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14-POINT HOME SAFETY CHECKLIST

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Falls are among the most serious issues facing older adults looking to safely age in place at home, but you can do many things to avoid becoming a statistic—starting with this **14-point home safety checklist**. Based on the same in-home assessment tool that our specialists have been using for over a decade, this checklist will help you identify some of the most common home safety risks everyone should address.

1 CLUTTER		YES	NO
A	Are rooms cluttered with clothing, magazines, books or other items?		
B	Is there too much furniture for the space?		
Sometimes we become emotionally attached to our belongings and they start to pile up. Unfortunately, too much of a good thing can become dangerous. If you've checked yes to either of these questions, the time may be right for a decluttering or home reorganization.			

2 TRIP AND FALL HAZARDS		YES	NO
A	Do you have throw rugs or torn carpet?		
B	Do all rugs and bath mats have anti-slip pads underneath?		
C	Do electrical cords run across any pathways in the home?		
Throw rugs and bathmats can become the biggest causes of falls at home as we get older. Eliminate throw rugs, replace worn or buckled carpets and ensure that all bathmats have anti-slip backing. Electrical cords can also be a trip hazard and tangled cords a fire hazard.			

3 GRAB BARS		YES	NO
A	Are there permanent grab bars in the shower, tub and near the toilet?		
Professionally installed grab bars are one of the most important home safety essentials for any senior-friendly home. When assessing your home check for loose towel and curtain rods; this could be a sign that they're being used in the place of actual grab bars.			

4 LIGHTING		YES	NO
A	Is there adequate lighting through-out the home?		
B	Are all light switches accessible without having to reach or bend?		
C	Do electrical cords run across any pathways in the home?		
Anyone who's had to reach for a pair of glasses to read or watch TV knows that our eyesight changes over time. As we grow older, we need to regularly evaluate lighting in rooms, hallways and staircases. We also need night lighting from bedroom to bathroom.			

5 MOBILITY		YES	NO
A	Are you finding it more difficult to get up from a chair/couch?		
<p>Most of us have a “favorite chair” or seat – but with regular use, these can become saggy and difficult to get up from, especially with painful joints or a bad back. Also make certain that your favorite chair is sturdy, the proper height and has strong armrests.</p>			

6 ACCESSIBILITY		YES	NO
A	Are items in your kitchen or bathroom cabinets too high or too low?		
B	Do you use a step stool or ladder to reach into closets or the garage?		
<p>Cabinets that were once easy to reach may not be accessible anymore especially if you use a wheelchair, walker or cane. Organize all cabinets, closets and storage areas so that regularly used items like medications, utensils, and detergent are easily accessible.</p>			

7 BATHROOM ACCESSIBILITY & SAFETY		YES	NO
A	Is the shower easily accessible?		
B	Is the toilet seat raised for safer use?		
C	Are there permanently installed grab bars in the shower?		
<p>Even with a walk-in shower you’ll want to have professionally installed grab bars to make access safer and easier. For more difficult mobility challenges, consider a tub-cut. An easier but equally important change is installing a raised toilet seat and handrails, as needed.</p>			

8 FIRE SAFETY		YES	NO
A	Are working smoke alarms and carbon monoxide detector in place?		
B	Do you have an evacuation plan in the case of a fire?		
C	Are all pathways out of the home accessible and clutter-free?		
<p>Pick a date, like a birthday, the new year, or the change to daylight- savings time, and make sure all the smoke and carbon monoxide detector batteries in the home are replaced. Create or revisit your fire evacuation plan and ensure all areas are clutter-free.</p>			

9 STAIRWAYS		YES	NO
A	Is the staircase well-lit and free of clutter?		
B	Are there sturdy handrails on all stairways?		
<p>It’s critical to keep all stairways clutter-free and well-lit, at all times. Stairs should also have sturdy handrails, ideally on both sides. Finally, if walking up and down stairs is too becoming too difficult, it may be time to look into a residential stair lift system.</p>			

10 TEMPERATURE		YES	NO
A	Is the temperature in the home too hot or too cold?		
B	Does everyone in the home have access to thermostats?		
<p>Our bodies experience cold and heat differently as we get older often resulting in more frequent visits to the thermostat. Check that thermostats are readily accessible to all family members. Many models also offer easy remote control and cell phone access.</p>			

11 BED ACCESSIBILITY		YES	NO
A	Is the bed the right height?		
<p>If your bed is not the right height, it can be difficult to get in or out of it, increasing your chance of a fall. To test your bed, do this: If your knees are above your hips when sitting on the bed, the bed is too low and should be raised. On the other hand, if your feet do not touch the floor when sitting on the edge of the bed, the bed is probably too high and needs to be lowered. Get professional help to make these changes.</p>			

12 FURNITURE		YES	NO
A	Are any rooms so dense with furniture that walking freely is a problem?		
B	Is any furniture worn or unstable?		
<p>Sometimes we have too much furniture — especially after we’ve downsized. As you consider which pieces to remove, start with worn or unstable, older furniture. Pay extra attention to the stability of dressers when the drawers are open and the arms on kitchen chairs, which can weaken over years of being used to get up from the table.</p>			

13 FOOD/MEDICATION SAFETY		YES	NO
A	Is there spoiled or expired food in the refrigerator or pantry cabinets?		
B	Are there any expired medications in the kitchen or medicine cabinet?		
<p>Do an inventory of the food in your home and throw out anything that is spoiled or expired. While you’re at it, check all your medicine cabinets for expired medication or products that need to be thrown out. When disposing of expired medications, always check with your town or community on the safest ways to discard all items.</p>			

14 HOME TECHNOLOGY		YES	NO
A	Does everyone in the home have access to a phone or cell phone?		
B	Is there a readily accessible emergency contact list?		
<p>Cell phones, smart watches, medical alert systems and video monitors are making aging in place easier and more realistic. Even if you, or a loved one, don’t want a cell phone, keep a cordless phone nearby and emergency contact numbers throughout the house.</p>			

This home safety checklist is solely for the purpose of raising your awareness of the potential home safety issues that emerge as we get older. It is not intended to address every potential safety issue in your home. If your answers show that you need to make changes in your home, consider having a comprehensive, professional in-home safety assessment including a detailed correction plan.

**TO SCHEDULE A FREE HOME ASSESSMENT, CALL SILVER SOLUTIONS TODAY
AT 1 877-AGE-SAFE
OR VISIT US ONLINE AT [SILVERSOLUTIONS.COM](https://www.silversolutions.com)**