



Home Safety Checklist

Reducing Falls & Emergencies for Aging Parents

Practical steps families can take to make home a safer place to age in place.

Falls are the #1 cause of injury

for older adults – and most happen at home.
Use this guide to spot hazards and take action today.

Most serious injuries for older adults happen at home – and many are preventable with small, practical changes. This guide helps you spot hidden hazards, start an honest conversation with your loved one, and work through a room-by-room checklist to protect their independence.

How to Have the Safety Conversation

- > Lead with concern, not criticism: "I want to help you stay independent here as long as possible."
- > Ask, don't tell: "Where do you feel unsteady or worried about falling?" – and truly listen.
- > Start with small wins: Suggest one or two quick fixes – better lighting or securing a rug – before bigger projects.
- > Involve professionals: A primary care provider, physical or occupational therapist, or a trusted home care agency can reinforce your recommendations with authority.

Where to Find Safety Products & Support

Local Stores

- * Hardware/home improvement stores for grab bars, non-slip mats, brighter bulbs & night-lights
- * Medical supply stores for shower chairs, raised toilet seats, walkers & hip protectors

Online Retailers

- * Large retailers & medical-equipment sites for fall-prevention bundles
- * Bathroom safety kits, motion-sensor lights, and bed rails

Community & Healthcare

- * Senior centers & Area Agency on Aging for programs and referrals
- * PT/OT home-safety evaluations via your primary care provider
- * Home care agencies for ongoing support and companionship

High-Risk Areas to Focus On

* Floors & Walkways

Throughout the home

* Stairs & Steps

Indoors and outdoors

* Bathroom

Toilet, tub, shower, wet floors

* Bedroom

Getting in/out of bed, nighttime walking

* Kitchen

Reaching, carrying, spills, clutter

* Entryways & Outdoors

Steps, thresholds, uneven surfaces, poor lighting

* Emergency Readiness

Phones, medical info, alarms

Room-by-Room Safety Checklist

A Whole-Home: Floors, Clutter & Lighting

- Walkways are clear of clutter (cords, boxes, shoes, pet toys)
- Throw rugs are removed or secured with non-slip backing
- Electrical cords are tucked away from walking paths
- Floors are non-slip, clean, and dry - spills wiped promptly
- Bright, glare-free lighting in every room, hallway, and over stairs
- Night-lights or motion-sensor lights in bedroom, hallways, and bathroom

B Stairs & Steps (Indoor and Outdoor)

- Stairs are free of clutter on every step
- Handrails on both sides - securely fastened and easy to grip
- Edges of steps are clearly visible; consider high-contrast tape
- Stair surfaces are even and in good repair - no loose boards or torn carpet
- Good lighting at the top and bottom of stairs with easy-to-reach switches

C Bathroom

- Non-slip mat or strips inside the tub/shower
- Non-slip rug or mat on the floor outside the tub/shower
- Grab bars securely installed by toilet and inside tub/shower (not just towel bars)
- Raised toilet seat or safety frame if sitting/standing is difficult
- Shower chair or bench for anyone unsteady when bathing
- Frequently used items within easy reach - no bending or over-reaching
- Bright lighting and a reachable light switch or night-light

D Bedroom

- Clear, wide path from bed to bathroom and door
- Bed height allows feet to be flat on the floor when sitting at the edge
- Sturdy bedside table within reach for glasses, water, phone, and medications
- Lamp or switch reachable from bed - consider touch lamps or remote switches
- Night-lights or motion-sensor lights along the route to the bathroom

E Kitchen

- Frequently used items stored between shoulder and knee height
- Step stool (if needed) is sturdy with handrails - no standing on chairs
- Floors kept dry and free of cords, throw rugs, and clutter
- Good task lighting over the sink, stove, and counters
- Heavy items stored where they can be slid, not lifted
- Working smoke detectors and accessible fire extinguisher; clear path to exits

F Entryways, Walkways & Outdoors

- Steps and thresholds marked and in good repair - no loose bricks or mats
- Sturdy railings by any steps leading into or out of the home
- Outdoor paths are even, well-lit, and free of hoses, tools, leaves, and ice
- Garage and laundry areas are decluttered with clear walking paths and lighting
- Frequently used entrances are level or have a ramp if steps are difficult

G Emergency Preparedness & Support

- At least one phone easily reachable in bedroom and main living area
- Consider a wearable alert button if living alone or at high fall risk
- Emergency numbers posted near phones and saved in cell phones
- Current medication list and medical conditions printed in a visible location
- Working smoke and carbon monoxide detectors on each level - tested regularly
- Regular check-ins from family, neighbors, or a home care agency



Ready for Extra Support?

Castleton Home Care provides trusted, non-medical in-home caregivers who help aging adults live safely and comfortably at home. From daily assistance to companionship, we're here to give families peace of mind.

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Disclaimer: This guide is for informational purposes only and is not a substitute for professional medical advice. Always consult a qualified healthcare provider for personalized recommendations regarding fall prevention and home safety.