

FREE HOME SAFETY CHECK

A practical room-by-room checklist to help identify areas of your home that may deserve a closer look as needs change.

**A safer home does not always require a major renovation.
Small, thoughtful changes can often improve comfort, accessibility, and confidence.
Walk through the home using this checklist and mark anything that may be difficult,
unsafe, or worth planning for.**

How to use this checklist

- Walk through the home one area at a time.
- Check the box when the item appears safe and comfortable.
- Circle, highlight, or make a note beside anything that concerns you.
- Consider both today's needs and changes that may be helpful in the future.
- If several concerns appear - or you are unsure what should be prioritized - a professional Aging in Place Home Assessment can help.

Home / Family: _____ Date: _____

Notes: _____

1. Entrances & Exits

- Is there a step-free entrance, or could one be created if needed?
 - Are exterior steps, porches, sidewalks, and walkways even and in good repair?
 - Are entrances and walkways well lit, including after dark?
 - Are sturdy handrails available on steps where needed?
 - Are thresholds low enough to reduce tripping and make wheeled access easier?
 - Are exterior doors easy to open, close, lock, and navigate through?
 - Is there a covered or protected place to enter and exit during rain, snow, or ice?
 - Could a ramp or vertical platform lift be added if mobility needs change?
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2. Hallways & Stairs

- Are hallways and walking paths clear of clutter and obstacles?
- Are stairs well lit from top to bottom?
- Are handrails secure, easy to grasp, and ideally available on both sides?
- Are stair treads, carpeting, and flooring secure and in good condition?
- Are area rugs and runners secured against slipping - or removed when appropriate?
- Is there enough contrast to clearly see the edge of each step?
- Can light switches be reached before entering a dark stairway or hallway?
- Can you move comfortably through the home using a cane, walker, or wheelchair if needed?

3. Bathroom Safety

- Is it easy to get into and out of the shower or tub?
 - Is there a curbless or low-threshold shower, or would one improve access?
 - Are properly installed grab bars available where support may be needed?
 - Is the shower or tub floor slip-resistant?
 - Is there adequate room to move safely around the toilet, sink, and bathing area?
 - Is the toilet at a comfortable height and easy to use?
 - Would a shower seat or handheld showerhead improve comfort or safety?
 - Is bathroom lighting adequate, especially for nighttime use?
 - Are frequently used items within easy reach without bending or stretching?
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4. Kitchen & Daily Living

- Are frequently used dishes, food, and supplies within easy reach?
- Can appliances be used safely and comfortably?
- Is there adequate lighting over counters, the sink, stove, and other work areas?
- Are counters and work surfaces at comfortable heights?
- Can cabinet and drawer hardware be grasped easily?
- Is there enough clear floor space to move through the kitchen without obstacles?
- Could seating or a lower work surface make meal preparation easier?
- Are flooring transitions smooth and free of trip hazards?

5. Bedroom & Living Areas

- Is there a clear, comfortable path around furniture?
 - Is it easy to get into and out of the bed, chairs, and favorite seating?
 - Are light switches, lamps, phones, and commonly used items easy to reach?
 - Are cords, rugs, and furniture arranged to reduce trip hazards?
 - Is there a clear and well-lit path from the bedroom to the bathroom at night?
 - Could furniture placement be improved to allow a walker or wheelchair to pass?
 - Are windows, shades, thermostats, and controls easy to operate?
 - Is there a safe place to sit while dressing or putting on shoes?
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6. Lighting, Flooring & General Safety

- Is lighting bright enough throughout the home, including closets and transition areas?
- Are light switches easy to find and operate?
- Are floors even, stable, and free of loose materials or trip hazards?
- Are area rugs secured or removed where necessary?
- Are frequently used items stored where they can be reached safely?
- Are smoke and carbon monoxide detectors installed and functioning?
- Are electrical cords kept out of walking paths?
- Are doorways wide enough for current and possible future mobility needs?
- Are door handles, faucets, and other controls easy to grip and operate?

What did you notice?

Use this space to write down the areas you would like to improve, questions you have, or changes you may want to plan for.

Did you find something that concerns you?

A professional Aging in Place Home Assessment can help you prioritize what to address now, what can wait, and which modifications may make the greatest difference in helping the home continue to work for you.

Aging in Place Illinois

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This checklist is intended as a general planning resource and is not a substitute for individualized medical, occupational therapy, engineering, or code-compliance advice.