

HOME SAFETY CHECKLIST

Home safety checklist *for seniors*

A comprehensive room-by-room guide to reduce fall and injury risks at home — so your loved one can stay where they're happiest, safely.

NAME

DATE OF ASSESSMENT



Room by room

Eight areas of the home, with clear check-off items



Prevent falls

The leading preventable injury risk for older adults



Bathroom first

The highest-risk room — prioritized for you



Track every fix

Notes pages to assign and date each action item

A safer home is the simplest way to protect *independence*

Most falls and injuries at home are preventable. Walking through each room with this checklist is one of the most effective things a family can do.

Go room by room and check off every item. For any box left unchecked, record the issue in the Notes & Action Items pages at the back, then prioritize correcting it. Involve a caregiver, family member, or occupational therapist whenever you're unsure.

**Checked**
Safe — no action needed

**Unchecked**
Action required — fix soon

**Notes**
Record issues at the back

1 in 4
Adults 65+ fall each year — and falls often go unreported

3M+
Older adults treated in U.S. emergency rooms for falls annually

#1
Falls are the leading cause of injury for older Americans

WHAT THIS CHECKLIST COVERS

1 General home safety — lighting, alarms & clutter

2 Bathroom — the highest-risk room

3 Bedroom — reach, lighting & clear paths

4 Kitchen — storage, stove & floors

5 Living & dining room — seating & pathways

6 Stairs & entryways — rails & thresholds

7 Outdoors & garage — paths & lighting

8 Medications & health — the hidden fall risks



General *home safety*

Start with the basics that protect every room. Good lighting, working alarms, and clear walking paths prevent the most common – and most serious – accidents at home.



Throughout the home

- ☐ Emergency numbers posted near every phone and entryway (911, doctor, pharmacy, family)
- ☐ Light switches accessible at the top **and** bottom of stairs
- ☐ Smoke detectors on every floor, tested monthly
- ☐ Fire extinguisher accessible and not expired
- ☐ Medical alert device available and worn (fall detection recommended)
- ☐ Furniture arranged to allow clear, wide walking paths
- ☐ All hallways and stairways have adequate lighting
- ☐ Extension cords are not under rugs, across walkways, or overloaded
- ☐ Carbon monoxide detectors near sleeping areas
- ☐ All medications stored safely and clearly labeled
- ☐ Emergency exit plan posted and practiced
- ☐ All floors, hallways, and doorways free of clutter



A safe home means fewer emergencies – and more peace of mind for everyone.



QUICK TIP

Nightlights along hallways and in bathrooms dramatically reduce nighttime fall risk. Consider motion-activated lights so there's never a dark step to the bathroom.



The *bathroom*

The bathroom is the highest-risk room in the home for seniors — hard surfaces, water, and tight spaces are a difficult combination. Prioritize these items first.



Bathroom safety

HIGHEST PRIORITY

- ☐ Grab bars installed next to the toilet (both sides if possible)
- ☐ Grab bars installed inside the shower/tub — **not** towel bars
- ☐ Non-slip mat or adhesive strips inside the tub or shower
- ☐ Non-slip bath rug with rubber backing outside the tub/shower
- ☐ Raised toilet seat installed if needed
- ☐ Shower chair or bench available
- ☐ Handheld showerhead installed for seated showering
- ☐ Hot water heater set to 120°F (48°C) or below to prevent burns
- ☐ Night light installed for nighttime visits (motion-activated preferred)
- ☐ All toiletries within easy reach — no bending or climbing
- ☐ Door opens outward or is a sliding door for emergency access



PRIORITY — READ THIS FIRST

Grab bars **must** be anchored into wall studs by someone who knows how. A towel bar will not hold a person's weight and can pull out of the wall, causing a serious fall and injury at the worst possible moment.



Bedroom *& kitchen*

Two rooms used every day, often at the riskiest moments — half-asleep at night, or reaching and bending while cooking. Keep essentials within easy reach.



Bedroom

- ☐ Telephone or cell phone within reach of the bed (for emergencies)
- ☐ Night light or motion-activated light on the path to the bathroom
- ☐ Non-slip rug beside the bed, or no loose rug
- ☐ Clear, unobstructed path from bed to bathroom and door
- ☐ Dresser and closet items at accessible height — no overhead reaching
- ☐ Lamp or light switch reachable from the bed without getting up
- ☐ Bed at a safe height — feet flat on the floor when sitting on the edge
- ☐ Medical alert button placed within reach of the bed
- ☐ Walker, cane, or mobility aid within reach of the bed



Kitchen

- ☐ Frequently used items stored at counter height — not overhead or floor level
- ☐ Non-slip floor mat at the sink and stove
- ☐ Smoke detector installed and working near the kitchen
- ☐ Sharp knives stored safely in a block or drawer guard
- ☐ Floors kept dry — spills cleaned up immediately
- ☐ Automatic stove shut-off device installed (if memory concerns exist)
- ☐ Step stool with a handrail used if climbing is needed (never a chair)
- ☐ Stove knobs visible and easy to turn
- ☐ Fire extinguisher accessible
- ☐ Cabinet hardware easy to grip — lever handles preferred
- ☐ Adequate lighting over work surfaces and the stove



Living spaces, *stairs & entryways*

Where families gather, and where they move between levels. Stable seating, clear pathways, and sturdy handrails on both sides of every stair are essential.



Living & dining room

- ☐ Furniture arranged for easy movement – no tight squeezes
- ☐ All rugs have non-slip pads underneath, or removed entirely
- ☐ Remote controls, phone, and glasses kept in a consistent location
- ☐ Chairs and sofas have firm armrests for sitting and standing
- ☐ Pet bowls, toys, and beds placed out of walking paths
- ☐ Low or wobbly furniture replaced with stable, higher-seated options
- ☐ Electrical cords tucked away – not crossing walking paths
- ☐ Adequate lighting – no dark corners
- ☐ Pathways to exits clear and unobstructed



Stairs & entryways

- ☐ Handrails present **both** sides of every staircase on
- ☐ All steps even and in good repair – no loose or broken treads
- ☐ Stairs and landing well-lit at all times
- ☐ Outdoor steps and walkways in good repair – no cracks or uneven surfaces
- ☐ Welcome mat secured and non-slip at all entryways
- ☐ Entryway seating available for putting on and taking off shoes
- ☐ Handrails are sturdy, firmly anchored, and easy to grip
- ☐ Non-slip strips or carpet on each step
- ☐ Nothing stored on stair steps – not even temporarily
- ☐ Outdoor paths well-lit and clear of water, leaves, and debris
- ☐ Threshold heights between rooms minimal – trip hazards marked or removed



QUICK TIP

If stairs are unavoidable, consider a stair lift – or moving the essential living spaces (bedroom and bathroom) to the ground floor.



Outdoors, garage & health

Don't overlook the spaces around the home – and the health factors that quietly raise fall risk. Medications and unmanaged conditions are among the most common hidden causes.



Outdoors & garage

- ☐ Driveway and walkways free of cracks, holes, and uneven surfaces
- ☐ Adequate outdoor lighting – motion-activated preferred
- ☐ Walkways kept clear of leaves, debris, and standing water
- ☐ Garage door opener functioning reliably
- ☐ Outdoor steps have sturdy handrails and non-slip surfaces
- ☐ Garden hoses, tools, and equipment stored away after use
- ☐ Garage floor free of oil spills and clutter
- ☐ Outdoor seating sturdy and stable – no wobbly chairs



Medications & health management

- ☐ Complete medication list up to date and shared with all providers
- ☐ Medications organized with a pill organizer or blister pack (daily/weekly)
- ☐ Vision checked within the past 12 months – glasses prescription current
- ☐ Chronic conditions (blood pressure, blood sugar) well-managed
- ☐ Annual fall-risk assessment completed with a healthcare provider
- ☐ Medications reviewed by a doctor for fall-risk side effects
- ☐ Medications taken as prescribed – no skipping or doubling doses
- ☐ Hearing aids fitted, working, and worn consistently
- ☐ Regular exercise routine to maintain strength and balance
- ☐ Home health or personal care aide engaged if needed



HEALTH NOTE

Many medications – including blood pressure drugs, sedatives, and antihistamines – significantly increase fall risk. Ask your doctor to review the full medication list at least once a year.



Notes & *action items*

Record every item you left unchecked, who will handle it, and a target date. Assigning an owner and a deadline is what turns a checklist into a safer home.

ISSUE / ITEM	ROOM / LOCATION	RESPONSIBLE	TARGET DATE



RECOMMENDED

Repeat this assessment every **six months** – or after any significant health change, hospital stay, or new diagnosis. Needs change quickly, and a home that was safe last year may not be today.

A SAFER HOME, A CALMER MIND

*Every hazard you remove today is a fall that never happens
— and one more day your loved one gets to spend, safely, in
the home they love.*

If any item on this checklist felt overwhelming, you don't have to tackle it alone.



ABOUT GIFTED HEALTH

Want a professional eye on your loved one's home?
We can help.

Gifted Health is a licensed and Medicare-certified home health agency serving South Florida families for over 25 years. Our care team can complete a free in-home safety assessment, recommend the right modifications, and provide caregivers trained in fall prevention and daily support. Our multilingual team speaks English, Spanish, Creole, and Russian — so no family faces a language barrier when they need care most.

 (305) 405-6553  [giftedhealth.com](https://www.giftedhealth.com)

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 Free in-home assessment — no obligation

This checklist is provided for educational purposes only and does not constitute medical advice. Please consult qualified professionals for personalized guidance on your loved one's care and home environment.

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