Home Safety Checklist for Aging at Home

A Practical Checklist for Family Caregivers

A safe home environment is essential for aging adults — especially those living with mobility challenges, cognitive changes, or chronic conditions. This checklist helps families identify risks, prevent falls, and create a safer, more comfortable living space. Many caregivers print this list or share it with care managers to ensure everyone is aligned.

Home Safety Checklist

Entrances & Hallways

- ☐ Remove clutter from walkways
- ☐ Secure or remove loose rugs
- ☐ Add night-lights in hallways
- ☐ Ensure doorways open easily
- ☐ Keep mobility aids (walker, cane) accessible
- ☐ Check for uneven flooring or thresholds

Living Room

- ☐ Remove loose cords or wires
- ☐ Ensure furniture is stable and easy to navigate around
- ☐ Add non-slip mats under rugs
- ☐ Keep remote controls, phones, and glasses within reach
- ☐ Ensure good lighting for reading and movement
- ☐ Check that frequently used items are easy to access

Kitchen

- ☐ Store frequently used items at waist height
- ☐ Ensure good lighting over counters and stove
- ☐ Check stove safety (auto-off devices if needed)
- ☐ Keep emergency contacts visible

- ☐ Label medications clearly if stored here
- ☐ Remove clutter from counters to reduce confusion
- ☐ Ensure appliances are easy to operate

Bathroom

- ☐ Install grab bars near toilet and shower
- ☐ Add non-slip mats inside and outside the shower
- ☐ Ensure water temperature is safe
- ☐ Keep toiletries within easy reach
- ☐ Check that the floor stays dry
- ☐ Ensure toilet height is comfortable
- ☐ Add a shower chair if needed

Bedroom

- ☐ Ensure a clear path from bed to bathroom
- ☐ Add a bedside lamp or night-light
- ☐ Keep water and medications within reach
- ☐ Ensure bed height is safe for getting in/out
- ☐ Remove clutter from around the bed
- ☐ Check that clothing is easy to access

General Safety

- ☐ Check smoke detectors monthly
- ☐ Ensure carbon monoxide detectors are working
- ☐ Keep emergency numbers posted
- ☐ Review fall risks weekly
- ☐ Encourage daily hydration and movement
- ☐ Ensure home temperature is comfortable

- ☐ Check that doors and windows lock securely

Medication & Health Safety

- ☐ Store medications in one organized location
- ☐ Label medications clearly
- ☐ Keep a printed medication list visible
- ☐ Ensure medication reminders are set
- ☐ Track side effects or changes in behavior

Technology & Communication Safety

- ☐ Ensure phone is charged and accessible
- ☐ Add emergency contacts to speed dial
- ☐ Set up a simple communication device (tablet, phone, SimpliTend)
- ☐ Ensure Wi-Fi is stable for remote check-ins
- ☐ Add a visible SOS or emergency button if needed