

Home Safety Checklist for Seniors

Bathroom

- Install grab bars in your shower.
- Use bath mats that cover the entire floor surface of the tub or shower.
- Use “grip” bath rugs (latex backed) that don’t move when you step on them.
- Add non-slip wax to floors.
- Add a waterproof seat or chair in the shower.
- Install a raised or high-profile toilet.
- Use bath mats with rubber backing.
- Alter the shower for walk-in entry rather than step-over entry.

Bedroom

- Avoid slip-on, soft-soled shoes.
- Move light switches for easy reach from a wheelchair or bed.
- Install secure window screens and locks.
- Use only secure, reliable, and easily accessible furniture.
- Secure all cords and wires out of the way.
- Make sure necessary chargers and equipment are within an arm’s reach.

Kitchen

- Make sure every light/lamp has a working bulb with glow-in-the-dark switches you can find at night.
- Make storage more accessible, using lazy susans and pull-out shelving.

Replace handles for easier-to-manage styles.

Use lever fixtures instead of twist knobs on your sink.

Add textured, no-slip strips to all handles, floor mats, and appliances.

Remove all wheels on chairs.

Living Room

Evaluate tripping hazards (i.e. rugs and thresholds) and consider how to minimize that hazard.

Put non-skid treads on steps.

Replace standard door knobs with lever handles.

Create zero-threshold entryways.

Widen doorways and hallways.

Make sure your whole space is well-lit.

Make sure seating and tables are at an accessible level.

Other General Tips

Make sure doorways and entrances are accessible.

Keep home maintenance up-to-date.

Install grab bars in convenient locations throughout the house.

Make sure your home safety systems work.

Make sure rails on stairs are secure.

Install motion-sensored lights on walkways.