◆ Torchlight
Caregiving for Seniors

Home Safety Checklist

Identify potential safety risks in the home by checking basic household systems, as well as specific items in different areas of the home. To prevent falls, pay special attention to tripping hazards and lighting.

Basic household systems	Working smoke and carbon monoxide detectors on each floor
	Fire extinguisher in kitchen
	Electrical outlets are functional and up to date; GFI (ground fault interrupt) outlets are installed near sinks or other areas where water may come in contact with them.
	Working locks on doors and windows
	More than one outside door in the event of an emergency
Tripping hazards	Scatter rugs and runners have been removed or secured with edges fastened down.
	Cords (appliance cords, extension cords, telephone and computer cords) do not obstruct pathways.
	Stools or ottomans are removed or positioned out of walking paths to prevent tripping.
	Carpeting has no frayed or curled edges.
Lighting	Adequate lighting throughout the house
	Sturdy lamp within easy reach on the bedside table
	Nightlights strategically placed to facilitate a safe visit to the bathroom or kitchen at night (Consider low-light, low-energy consumption nightlights that stay on all the time or lights on motion sensors that turn on when movement is detected.)
	Outdoor lights and lights in stairways are triggered automatically by motion sensors.
Stairs	Stairs are in good repair and have sturdy handrails that your hand can fully grasp.
	No items are stored on the stairs (even temporarily).
Bathrooms	Non-skid mats or textured strips are on the floors of the tub or shower.
	Grab bars are in place to provide handholds for entering and exiting the bath. Check that they are firmly attached to the wall or tub surround.
	Outdated medications or prescriptions that are no longer in use have been disposed of appropriately.

After completing your home safety assessment, address any problems you identified as quickly as possible. Re-check the home periodically to be sure that the environment remains a safe place for you or your loved one.