

Aging-in-Place Home Safety Checklist

Low-cost modifications to stay safe at home

How to use this checklist

Skim each section and mark items that apply to your home and habits.

Start with no-cost or low-cost changes first; reassess quarterly.

Keep notes (what changed, dates, and any follow-ups) for your records.

1) Entryways & Exits

- ☐ Clear pathways: remove clutter, overgrown plants, loose stones.
- ☐ Improve traction: add non-slip doormats outside/inside; secure them.
- ☐ Add lighting: motion or dusk-to-dawn lights at doors and steps.
- ☐ Increase stability: check railings; add a second handhold if feasible.
- ☐ Reduce thresholds: consider simple threshold ramps or beveled strips.
- ☐ Easier grip: replace round knobs with lever-style door handles.
- ☐ Visibility: post large, readable house numbers for emergency services.

2) Floors & Pathways (inside)

- ☐ Remove or tape down throw rugs; use non-slip backing.
- ☐ Tidy cords and cables along walls; use cord clips/covers.
- ☐ Rearrange furniture for wider, straight walking paths.
- ☐ Place a sturdy chair/bench near entrances for putting on shoes.
- ☐ Keep essential items at waist-to-shoulder height to avoid climbing.

3) Stairs & Hallways

- ☐ Handrails: ensure secure railings (ideally both sides where possible).
- ☐ Step edges: apply high-contrast or reflective tape on stair nosing.
- ☐ Traction: add non-slip stair treads/strips.
- ☐ Lighting: bright, even light from top to bottom; add nightlights.

- ☐ Landing safety: keep the top and bottom of stairs clear.

4) Bathroom Safety

- ☐ Non-slip surfaces: mats or adhesive strips in tub/shower.
- ☐ Grab bars: place where hands naturally reach (shower/tub and near toilet).
- ☐ Seating: shower chair or bath board if standing is tiring.
- ☐ Handheld shower head for easier bathing while seated.
- ☐ Temperature: consider anti-scald devices on faucets/shower.
- ☐ Raised toilet seat or toilet safety frame for easier transfers.
- ☐ Nightlight from bed to bathroom; keep floors dry and uncluttered.

5) Kitchen Safety

- ☐ Store heavy cookware at waist height; avoid step stools when possible.
- ☐ Use timers or reminder devices when cooking.
- ☐ Keep a small, accessible multi-purpose fire extinguisher; know how to use it.
- ☐ Improve task lighting over counters and stove.
- ☐ Non-slip mats at sink and prep areas (secured to prevent curling).
- ☐ Keep commonly used items within easy reach to reduce overreaching.

6) Bedroom Comfort & Nighttime Safety

- ☐ Clear path from bed to bathroom; remove trip hazards.
- ☐ Bed height comfortable for safe sitting/standing.
- ☐ Lamp or switch reachable from bed; add nightlights or motion lights.
- ☐ Keep phone and glasses within arm's reach.
- ☐ Non-slip rug pads; avoid loose edges near the bed.

7) Lighting & Visibility (whole home)

- ☐ Bulbs bright enough for tasks; replace dim/burned-out bulbs promptly.
- ☐ Add plug-in motion lights in halls, stairs, bathroom routes.
- ☐ Increase contrast at thresholds and step-downs with tape or paint.
- ☐ Open blinds/curtains by day; reduce glare with sheer curtains if needed.

8) Fall-Prevention Habits & Health

- ☐ Choose supportive, non-skid footwear indoors.
- ☐ Organize medications; use a weekly pill organizer and a simple checklist.
- ☐ Schedule regular vision/hearing checks as recommended by your clinician.
- ☐ If you use a cane/walker, ensure it's fitted properly (seek professional fitting).
- ☐ Keep water nearby; avoid sudden standing if you feel dizzy.

9) Emergency Preparedness

- ☐ Smoke alarms on each level; carbon-monoxide alarm as needed; test monthly.
- ☐ Keep a list of emergency contacts by each phone and saved in your mobile.
- ☐ Post medical info (allergies, conditions, meds) in an easy-to-find place.
- ☐ Spare keys with a trusted person or secure lockbox arrangement.
- ☐ Simple home exit plan; keep walkways to exits clear.

10) Simple Tech & Support Options (low-cost/no-cost)

- ☐ Large-button phone or amplified ringer if hearing is reduced.
- ☐ Plug-in smart plugs or remote switches for lamps (reduce reaching).
- ☐ Voice assistants for hands-free calls, reminders, and lights (optional).
- ☐ Consider a basic personal emergency response device if appropriate.
- ☐ Set up regular check-ins with family, friends, or neighbors.

11) Documentation & Upkeep

- ☐ Keep a one-page "Home Safety Log" (what you changed and when).
- ☐ Mark a quarterly reminder to re-check grab bars, mats, lights, alarms.
- ☐ Save receipts/instructions for any items installed.

Optional: When to seek input

If you're unsure about placement of safety items or have balance/mobility concerns, you may consider consulting a licensed clinician (e.g., an occupational therapist) or a qualified contractor/installer for product installation. This is optional and based on your judgment.

Reminder: This checklist lists considerations only. It does not direct you to take any action. Decisions and outcomes are your responsibility. If you choose to act, consider consulting qualified professionals for personalized guidance.