

Elderly Home Safety Checklist

LIGHTING

- ☐ Install motion-detection lighting for use at night
- ☐ Ensure overhead lighting illuminates the entryway
- ☐ Consider a security system to prevent home intrusion

ENTRYWAY ACCESSIBILITY

- ☐ Install ramps if needed
- ☐ Ensure handrails are present along all steps
- ☐ Maintain a clear walkway from the parking area to the home entry
- ☐ Ensure the front door and storm door are lightweight and easy to open

FLOOR MATS

- ☐ Use low-profile mats to prevent tripping
- ☐ Make sure mats do not create a fall risk

DOORS

- ☐ Ensure doorknobs are easy to turn

HALLWAY LIGHTING

- ☐ Install motion detection lights to illuminate hallways
- ☐ Ensure adequate handrailing throughout walkways if needed

FLOOR SAFETY

- ☐ Remove throw rugs or replace them with low-profile rugs
- ☐ Secure wiring or cords to prevent tripping

STAIRWAYS SAFETY

- ☐ Add nonslip stair treads
- ☐ Consider installing a stair lift if needed
- ☐ Ensure proper handrailing is in place
- ☐ Use motion detection lights on steps

CABLES

- ☐ Relocate cables crossing high-traffic areas

KITCHEN SAFETY DEVICES

- ☐ Ensure smoke and carbon monoxide detectors are present and working
- ☐ Check appliances for frayed cords or errors
- ☐ Keep the poison control number accessible

CLOTHING AND SAFETY GEAR

- ☐ Wear appropriate clothing when cooking
- ☐ Use cut-resistant gloves and rubberized cutting boards

LIVING AREAS (WALKWAYS)

- ☐ Keep walkways clear
- ☐ Remove low-level tables or furniture that may cause tripping
- ☐ Create a charging station for phones next to the sitting area

BEDROOM (BED SAFETY)

- ☐ Ensure the bed is easy to get into and out of
- ☐ Keep the room clutter-free for better sleep
- ☐ Create a charging station for devices near the bed

BATHROOM (SAFETY MEASURES)

- ☐ Install grab bars near the toilet and in the shower or tub area
- ☐ Consider a walk-in tub or shower for added safety
- ☐ Use nonslip mats around the bathing area
- ☐ Replace faucet handles with easy-to-use ones

PRODUCTS TO CONSIDER

- ☐ Medical alert system
- ☐ GPS tracker
- ☐ Hearing aids
- ☐ Cellphone with emergency features
- ☐ Walk-in tub

FINANCIAL ASSISTANCE OPTIONS

- ☐ Home improvement grants
- ☐ Long-term material loans
- ☐ Check Medicare coverage and Medicare Advantage plans

ADDITIONAL NOTES

Additional Notes