

Home Safety Checklist for Adult Caregivers

Use this checklist to make sure that your loved one's routine is as beneficial as possible and that their home doesn't pose any health or safety hazards.

Entrance/Front Yard

- Walkway clear of hazards?
- Steps are in good condition and not too steep?
- Entrance is clearly marked if there is a step and is a good height?
- Area is well lit at night?
- Handrails are present and stable?
- Ramp exists?
- Security alarm present?
- Clearly visible, easily reachable and audible doorbell?

Hallway/Foyer

- Light switch is easily accessible and working?
- Adequate lighting is in place?
- Adequate night lighting available?
- Floor is even and slip-proof?
- Area is free of clutter?
- Area is free of loose rugs?
- Working smoke/CO2 detectors in place?
- Entrance is wide enough for a wheelchair or walker?
- Doors are easily opened and closed?

Living Room/Dining Room/Family Room

- Area is free of loose rugs?
- Area is free of clutter?
- Area is free of loose electrical cords?
- Area lighting is in place?
- Furniture is stable?

Living Room/Dining Room/Family Room (cont.)

- Tables have rounded edges that are clearly visible/no sharp edges made of glass?
- Light switches are easily accessible?
- Plenty of space to move around?
- Home is comfortable temperature?
- Shades, blinds and windows are easy to open and securely attached?

Kitchen

- Frequently used items visible and easily reached?
- Counters are clutter free?
- Plenty of space to move around?
- Sink faucets are reachable and labeled hot and cold?

- Floor is even and slip-free?
- Floor is free of loose rugs?
- Adequate lighting is in place?
- Pets are secured while cooking?
- Working smoke/CO2 detectors in place?
- Burners and control knobs are within reach, clearly labeled and easy to use?
- There are appropriate resting areas for hot containers?
- Appliances are safe and in working condition?
- Daily necessities are easily accessible without a chair or stool?

Stairways

- Adequate lighting is in place?
- Railings are present and stable?
- Stairs are free of clutter?
- Steps are gradual rather than steep?
- Stairs have tread or carpet to minimize slipping?
- Light switches are available at both top and bottom of stairwell?

Bedroom

- Area is free of loose electrical cords?
- Floor is even and slip-free?
- Floor is free of loose rugs?
- Bed is adequate height and easily accessible?
- Adequate night lighting is available?
- Support for getting in and out of bed is available if needed?
- Curtains and bed coverings off the floor to prevent tripping hazards?
- Working smoke/CO2 detector in place?

Bathrooms

- Area is free of loose rugs?
- Area is free of clutter?
- Sturdy grab bars are in place near the toilet?
- Toilet paper is easily reachable from the toilet?
- Toilet is adequate height?
- Toilet seat is in good condition and stable?
- Tub entrance is easily accessible to enter?
- Tub and shower knobs are clearly labeled and easy to use?
- Tub is slip-free?
- Sturdy grab bars are in place for tub/showers?

- Medications are stored properly?

Basements

- Adequate lighting is in place?
- Railings are present and stable?
- Area is free of clutter?
- Steps are gradual, rather than steep?
- Steps are well lit and slip-free?
- Floor is free of loose cords?

Laundry

- Area is free of clutter?
- Floor is even and slip free?
- Laundry supplies are easily managed and safe to reach?
- Tripping hazards are off the floor?
- Area is easy to access with basket of laundry?
- Appliances are a good height for operation?
- Route to the laundry room is clear?

Garage

- Garage door is secure and in working order?
- Tools, equipment and supplies are secure?
- Adequate lighting is in place?
- Stair railings are present and safe?
- Trash is stored securely?
- Clear pathway(s) to walk through?
- Railings are present and stable?

Backyard

- Porch railings are present and stable?
- Steps are gradual, rather than steep?
- Entrance is clearly marked if there is a step and is a good height?
- Adequate night lighting available?
- Walkway clear of hazards?