

HOME SAFETY CHECKLIST FOR AGING IN PLACE



Introduction

A SAFER HOME STARTS HERE

Your guide to confident, independent living—right where you belong.

At **Medicare Pilot**, we believe that aging in place should be empowering — not overwhelming. Most seniors prefer to stay in the comfort of their own homes for as long as possible, but even familiar spaces can become hazardous over time.

That's why we created this simple, room-by-room safety checklist. It's designed to help you (or your loved one) identify small changes that can make a big difference — without the need for expensive renovations or complicated equipment.

Why This Checklist Matters:

- 1 in 4 older adults falls each year — many at home
- Most home accidents are preventable with just a few smart upgrades
- Peace of mind comes from knowing your space supports your independence

How to Use This Guide:

- Go room by room with a loved one, caregiver, or on your own
- Check off what you've already addressed
- Circle or note areas to revisit or improve
- Consider sharing with adult children, care coordinators, or a Medicare advisor

No pressure. No sales. Just real help — from people who care.

Let's Get Started

Because you deserve a home that's not only familiar... but safer, too.

Room-by-Room Home Safety Checklist

BATHROOM SAFETY

Make the most dangerous room in the home one of the safest.

- | | |
|--|--------------------------|
| Install grab bars by the toilet and in the shower for balance and support | <input type="checkbox"/> |
| Use non-slip mats inside and outside the tub to reduce slipping | <input type="checkbox"/> |
| Add a shower chair or bench for seated bathing | <input type="checkbox"/> |
| Raise the toilet seat to reduce effort when sitting or standing | <input type="checkbox"/> |
| Store frequently used toiletries at waist level to avoid bending | <input type="checkbox"/> |
| Replace glass shower doors with shatterproof alternatives or shower curtains | <input type="checkbox"/> |
| Ensure water heater is set to a safe temperature to prevent scalding | <input type="checkbox"/> |
| Use a handheld shower head for easier bathing | <input type="checkbox"/> |
| Keep floors dry with absorbent, non-slip rugs | <input type="checkbox"/> |

BEDROOM SAFETY

Start and end your day safely and comfortably.

- | | |
|---|--------------------------|
| Place a sturdy lamp or flashlight within reach of the bed | <input type="checkbox"/> |
| Install a nightlight to brighten the path to the bathroom | <input type="checkbox"/> |
| Use bed rails or an assist handle for easier transitions | <input type="checkbox"/> |
| Keep floors clear of cords, piles, or tripping hazards | <input type="checkbox"/> |
| Keep commonly used items in top drawers or beside the bed | <input type="checkbox"/> |
| Use low-profile furniture that is easy to get in and out of | <input type="checkbox"/> |
| Ensure the bed is at a safe and comfortable height | <input type="checkbox"/> |
| Place a phone or emergency alert button near the bedside | <input type="checkbox"/> |

Room-by-Room Home Safety Checklist

LIVING ROOM AND HALLWAYS

Create clear paths and minimize everyday hazards.

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|--|--------------------------|
| Remove or secure rugs to prevent bunching or sliding | <input type="checkbox"/> |
| Tuck cords behind furniture or use cord covers | <input type="checkbox"/> |
| Rearrange furniture to allow wide, open walking paths | <input type="checkbox"/> |
| Store everyday items at waist height to avoid bending or stretching | <input type="checkbox"/> |
| Ensure lighting is bright and evenly distributed throughout hallways | <input type="checkbox"/> |
| Use chairs with armrests and firm cushions for easier sitting/standing | <input type="checkbox"/> |
| Mark step edges with bright tape for better visibility | <input type="checkbox"/> |
| Add mirrors to improve visibility around corners | <input type="checkbox"/> |

KITCHEN SAFETY

Make cooking and dining safer without sacrificing function.

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|--|--------------------------|
| Store frequently used items between waist and shoulder height | <input type="checkbox"/> |
| Use a step stool with a handrail if you must reach higher shelves | <input type="checkbox"/> |
| Install automatic shut-off devices to prevent unattended stove use | <input type="checkbox"/> |
| Place non-slip mats at the sink and stove to improve footing | <input type="checkbox"/> |
| Keep knives, scissors, and cleaning supplies out of reach if necessary | <input type="checkbox"/> |
| Label pantry items and spices with large print labels | <input type="checkbox"/> |
| Ensure the smoke detector works and is within reach | <input type="checkbox"/> |
| Keep a fire extinguisher nearby and know how to use it | <input type="checkbox"/> |

Room-by-Room Home Safety Checklist

ENTRYWAYS AND STAIRCASES

Ensure you can come and go with ease and stability.

- | | |
|--|--------------------------|
| Store frequently used items between waist and shoulder height | <input type="checkbox"/> |
| Use a step stool with a handrail if you must reach higher shelves | <input type="checkbox"/> |
| Install automatic shut-off devices to prevent unattended stove use | <input type="checkbox"/> |
| Place non-slip mats at the sink and stove to improve footing | <input type="checkbox"/> |
| Keep knives, scissors, and cleaning supplies out of reach if necessary | <input type="checkbox"/> |
| Label pantry items and spices with large print labels | <input type="checkbox"/> |
| Ensure the smoke detector works and is within reach | <input type="checkbox"/> |
| Keep a fire extinguisher nearby and know how to use it | <input type="checkbox"/> |

Pro Tip:

Walk your home like a first-time visitor. A fresh perspective helps you see risks you may have overlooked.



Smart Tools & Support Services for Safer Living

Smart Technology for Peace of Mind

- Install a voice assistant (Amazon Echo or Google Nest Hub) to set reminders and control lights
- Use smart lighting or motion-activated lights in key areas
- Install a video doorbell (like Ring) to safely monitor and respond to visitors
- Set up a medical alert system with fall detection and GPS capabilities
- Add smart plugs to automate appliances and lights
- Use a smart thermostat for climate control without needing to reach or bend

Support Services That Make a Difference

- Sign up for a companion service like Papa for tech help, errands, or social visits
- Use meal delivery or grocery ordering apps for safe and easy nutrition
- Set up caregiver monitoring tools to allow trusted family members to stay informed
- Look into local home modification grants or community programs

Small assistance.
Big impact.



Ready to Take the Next Step?

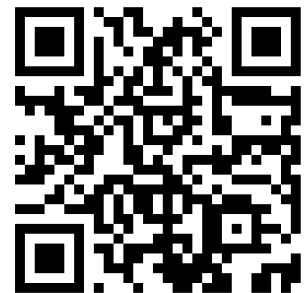
You've just made a powerful move toward a safer, more supportive home — and we're proud of you for it.

Want help understanding how Medicare fits into the picture?

Curious about what services or tools might be partially covered?

At Medicare Pilot, we offer no-cost guidance to help you make smart, confident choices about your care and lifestyle.

**SCHEDULE YOUR FREE
MEDICARE CONSULTATION →**



Or visit us anytime at
www.MyMedicarePilot.com

