

Senior Home Safety Checklist

Simple ways to help reduce your aging parent's risk of falling

Falls are one of the leading causes of injury among older adults, but many falls can be prevented by identifying hazards early.

Around the Home

- ☐ Remove loose throw rugs or secure them with non-slip backing.
- ☐ Keep walkways clear of cords, clutter, and small furniture.
- ☐ Improve lighting in hallways, stairways, and entryways.
- ☐ Install night lights in bedrooms, bathrooms, and hallways.
- ☐ Make sure frequently used items are easy to reach without climbing.

Bathroom Safety

- ☐ Install grab bars near the toilet and inside the shower or tub.
- ☐ Use non-slip mats or adhesive strips in the tub or shower.
- ☐ Consider a shower chair and handheld showerhead if needed.
- ☐ Make sure towels and toiletries are within easy reach.

Stairs & Entryways

- ☐ Check that handrails are secure on both sides when possible.
- ☐ Repair loose or uneven steps.
- ☐ Keep outdoor walkways free of leaves, ice, and other tripping hazards.
- ☐ Make sure entrances are well lit.

Footwear & Mobility

- ☐ Wear supportive, non-slip shoes indoors and outdoors.
- ☐ Avoid walking in socks on hard floors.
- ☐ Ensure canes, walkers, and other mobility devices are properly fitted and in good condition.

Health Check

- ☐ Ask your parent's healthcare provider to review all medications, including over-the-counter medicines and supplements, for medications that may increase fall risk.
 - ☐ Schedule regular vision and hearing exams.
 - ☐ Talk with the provider about any dizziness, balance problems, or recent falls.
 - ☐ Ask whether balance and strength exercises would be appropriate.

Find Falls Prevention Programs Near You

Many communities offer evidence-based falls prevention programs through Area Agencies on Aging, senior centers, health departments, YMCAs, hospitals, and other community organizations.

Start your search here:

National Center for Falls Prevention

<https://www.ncoa.org/older-adults/health/prevention/falls-prevention/>

Eldercare Locator

<https://eldercare.acl.gov>

Or call 1-800-677-1116 to be connected with your local Area Agency on Aging and ask about falls prevention programs in your community.

Important Disclaimer

This checklist is provided for educational purposes only and is not intended to diagnose, treat, or prevent any medical condition. It should not replace advice from your physician or other qualified healthcare professional. Every older adult has unique medical needs, medications, and physical abilities.

Before beginning any exercise program, making changes to medications, purchasing mobility equipment, or modifying your parent's home, consult their healthcare provider or other qualified professional. Program availability and eligibility vary by community.

Always call 911 immediately if your parent experiences a fall with a head injury, loss of consciousness, severe pain, difficulty moving, or any other medical emergency.