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 and well lit

- [ ] Consider an occupational therapy assessment
  Medicare Part B covers some equipment, such as walkers and commodes, with a prescription. Grab rails are usually not covered.

In an emergency, call 911.

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