

HOME SAFETY

Checklist

FOR AGING ADULTS



BATHROOM

- Install a walk-in shower to avoid falling.
- Place a shower chair or bench in the shower for bathing.
- Swap out a shower head for a handheld nozzle to enable sitting while rinsing off.
- Install grab bars on the shower wall and near the toilet.
- Replace glass shower enclosures with non-shattering material.
- Apply slip-resistant strips/shapes to the floor of the shower, as these are more effective than mats.
- Non Slip Washable Grippers floor rug for stepping out of tub or shower.
- Swap out your toilet for a taller version or give it a boost with a toilet riser.
- Toilet light, motion activated
- Night light plug in wall
- Opt for lever-style faucets if arthritis or joint pain becomes an issue.

BEDROOM

- If stairs are hard to navigate, move a bedroom downstairs by turning a room like an office into a bedroom.
- Make sure the bed is easy to get in and out of. Purchase bed risers, if needed.
- Invest in an adjustable bed for extra comfort.
- Mattress Bed Pressure Pad to avoid bed sores
- Baby monitor with video to observe loved one need help
- Bedside Commode Chair with disposable commode liners

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KITCHEN

- Purchase a stove with safety features that alert you when a burner is on.
- Adjust the location of major appliances so they are easier to reach.
- Get a refrigerator with handles accessible from a wheelchair or walker.
- Add slide-out drawers or trays to existing cabinets for better access.
- Adaptive Utensils for Weak Hand Grip

FURNITURE

- Declutter and get rid of extra furniture to make rooms easier to navigate.
- Opt for chairs with armrests to make it easier to stand and sit.
- Universal Stand Assist, Chair Lift Assistance Grab Bar insert attached to existing chair.
- If needed, purchase a lift chair — similar to a recliner — that you can electronically control for safe sitting and standing.
- Keep electric cords out of pathways — but don't put them under rugs.

LIGHTING

- Install easy-access light switches at room entrances.
- Have ample indoor and outdoor lighting to create safe navigation in all areas, including basements, attics and closets.
- Use night-lights, especially in bedrooms and bathrooms.
- Consider voice-activated smart lighting.



FLOORING/RUGS

- Have non-shag carpeting installed over concrete, ceramic and marble floors to lessen falling injuries.
- Make sure the carpet pile is short enough to accommodate a wheelchair or walker.
- Avoid use of scatter rugs that can be a tripping hazard.
- Secure area rugs with double-faced tape or slip-resistant backing.

DOORS

- Swap doorknobs for lever handles, which are easier to use with stiff hands or limited mobility.
- Widen doors to accommodate wheelchairs or walkers. Have a contractor switch door hinges for swing-clear hinges, designed to provide more space.

ENTRIES

- Create at least one no-step entry into the home.
- Consider a covered entryway for protection from the elements.
- Put a bench in the foyer to sit on when removing shoes.
- Create a well lit entryway
- Clear entryways and walkways of tripping hazards.
- Install a ramp if necessary.
- Keep steps in good repair with no loose stone, concrete or rotted wood.

INTERIOR MAINTENANCE

- Check for proper sealing and insulation on all windows and doors, and apply weather stripping and caulk where it's needed.
- Have a licensed heating check heating system, including ducts and furnaces.
- Examine your wood stove or fireplace insert's door gasket for a tight seal. Clean and inspect the glass door for cracks and have a licensed chimney sweep clean the chimney.
- Change the direction of your ceiling fan to create an upward draft to redistribute warm air from the ceiling.
- Check that the attic is insulated, ventilated and critter-free.
- Test and change the batteries in your smoke and carbon monoxide detectors, and keep extra household batteries on hand.
- Vacuum internal parts of air conditioners. In the Fall remove units from windows or wrap outside boxes with an approved tarp or plastic air conditioner cover.
- Clean humidifiers regularly during the heating season to avoid bacteria and spore growth.

EXTERIOR MAINTENANCE

- Check the foundation for cracks: caulk around the areas where masonry meets siding, where pipes or wires enter the house and around windows and door frames.
- In the Spring remove storm windows and doors and install screens Clean, repair and store in a dry area.
- In the Fall install storm windows and doors and remove screens, Clean and repair screens, spray with a protective coating and store in a dry area.
- Inspect exterior walls for any peeling or blistering paint on the house or outbuildings.
- Have a licensed, certified roofing professional check the condition of the roof.
- After the last leaf falls, clear out the gutters and downspouts, flush them with water, inspect joints and tighten brackets. Point downspouts away from the foundation.
- Examine your pool cover for damage and replace it if necessary.
- Weather-strip the garage door, making a tight seal between your garage door and the ground.
- Inspect the driveway for cracks. Clean out and repair any damage with driveway filler, then coat with a commercial sealer

YARD & GARDEN

- Clean and store summer garden tools and accessories.
- Rake the lawn, reseed patchy areas and plant spring flowering bulbs. If needed, deer-proof your yard by covering plants with netting and chicken wire.
- Trim any tree limbs that interfere with power lines or might break under the weight of snow and ice.
- Drain the fuel from all gas-operated yard equipment such as lawn mowers, leaf blowers and chainsaws.
- Store snow-clearing gear-shovels, roof rakes and snow blowers-so that they're accessible when you need to clear for your senior.
- Drain garden hoses and store them inside. Also, shut off outdoor water valves, irrigation and sprinkler systems.
- Inspect and fill bird feeders. Remember that once your senior starts feeding birds, you should continue to do so throughout winter.
- Fertilize the lawn with a high phosphorous mix to ensure healthy grass in the spring.
- Swap out low flower beds for raised garden boxes to avoid excessive bending.
- Create stable and comfortable seating options.
- Install lights that turn on automatically when it gets dark.

STAIRCASE & HALLWAYS

- Check the supports, stairs and railings on porches and decks. Make sure the handrails can support someone slipping on snow or ice.
- Clean outside furniture and barbecues, check for any needed repairs, then cover and store in a protected area.
- Empty all the soil from pots and planters.



thank-you