLOORS

- ☐ Do you have to walk around furniture to get through a room?
- ☐ Are there throw rugs on the floor?
- ☐ Are papers, clothes, shoes or boxes left on the floor?
- ☐ Do cords or wires cross a walking path?

Fix: Most floor fixes are free: move furniture to open a clear path, remove throw rugs or secure them, and tape cords along the wall.

STAIRS AND STEPS

- ☐ Is a stairway light bulb burned out, or is there no light over the stairs?
- ☐ Is there only one light switch, at the top or the bottom of the stairs?
- ☐ Is carpet on the steps loose or torn, or are any steps broken or uneven?
- ☐ Are handrails loose or broken, or is there a handrail on only one side?
- ☐ Are things left on the stairs?

Fix: Fix lighting first, and have loose handrails or broken steps repaired. Handrails on both sides are worth it.

KITCHEN

- ☐ Are things you use often stored on high shelves?
- ☐ Is your step stool unsteady?

Fix: Move everyday dishes, food and pans to shelves between waist and shoulder height so you do not need to climb.

BEDROOM

- ☐ Is the lamp near the bed hard to reach?
- ☐ Is the path from the bed to the bathroom dark?

Fix: Put a lamp within easy reach of the bed, and light the route to the bathroom at night.

BATHROOM

- ☐ Is the tub or shower floor slippery?
- ☐ Do you need support getting in or out of the tub, or getting up from the toilet?

Fix: Use a non-slip mat or strips in the tub or shower, and have grab bars installed next to the tub and toilet.

OTHER THINGS YOU CAN DO

- ☐ Ask your doctor or pharmacist to review all your medicines, including over-the-counter ones. Some can cause drowsiness or dizziness.
- ☐ Have your eyes checked every year and keep your glasses up to date.
- ☐ Stand up slowly after sitting or lying down.

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- ☐ Wear shoes inside and outside the house. Avoid going barefoot or wearing slippers.
- ☐ Use brighter bulbs and reduce glare.
- ☐ Paint the top edge of each step a contrasting color so it is easier to see.
- ☐ Do exercises that improve balance and leg strength.
- ☐ Keep emergency numbers in large print near each phone, and consider a way to call for help if you fall.

Questions adapted from the CDC "Check for Safety" home fall prevention checklist for older adults. This checklist is general information, not medical advice. Talk with your doctor about your fall risk.

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