



Senior Home Safety Checklist



Bathroom Safety

- Install a shower bench for seniors who have trouble standing
- Non-skid mats or strips to prevent slipping
- Clearly marked lever handles for hard-to-turn faucets
- Install grab bars near toilets and showers
- Consider walk-in tub for seniors who have trouble getting in the bath
- Install a raised toilet seat to help with standing and bending



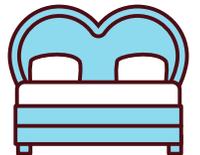
Kitchen Safety

- Install automatic shutoff timers for ovens and stoves
- Move curtains, paper towels, and fire hazards from range
- Add lever handles and temperature controls for faucets
- Install finger-safe garbage disposal covers
- Consider pull-down shelves, or move most used products forward
- Keep knives and sharp items in blocks or holders, not loose



Bedroom Safety

- Install bed rails and adjust bed height for fall prevention
- Remove trip hazards like area rugs and cords
- Install accessible light sources near the bed and nightlights
- Place medical alert device and charger near bed
- Set up bedside toilet if needed
- Add a sturdy chair for dressing and support



Living Area Safety



- Eliminate trip hazards like unsecured rugs
- Remove excess furniture and decor to prevent bumps
- Install outlets at accessible heights, and light switches at all entries
- Consider a smart home system to assist with TV, radio, and calls
- Adjust seating height to make sitting and standing easier
- Check window seals, adjust temperature, and avoid space heaters

Outdoor Safety



- Install ramps or hand rails on all outdoor steps
- Check driveways and paths for cracks or rocks
- Remove large roots and holes in the yard, and check yard tools
- Use salt or snow melting mats in the winter to reduce ice slips
- Install a loud doorbell with intercom and an alarm system
- Have an emergency key and tell your local police station its location

General Home Safety Tips



- Invest in regular home safety inspections
- Check carbon monoxide and smoke detectors often
- Keep fire extinguishers on every floor, more for smokers
- Check light bulbs, or install motion sensor smart lights
- Invest in a wearable medical alert device
- Have thresholds between rooms flattened, or install ramps
- Consider a security company or alarm system
- Look into smart home devices
- Consider home care to assist your loved one with tasks and ADLs