



Aging in Place Successfully, Age 50+

Home Safety Checklist

Date:

Entry & Doors

- ☐ Path is clear, even, and easy to walk
- ☐ Door area is well lit
- ☐ No loose mats or uneven steps
- ☐ Place to sit and put on shoes
- ☐ Door locks and handles are easy to use – lever handles over knobs
- ☐ Install ramps if needed

Hallways

- ☐ Lights are bright
- ☐ Night lights or motion sensors to light walkways
- ☐ Handrail if needed

Living Room

- ☐ Furniture easy to walk around
- ☐ Chairs have arms and are easy to stand from
- ☐ Rugs removed or secured



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Kitchen

- ☐ Common items easy to reach
- ☐ Floor dry, non-slip mats in wet areas
- ☐ Stove with knobs easy to see and use – safety knobs
- ☐ Use appliances that automatically turn off
- ☐ Food is not expired or spoiled, enough food is available

Bathroom

- ☐ Grab bars by toilet, shower, and tub
- ☐ Non-slip mat in shower or tub
- ☐ Toilet easy to sit on and stand from– 17-19 inches
- ☐ Night light or motion sensor light on path to and in bathroom
- ☐ Hand-held shower head, sturdy shower or tub seat
- ☐ Water heater set no higher than 120° F

Bedroom

- ☐ Clear path from bed to bathroom
- ☐ Bed height feels safe – easy to touch feet to floor
- ☐ Light easy to reach from bed
- ☐ Smart, programmable, or automated lights
- ☐ Phone or alert button nearby



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Stairs (If Used)

- ☐ Handrails on both sides
- ☐ Handrail extends beyond stairs
- ☐ Steps even and not slippery
- ☐ Good lighting top and bottom
- ☐ Plan for a stair lift when needed

Home Safety

- ☐ Smoke alarms work and batteries replaced 2 times a year
- ☐ Carbon monoxide alarm present
- ☐ No frayed cords or overloaded outlets
- ☐ Reduced clutter
- ☐ Clear walking paths of furniture and cords
- ☐ Door and window locks work and easy to use

Meds & Emergency

- ☐ Medications organized
- ☐ Bottles clearly labeled and easy to read
- ☐ Emergency contacts posted in kitchen and by phones
- ☐ Medical alert or fall button available

Notes / Follow-Up



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