

# HOME SAFETY CHECKLIST

## BATHROOM

- Is the path from bedroom to bathroom well lit?
- Are there grab bars near the toilet, in the shower and in the bathtub?
- If you have difficulty standing in the shower, do you use a shower seat?
- Do your bathmats have slip-resistant backing?
- Do you remove soap buildup in the shower/bathtub to avoid slipping?
- Can you reach soap in the shower without bending down or turning around?
- Do you have a raised toilet seat if you have difficulty standing up and sitting down?
- Are spills cleaned up immediately?

YES	NO

## BEDROOM

- Is there a table close to the bed with a lamp, room to store eyeglasses and a phone?
- Are cords pushed back against the wall?
- Is there clutter on the floor?
- Do you have a motion sensor or night-light?


## KITCHEN

- Are throw rugs and floor mats secure?
- Can you get to regularly used items without bending down or reaching up too far?
- Are spills cleaned up immediately?
- Is food prepared at the kitchen table?


## LIVING AREAS

- Are floor coverings secure and sturdy?
- Can you answer the phone without getting up?
- Are cords pushed back against the wall?
- Can you turn on a light without having to walk into a dark room?
- Do you have a step stool that has side rails, is sturdy and in good condition?
- Do you have a cordless or cellular phone or an emergency alarm device?
- Is your floor free of clutter?
- Is it easy to walk around the furniture in your home?
- Can you pull cords to lights or ceiling fans without reaching up?
- Are there handrails on both sides of the stairways in your home?
- Are the steps on your stairways even and safe?
- Are there lights at the top and bottom of the stairs?


## PORCH/YARD/OUTSIDE

- Is the path from the house to the garage well lit?
- Are there cracks or buckles on the sidewalks or driveway?
- Are there hoses, weeds or other obstacles on the walkways?
- Are there icy steps or walkways?


**TOTAL**

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**Environmental factors aren't the only things that put seniors at risk for falls. Our team considers your environment, medications and illnesses when evaluating home safety. Contact our professionals today to learn more.**