A FREE RESOURCE FROM SECURE-GRIP

HOME SAFETY
CHECKLIST FOR SENIORS

Their Independence Matters. So Does Their Safety.

HOW TO USE THIS CHECKLIST
Check each box when the safety step is in place. Note any changes needed.

01 BATHROOM SAFETY (B)

- [ ] Sturdy grab bars are installed near the toilet and shower.
- [ ] The tub or shower has a nonslip mat or adhesive strips.
- [ ] Bathroom lighting is bright and easy to turn on.
- [ ] A shower chair or seat is available if needed.

02 STAIRS & ENTRYWAYS (S)

- [ ] Both sides of stairs have secure, usable handrails.
- [ ] Steps are even, in good repair, and free of clutter.
- [ ] Stairways are well-lit at the top and bottom.
- [ ] Loose stair carpeting is repaired or removed.

03 FLOORS & WALKWAYS (F)

- [ ] Loose rugs are removed or secured against slipping.
- [ ] Cords, shoes, and clutter are out of walkways.
- [ ] Furniture leaves clear paths through each room.
- [ ] Floors stay dry; spills are cleaned up promptly.

KEEP YOUR HOME SAFER, ONE STEP AT A TIME

Continue checking each item. Ask for help with repairs or improvements.

04 BEDROOM SAFETY (B)

- [ ] Nightlights brighten the route to the bathroom.
- [ ] A lamp or light switch can be reached from bed.
- [ ] A phone or alert device is within easy reach.

05 KITCHEN SAFETY (K)

- [ ] Daily-use items are stored on easy-to-reach shelves.
- [ ] Use a stable step stool if necessary - never a chair.
- [ ] Kitchen floors are kept dry and clear of clutter.

06 PERSONAL HEALTH & BALANCE (H)

- [ ] Ask a clinician or pharmacist to review dizzying medicines.
- [ ] Vision is checked regularly; glasses are up to date.
- [ ] Supportive, well-fitting, nonslip shoes are worn.
- [ ] Discuss strength and balance exercises with a clinician.

MY TOP 3 HOME SAFETY IMPROVEMENTS

1. _____
2. _____
3. _____

GUIDANCE & SOURCES

Adapted from CDC STEADI home fall-prevention advice and CDC older-adult fall-prevention recommendations.

cdc.gov/steadi/patient-resources/
cdc.gov/falls/prevention/

Independent educational resource; not endorsed by the CDC.
Not a substitute for a professional home safety assessment.

Secure-Grip
For the Grip You Need!