



This is an easy to read home safety checklist to help homeowners and caregivers improve the quality of independent living lifestyle.

This checklist highlights specific components which you may need to make modifications and upgrades for living safely in your home for many years. It focuses on interior, exterior, bathroom, kitchen, bedroom, mobility, and personal safety. This is not an all inclusive list, these are things to consider.

If you have checked off any “NO” items below you should talk to your local contractors and/or home care professionals.

AGING HOME SAFELY CHECKLIST

Home Interior	YES	NO
Stairs inside home are safe		
Security alarm, emergency alert or video monitoring system		
End of stairs is clearly marked (top and bottom)		
Light switches located near each entrance or hallway		
Handrails on both sides of stairs		
Hallways and doorways wide and obstruction free		
Window – safety and locks		
Fire extinguisher available		
CO and Smoke detectors present		
Adequate lighting		
Throw rugs absent		
Area rugs secure and safe		
Adequate heat		
Adequate cooling		

Space heaters safe		
Hazardous materials stored safely		
Adequate plumbing		
Absence of rodents/insects		
Adequate trash pickup		
Space free of clutter/debris		
Electrical cords safe		
Safe use of electrical circuits/extension cords		
Furniture arranged to facilitate mobility		
Furniture appears sturdy and in good repair		
Non-carpeted floors are not slippery		
Door thresholds safe		
Safe water temperature		
Able to manage thermostat		

Exterior	Yes	No
Able to get in/out of front door safely		
Able to get in/out the back door		
Peephole proper heights		
Doorbell accessibility		
Able to retrieve mail/newspapers		
Motion-sensing lighting		
Ramp available, if needed		
Stairs safe and in good repair		
Railing on stairs		
Proper lighting		
House number visible		
Snow/ice removal, when needed		

Bathroom	Yes	No
Able to get into bathroom		
Able to turn on light		
Able to get on/off commode		
Able to safely transfer in/out of tub or shower		
Able to use faucets		
Soap available		
Safe use of transfer bench		
Night light, if needed		
Grab bars available and secure		
Raised toilet seat, if needed		
Non-slip mat or strips in tub or shower		
Proper disposal of soiled incontinence pads		
Adequate cleaning/sanitizing		
Non-slip rugs/slip-resistant backing		
Toilet paper holder		

Kitchen	Yes	No
Easy to read controls		
Microwave oven a counter height or in wall		
Adequate food storage		
Easy access refrigerator/freezer		
Able to recognize if stove/oven is on		
Able to feel heat		
Fire extinguisher available		
Smoke detectors present		
Able to prepare meal		
Able to operate microwave		

Able to get groceries		
Frequently used items within reach		

Bedroom	Yes	No
Able to get in and out of bed		
Room for hospital bed, if needed		
Light accessible		
Phone accessible from bed		
Emergency alert system accessible from bed		
Adequate heat		
Bedside commode		
Flashlight available		
Night light, if needed		

Mobility	Yes	No
Absence of falls		
Balance stable		
Able to maneuver assistive device		
Activity tolerance		
Shoes are safe and comfortable		

Communication	Yes	No
Able to utilize the telephone		
Emergency response system available		
Able to use system		
Can call for help in an emergency		
Able to exit in an emergency		

Able to clearly communicate needs		
Able to hear alarms		

Laundry Room		
Adequate lighting		
Washing machine and dryer raised		
Power cord safety		
Detergent and other cleaning supply access		
Dryer line and vent maintenance		
Accessible shelving and cabinetry		
Safety water temperature		
Transfer bins from washer to dryer		
Non-skid floor material		

Personal Safety	Yes	No
Safe clothing for ambulation and circulation		
Wears shoes or non-skid socks inside		
Able to self-manage medications		
Safe storage of medications		
Medications marked clearly		
Able to verbalize and enact an emergency plan		

Pet Care	Yes	No
Pets safe underfoot		
Able to feed pets		
Able to let pet outside		
Able to change litter box		

Able to provide pet adequate exercise		
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