

If you or a family member are aging in-place, you can do many things to stay safer at home—starting with this **14-point home safety checklist**.

1	CLUTTER	YES	NO
A	Are rooms cluttered with clothing, magazines, books or other items?		
B	Is there too much furniture for the space?		
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?		
3	GRAB BARS	YES	NO
A	Are there permanent grab bars in the shower, tub and near the toilet?		
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?		
5	MOBILITY	YES	NO
A	Are you finding it more difficult to get up from a chair/couch?		
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?		

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?		
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?		
9	STAIRWAYS	YES	NO
A	Is the staircase well-lit and free of clutter?		
B	Are there sturdy handrails on all stairways?		
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?		
11	BED ACCESSIBILITY	YES	NO
A	Is the bed the right height?		
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?		

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?		
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?		

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.