Home Mobility Checklist For Seniors Living Independently

This resource can help you prepare a home to be easier to live in for a senior with mobility impairment challenges. It is not intended to be a replacement for an occupational therapist plan or health and safety advice, nor is it complete or exhaustive. Your own home may have other or additional factors that need to be addressed as well.

Using this checklist

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Simply print off or save this document to your computer or device, then check off each item as you go. Note, this list is not exhaustive, nor is it a replacement for official health and safety advice. ALWAYS consult your local health provider, occupational therapist and other support systems to ensure a comprehensive review and preparation of the home has been completed.

Bathroom		Ki	Kitchen	
	Toilet seat elevation solution in place.		Bring all daily items and cleaning products within reach from a standing or seated (in assistive equipment)	
	Stability on the toilet helped with a system that offers guard/grab rails.		position.	
	Basin and mirror are both accessible and usable at the		Check all appliances are fully functional and have safety features to turn off automatically after a period of time.	
	typical height of the user.		Ensure kitchen table and chairs are 100% functional	
	Removal of mats and small furniture such as stands from the bathroom floor space.		with sturdy legs and back rests.	
	Extractor fan is fully functional and adequately removes steam.		Add in a jar and can opener to the bench top for ease of opening.	
	Window can be opened by the elderly occupant.		Install pot and pan holders onto the stove.	
	Lighting is modern and gives good light coverage across the room.		Ensure there is a loud egg timer or similar that can be easily viewed, set and heard once dishes are cooked.	
	Shower chair solution offers good support during bathing.		Add in an anti-slip mat on the floor by the sink and cooking areas to reduce slippage.	
	Transfer plan is in place for getting into and out of the shower.		Add in a kettle that can be poured easily from a stand / bracket.	
	Flooring is checked for slip resistance.		Check smoke alarms are fully operational with fresh batteries. All parts of the house should have these for full coverage.	
	Soap and shower head is reachable.		Place a fire extinguisher nearby within reach and ensure	
	Shower temperature can not go to a dangerous heat level. Discuss the best solution with your OT and		that all home occupants can operate this easily.	

Lounge		Outside & Access		
	Remove clutter and small furniture from the lounge that could be tripping hazards.		All doorways have single level or ramp-based access solutions installed.	
	Position furniture to allow for swift exit from lounge into kitchen or bathroom.		Pathways are kept free of debris, overgrowth and dirt. Water blasted and cleaned regularly.	
	Ensure that armchairs and couches allow for easy sit down and stand up movements.		Handrails are installed around paths where possible.	
	Remove any chairs or tables that are not stable.		Doorways allow for easy exit and entry with a wheelchair or other assistive equipment.	
	Remove rugs with frayed or curled ends that could cause trips.		Doors can be locked and unlocked by an elderly person lacking hand dexterity and strength.	
	Cable tie back cords and cables to be flush against the wall. Reduce distance between TV/devices and the power outlets where possible.		Driveway access gets occupants as close to the home as possible from transport.	
Ве	edroom	No	tes	
	Ensure the entrance/doorway is free of any obstructions and wide enough to clear accessibility equipment.			
	Ensure ample open floor space for easier support by a carer transferring on the bed, onto a wheelchair, or for getting dressed.			
	Check the bed height accommodates the level of mobility, making transfers as easy as possible.			
	Establish a commode option for bedside use.			
	Keep communication devices nearby, etc home assistant, phone / charger etc.			
	Remove any items off the floor that aren't required such as mats and rugs.			
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