Home safety walk-through

Room by room. Most of it is cheap, and it prevents more falls than supervision does.

Use it when: There has been a fall, a near miss, or you are planning ahead.

Floors and routes

- [ ] Loose rugs removed or taped down
- [ ] Cables routed out of walkways
- [ ] Clear path from bed to bathroom, day and night
- [ ] Nothing stored on the stairs

Bathroom

- [ ] Grab rail by the toilet
- [ ] Grab rail in the shower or bath — not a suction one
- [ ] Non-slip mat inside and outside
- [ ] Raised toilet seat if standing is hard
- [ ] Shower chair and handheld shower head

Bedroom

- [ ] Lamp reachable from the bed
- [ ] Night light on the route to the bathroom
- [ ] Phone within reach
- [ ] Bed at a height where feet touch the floor when sitting

Kitchen

- [ ] Daily items between waist and shoulder height
- [ ] No step stool in use
- [ ] Automatic shut-off kettle
- [ ] Stove safety device if the hob has been left on

Whole house

- [ ] Smoke and carbon monoxide alarms tested
- [ ] Lighting bright enough on stairs and landings
- [ ] Handrails on both sides of any stairs
- [ ] Outside steps and paths clear, gritted in winter

- [ ] Consider an occupational therapy assessment
  Ontario's Assistive Devices Program covers most of the cost of approved equipment.

In an emergency, call 911.

Free to print and share. Nothing on this checklist was sent to SeniorCareZ or anyone else.