



## Taking Care of Mom and Dad

takingcareofmomanddad.org

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# Home Safety Checklist

Walk through the home room by room. Check each item. Small changes prevent big falls.

### THROUGHOUT THE HOME

- Remove all throw rugs and loose carpets  
*Throw rugs are one of the leading causes of falls in older adults.*
- Secure all electrical cords out of walking paths
- Ensure bright lighting in all rooms, hallways, and stairways  
*Replace bulbs with brighter LED bulbs if needed.*
- Install night lights in hallways, bathrooms, and bedroom
- Clear all walkways of clutter, boxes, and furniture obstacles
- Make sure stair handrails are secure on both sides of all stairs
- Add non-slip strips or carpet to any slippery stairs

### BATHROOM

- Install grab bars next to the toilet — anchored into studs  
*Towel bars are NOT strong enough. Use real grab bars.*
- Install grab bars inside the shower or tub
- Add a non-slip mat inside the tub or shower
- Add a non-slip mat on the floor outside the tub
- Consider a shower chair or tub transfer bench  
*Allows bathing while seated — much safer for unsteady balance.*
- Install a handheld showerhead
- Consider a raised toilet seat if getting up and down is difficult
- Keep medications locked or out of reach if dementia is a concern

### BEDROOM

- Keep a clear, unobstructed path from bed to bathroom  
*This path will be used in the dark. Keep it completely clear.*

- Place a night light along the path from bed to bathroom

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- Keep a phone or medical alert device within reach of the bed

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- Consider a bed rail if getting in and out of bed is difficult

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- Make sure the bed height is correct — feet should reach the floor when seated

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#### KITCHEN

- Store frequently used items within easy reach — no step stools  
*Step stools are a significant fall risk.*

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- Use a sturdy chair at the kitchen table rather than a stool

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- Consider a kettle tipper or automatic shut-off kettle  
*Lifting and pouring heavy pots is a burn and fall risk.*

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- Check that the stove and oven are turned off after every use  
*Consider a stove shut-off device if forgetfulness is a concern.*

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#### MEDICAL ALERT AND EMERGENCY PLANNING

- Set up a medical alert device — wearable button for emergencies  
*Many plans cost less than \$30/month and provide 24/7 monitoring.*

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- Post emergency numbers near every phone and on the refrigerator

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- Make sure all family members know where the spare key is kept

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- Talk to their doctor about medications that increase fall risk  
*Blood pressure meds, sleep aids, and many others can cause dizziness.*

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