

Explore this Home Safety Checklist to identify potential hazards in the home of the person you are caring for. Use it to identify any changes or repairs needed to help keep them safe. There may be additional considerations if the person you are caring for is living with dementia. Reevaluate every six months or as the needs of the person you are caring for change.

Your Information

Your Name: _____ Date: _____

Person in Your Care: _____

Bathroom

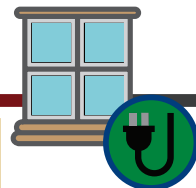
- ☐ Install a walk-in shower to avoid falling.
- ☐ Place a shower chair or bench in the shower for bathing.
- ☐ Swap out a shower head for a handheld nozzle to enable sitting while rinsing off.
- ☐ Install grab bars on the shower wall and near the toilet.
- ☐ Replace glass shower enclosures with non-shattering material.
- ☐ Apply slip-resistant strips/shapes to the floor of the shower, as these are more effective than mats.
- ☐ Swap out your toilet for a taller version or give it a boost with a toilet riser.
- ☐ Choose lever-style faucets if arthritis or joint pain becomes an issue.

Bedroom

- ☐ If stairs are hard to navigate, move a bedroom downstairs by turning a room like an office into a bedroom.
- ☐ Make sure the bed is easy to get in and out of. Purchase bed risers, if needed.
- ☐ Invest in an adjustable bed for extra comfort.

Kitchen

- ☐ Purchase a stove with safety features that alert you when a burner is on.
- ☐ Adjust the location of major appliances so they are easier to reach.



- ☐ Get a refrigerator with handles accessible from a wheelchair or walker.
- ☐ Add slide-out drawers or trays to existing cabinets for better access.

Furniture

- ☐ Declutter and get rid of extra furniture to make rooms easier to navigate.
- ☐ Choose chairs with armrests to make it easier to stand and sit.
- ☐ If needed, purchase a lift chair – similar to a recliner – that you can electronically control for safe sitting and standing.
- ☐ Keep electric cords out of pathways – but don't put them under rugs.

Lighting

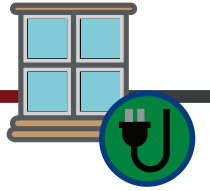
- ☐ Install easy-access light switches at room entrances.
- ☐ Have ample indoor and outdoor lighting to create safe navigation in all areas, including basements, attics and closets.
- ☐ Use night-lights, especially in bedrooms and bathrooms.
- ☐ Consider voice-activated smart lighting.

Flooring/Rugs

- ☐ Have non-shag carpeting installed over concrete, ceramic and marble floors to lessen falling injuries.
- ☐ Make sure carpet pile is short enough to accommodate a wheelchair or walker.
- ☐ Avoid use of scatter rugs that can be a tripping hazard.
- ☐ Secure area rugs with double-faced tape or slip-resistant backing.

Doors

- ☐ Swap doorknobs for lever handles, which are easier to use with stiff hands or limited mobility.
- ☐ Widen doors to accommodate wheelchairs or walkers. Have a contractor switch door hinges for swing-clear hinges, designed to provide more space.



Stairs

- ☐ Install a sturdy railing and make sure lighting is adequate.
- ☐ Carpet stairs for better grip.
- ☐ Highlight the outline of stairs with colored tape to create contrast.
- ☐ Install an electric stair lift if needed to help you safely get up and down the stairs.

Entries

- ☐ Create at least one no-step entry into the home.
- ☐ Consider a covered entryway for protection from the elements.
- ☐ Put a bench in the foyer to sit on when removing shoes.
- ☐ Clear entryways and walkways of tripping hazards.
- ☐ Install a ramp if necessary.
- ☐ Keep steps in good repair with no loose stone, concrete or rotted wood.

Yard

- ☐ Swap out low flowerbeds for raised garden boxes to avoid excessive bending.
- ☐ Create stable and comfortable seating options.
- ☐ Install lights that turn on automatically when it gets dark.

Source: www.aarp.org