



Home Safety *Checklist for Seniors*

Helping Older Adults Live Safely
and Comfortably at Home



Introduction

As we age, our homes must adapt to our changing needs. Many seniors prefer to live independently in their own homes for as long as possible. However, everyday environments can pose safety risks. This checklist is designed to help seniors and their caregivers identify and address potential hazards in the home. Use this guide to walk through each area of the home and make safety improvements that can prevent falls, injuries, and emergencies.

General *Safety Tips*



→ Install smoke and carbon monoxide detectors on each level of the home.



→ Keep emergency numbers and your personal medical information visible and accessible.



→ Ensure adequate lighting throughout the home, especially in hallways and staircases.



→ Keep flashlights in easily accessible locations in case of a power outage.



→ Wear non-slip, supportive footwear indoors.



→ Remove clutter and cords from walkways to prevent trips and falls.

Entryway & Hallways

- Ensure door thresholds are flat and do not pose tripping hazards.
- Install handrails on both sides of stairways.
- Use non-slip mats or remove rugs that can slip.
- Place light switches at both the top and bottom of staircases.
- Keep hallways clear and well-lit.





Living Room



→ Arrange furniture to allow clear walking paths.



→ Remove low coffee tables or unstable furniture.



→ Anchor heavy furniture like bookshelves to the wall.



→ Place a phone within easy reach or wear a personal emergency alert system.



→ Avoid extension cords across walkways use cord covers or rearrange electronics.





Kitchen

- Store frequently used items within easy reach (waist to shoulder height).
- Avoid using step stools ask for help retrieving high items.
- Ensure all appliances are in working order and easy to use.
- Install anti-scald devices on the sink.
- Keep a fire extinguisher nearby and know how to use it.





Bedroom

- Keep a phone or alert system within arm's reach of the bed.
- Use a nightlight or motion-sensor light to illuminate the path to the bathroom.
- Store personal items and medications on a sturdy bedside table.
- Ensure the bed is at a comfortable height for getting in and out.
- Use non-slip mats next to the bed.





Bathroom

- Install grab bars near the toilet and inside/outside the shower or tub.
- Use a raised toilet seat and non-slip rubber mat in the shower.
- Consider a shower chair or handheld showerhead for bathing.
- Keep toiletries within easy reach to avoid overstretching.
- Ensure the floor remains dry and free of spills.





Stairs and Steps

(Indoors and Outdoors)

- Always keep objects off the stairs.
- Fix Loose or uneven steps
- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.
- Have a friend or family member change the light bulb.





Floors

- Ask someone to move the furniture so your path is clear.
- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.
- Pick up things that are on the floor, Always keep objects off the floor
- Coil or tape cords and wires next to the wall so you can't trip over them. If needed have an electrician put in another outlet.



Outdoor Areas



- Fix cracked walkways or uneven pavement.
- Install handrails on outdoor steps.
- Keep the entryway well-lit with motion-sensor lights.
- Trim bushes and hedges to improve visibility.
- Use non-slip mats at the front and back doors.



Emergency *Preparedness*

- Create and practice an emergency escape plan.
- Keep a first aid kit in a known location.
- Store a flashlight and batteries in each room.
- Make a list of emergency contacts, doctors, and medications.
- Consider installing a home monitoring or medical alert system.



Fire Safety Equipment & Prevention

- Place a fire extinguisher in the kitchen.
- Never leave candles, hot plates, or other fire sources unattended.
- Keep them away from flammable materials (curtains, furniture).
- Set hot water heater to no more than 120°F to avoid burns.
- Have a clear emergency escape plan.

Electrical Safety

- Install ground fault circuit interrupters (GFCIs) in damp areas (bathroom, kitchen, exterior).
- Check all light bulbs and use solar lights outside for visibility at night.

Heating & Fuel Appliance Maintenance

- Have fuel-burning appliances (furnaces, chimneys) inspected yearly by a professional.

Medication & Hazardous Materials

- Store medications, matches, and lighters out of reach of children.
- Use child-resistant lids on medication bottles.

Staircase Visibility

- Mark top and bottom stair steps with colored tape or paint for visibility.

Exterior Safety

- Use solar lights along exterior walkways.
- Ensure sidewalks, paths, and driveway are flat and in good condition.

Professional Help

- Consider hiring an occupational therapist to do a full home safety assessment.



Final Thoughts

Staying safe at home is essential for seniors who value their independence. This checklist is a proactive step toward creating a safer, more comfortable living space. Make regular home safety checks part of your routine and don't hesitate to ask for help from family or professionals.

For assistance with home care services or a personal safety consultation, contact us at:



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