

Senior Home Safety & Maintenance Checklist

Use this front-and-back guide to check your home for safety, accessibility, and comfort. Complete maintenance tasks regularly to keep your home safe and easy to live in.

Home Exterior

- ☐ Maintain roof, paint, and siding
- ☐ Keep plants 2 ft from foundation
- ☐ Trim trees from over roof
- ☐ Repair sidewalks and driveways

Entry & Pathways

- ☐ Zero-step entry or beveled threshold ($\leq \frac{1}{2}$ inch)
- ☐ Motion-sensor lighting at entry
- ☐ Lever handle door hardware
- ☐ Surface to place packages near door

Floors & Hallways

- ☐ Non-slip, low-glare flooring
- ☐ Carpet $\leq \frac{1}{2}$ inch pile with firm pad
- ☐ Clear 36–42-inch pathways
- ☐ Color contrast to mark steps or level changes

Kitchen

- ☐ Countertops and cabinets at reachable height
- ☐ Single-lever faucet handle
- ☐ Appliances with easy-to-read controls
- ☐ Microwave and oven at comfortable height
- ☐ Good lighting over work areas

Bathroom

- ☐ Walk-in or curbless shower
- ☐ Grab bars and fold-down seat
- ☐ Comfort-height toilet (17–19 inches)
- ☐ Non-skid shower & bathroom floor
- ☐ Roll-under sink if possible

Lighting & Safety

- ☐ Bright LED lighting throughout
- ☐ 3-way switches in halls

- ☐ Smoke & CO detectors with lights/sound
- ☐ Exterior motion-activated lights

Stairs & Ramps

- ☐ Handrails on both sides
- ☐ Contrast strip at stair edges
- ☐ 1:12 ramp slope, well-lit path
- ☐ Landing every 30 ft on long ramps

Heating & Air

- ☐ Filters easy to reach
- ☐ Thermostat ≤48 inches high
- ☐ Energy-efficient HVAC units
- ☐ Windows for cross ventilation

Home Maintenance Schedule

Keep this page posted near your calendar or fridge.

Monthly

- Test smoke & CO detectors
- Replace HVAC filter if dirty
- Check faucets, toilets for leaks
- Clean kitchen & range hood filters
- Check outdoor lighting

Annually

- Service HVAC (spring/fall)
- Flush water heater
- Inspect roof, attic, windows, caulking
- Clean chimney & fireplace
- Trim trees & bushes away from house

Quarterly

- Clean dryer vent & lint trap
- Inspect gutters & downspouts
- Lubricate door hinges & locks
- Check crawlspace or basement for moisture
- Replace water softener salt if needed