

FREE CHECKLIST

Home Safety Checklist for Aging Parents

A room-by-room guide to spot common safety risks, start calmer family conversations, and help your parent stay safely independent at home.

ENTRYWAYS & STAIRS

- Handrails are secure on both sides of any staircase
- Steps have non-slip treads or contrasting edge strips
- Entry and exit paths are clear of clutter, cords, and loose rugs
- Outdoor steps and walkways are well-lit at night
- A sturdy chair or bench is available near the entry for putting on/removing shoes

LIVING ROOM & GENERAL LIVING SPACES

- Furniture is arranged with wide, clear walking paths
- Rugs are secured with non-slip backing or removed entirely
- Frequently used items are stored within easy reach (no step stools needed)
- Cords and cables are tucked away from walkways
- Lighting is bright enough in every room, with easy-to-reach switches
- A phone or medical alert device is within reach in the main living area

KITCHEN

- Frequently used dishes and food are stored between waist and shoulder height
- Stove and oven have working knobs with clear on/off indicators
- Floor is kept dry and free of spills promptly

- A stable step stool with a handrail is available if reaching high shelves is unavoidable
- Fire extinguisher is accessible and not expired

BATHROOM

- Grab bars are installed near the toilet and inside the shower/tub
- A non-slip mat or strips are in the tub/shower floor
- A shower chair or bench is available if standing for long periods is difficult
- Nightlight is installed for nighttime bathroom trips
- Raised toilet seat is considered if getting up is difficult
- Water heater is set to a safe temperature to prevent scalding

BEDROOM

- Clear, well-lit path from bed to bathroom
- Nightlight or motion-sensor light installed along that path
- Phone, glasses, and medical alert device are within arm's reach of the bed
- Bed height allows feet to touch the floor comfortably when sitting on the edge

TECHNOLOGY & MONITORING

- Medical alert system or fall-detection wearable is set up and tested
- Smart home devices (smart plugs, doorbell cameras, voice assistants) are considered for daily check-ins
- Emergency contacts are programmed into phones with large, visible icons
- A family member or neighbor has a spare key and knows the daily routine

EMERGENCY PREPAREDNESS

- A written list of medications, dosages, and doctors is posted or easily accessible

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| ■ | Emergency numbers are posted near the phone and saved in mobile contacts |
| ■ | Smoke detectors and carbon monoxide detectors are tested and have fresh batteries |
| ■ | A plan is in place for who to call first in a fall or medical emergency |

This checklist is educational and not a substitute for a professional home safety assessment by an occupational therapist or licensed contractor. If you identify several risks, consider scheduling a professional in-home evaluation.