

Senior Home Safety Assessment Checklist

A printable room-by-room guide for families, caregivers and in-home care planning

Address / Location Assessed	Date of Assessment	Assessed by
_____	_____	_____
Next Review Date		

Priority guide: Do Now = immediate safety concern. Do Soon = schedule within 2 to 4 weeks. Done = item addressed.

Throughout the Home (General)

These items apply to every room and shared area in the home.

Safety Item	Do Now	Do Soon	Done	Notes
All walking areas are well lit with no dark patches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Nightlights are installed in hallways, bedroom, and path to bathroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Light switches are accessible at both ends of every hallway	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
All walking paths are clear of clutter, shoes, boxes, and objects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Use this checklist for general home safety planning and organization. Share safety concerns with the appropriate care professional.

Extension cords and power cords are routed along walls, not across walkways	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
All area rugs and mats have non-slip backing or have been removed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Flooring transitions and level changes are smooth and clearly visible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Handrails are installed and secure wherever there are steps or level changes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Smoke detectors are installed on every floor and tested within the last 6 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Carbon monoxide detector is installed and functioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Emergency contact list is printed and posted in a visible location	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Medical alert device is available and being worn or within reach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Phone is accessible in all primary areas (bedroom, living room, kitchen)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Chairs and sofas are at a height that allows easy sitting and standing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Bathroom

The bathroom is the highest-risk room in the home for falls. Wet surfaces, awkward movements and reduced grip on smooth surfaces make this the priority area for any home safety assessment.

Safety Item	Do Now	Do Soon	Done	Notes
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Grab bars are installed in the shower or tub (not suction-cup bars, which can fail under weight)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Grab bar is installed near the toilet for support when sitting and standing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Non-slip mat is placed inside the tub or shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Non-slip mat or rug with non-slip backing is placed on the bathroom floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Shower chair or bath bench is available if needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Handheld showerhead is installed to allow seated bathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Raised toilet seat or toilet safety frame is installed if rising from the toilet is difficult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Water heater is set to 120 degrees F or below to prevent scalding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Toiletries and daily-use items are within easy reach (no bending or stretching needed)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Bathroom floor is kept dry and clear of puddles after bathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Bathroom is well lit, including at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Bedroom

Most nighttime falls happen between the bed and the bathroom. Poor lighting, unfamiliar footing when waking from sleep and disorientation in the night make this a critical zone.

Safety Item	Do Now	Do Soon	Done	Notes
A lamp or light switch is within reach from the bed without getting up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Nightlight illuminates the path from bed to bathroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Phone or medical alert device is within reach from the bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Bed is at a safe height (feet should rest flat on the floor when seated on the edge)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Bed rail or grab bar is available if getting in and out of bed is difficult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
No loose rugs or mats are on the floor beside or near the bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Pathways from bedroom door to bed and to bathroom are clear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Clothing and daily items are stored at accessible height (no reaching overhead or bending low)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Kitchen

Kitchen hazards combine fall risks with broader safety concerns, including fire and burns. For seniors with cognitive changes, stove and appliance safety need extra attention.

Safety Item	Do Now	Do Soon	Done	Notes
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Frequently used dishes, cups, and food items are stored at waist height	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Step stool has a handle and non-slip feet if used to reach higher shelves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Non-slip mat is placed at the kitchen sink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Spills are cleaned up immediately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Fire extinguisher is accessible and within its inspection date	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Stove is not used without supervision if memory or cognitive concerns are present	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Stove knob covers or automatic shut-off device is installed if applicable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Kitchen is well lit, especially over countertops and the stove area	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Kettle, toaster, and small appliances have automatic shut-off features	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Stairs and Steps

Stairs are among the most dangerous areas of any home for an older adult. The combination of vertical movement, variable lighting and frequent use makes stair safety a priority.

Safety Item	Do Now	Do Soon	Done	Notes
Handrails are installed on both sides of every staircase	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Handrails are secure and do not wobble when gripped	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Lighting is adequate at the top, bottom, and landing of every staircase	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Light switches are accessible at both top and bottom of stairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
No objects are stored on or near stairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Stair surfaces are in good repair (no loose carpet, broken treads, or uneven edges)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Non-slip strips or treads are applied to bare wood or slippery stair surfaces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Stair edges are clearly visible (color contrast or marking tape if needed)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Living Areas

Living rooms and family rooms are where older adults spend much of their day and where casual movement, such as getting up from a chair, often occurs.

Safety Item	Do Now	Do Soon	Done	Notes
Furniture is arranged to create clear, unobstructed walking paths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Low coffee tables, footrests, and floor-level obstacles are removed from walking paths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Rugs are secured with non-slip backing or double-sided tape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Electrical cords are routed along walls and out of walking areas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Primary seating chair or sofa is at a height that allows easy rising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Remote controls, reading material, and frequently used items are within reach of primary seating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Room lighting is adequate for reading and navigation at all times of day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Entryways and Outdoors

The transition from outdoors to indoors is a high-risk moment. Uneven surfaces, changes in lighting and weather-related hazards make entryways a priority area.

Safety Item	Do Now	Do Soon	Done	Notes
Outdoor steps have secure handrails on at least one side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Outdoor step surfaces are non-slip and in good repair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Entry area is well lit, including at night (consider motion-sensor lighting)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Doormat has a non-slip backing and lies flat (no curled edges)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Pathway from driveway or street to front door is clear and even	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

A grab bar or sturdy railing is available near the front door if balance support is needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
There is a place to sit near the entrance for putting on and removing shoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
In wet weather, wet shoes and umbrellas are kept from creating slip hazards at the entry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Assessment Summary Notes

Assessment summary notes:

Items flagged as Do Now (complete before next visit):

Items flagged as Do Soon (schedule within 2 to 4 weeks):

Assessed by	Date	Next review
_____	_____	_____

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