

HOUSING & LIVING OPTIONS

Aging in Place Home Safety Checklist

A room-by-room guide to reducing fall risk and staying safely independent.

Most falls happen at home, often in places that seem perfectly ordinary. Walk through this checklist room by room — you don't need to do everything at once. Even addressing the highest-risk items first makes a meaningful difference.

Entryways and Exterior

- ☐ Sturdy handrails on both sides of outdoor steps, if possible.
- ☐ Walkways are even, well-lit, and free of cracks or debris.
- ☐ A ramp or reduced-step entry, if stairs are becoming difficult.
- ☐ A bench or surface near the door to set down bags.

Stairs and Hallways

- ☐ Handrails on both sides of any staircase.
- ☐ Non-slip treads or securely fastened carpet on stairs.
- ☐ Stairways and hallways clear of clutter, cords, and loose items.
- ☐ Light switches accessible at both the top and bottom of stairs.

Bathroom

- ☐ Grab bars near the toilet and inside the shower or tub.
- ☐ Non-slip mats inside and outside the tub or shower.
- ☐ A shower chair or bench, and a handheld showerhead.
- ☐ A raised toilet seat, if needed.
- ☐ Nightlights or motion-sensor lighting for nighttime trips.

Kitchen

- ☐ Frequently used items on easy-to-reach shelves.
- ☐ Spills wiped up immediately; non-slip mats near sink and stove.
- ☐ Smoke detector working and easy to hear from the kitchen.
- ☐ Automatic stove shutoff feature, if available.

Bedroom

- ☐ Clear, well-lit path from the bed to the bathroom.
- ☐ A lamp, phone, and flashlight within reach of the bed.
- ☐ A bed height that makes sitting and standing easy.
- ☐ Consider a main-floor bedroom if stairs are a growing challenge.

Living Areas

- ☐ Loose rugs removed or secured.
- ☐ Furniture arranged to keep walking paths wide and clear.
- ☐ Cords tucked away or taped down.
- ☐ Chairs with sturdy armrests for easier sitting and standing.

Lighting Throughout the Home

- ☐ Brighter bulbs in stairways and hallways.
- ☐ Nightlights in bedrooms, bathrooms, and hallways.
- ☐ Motion-sensor lighting for nighttime trips.

Technology and Emergency Response

- ☐ A medical alert device or wearable with fall detection.
- ☐ A phone accessible in every main room.

- ☐ Emergency numbers posted somewhere visible.
- ☐ Smoke and carbon monoxide detectors tested regularly.

For a full comparison of aging in place versus other housing options, read the Complete Guide to Senior Housing and Living Options at steadysourcehub.com/senior-housing-living-options/

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