Home Safety Walk-Through

Checking the home room by room

Walk through the home with your parent. Check each item, note what needs fixing, and decide together who will do it. Start with the bathroom and the nighttime path.

What to check	OK or fix?	Who will do it, and by when
Path from bed to bathroom: night lights the whole way? Nothing to trip on?		
Bathroom: grab bars by the toilet and inside and outside the tub or shower, anchored firmly? Non-slip mat or strips? Night light?		
Bathroom: would a shower chair or raised toilet seat help? (Ask the therapist.)		
Stairs: handrails on both sides, secure and full length? Light switches top and bottom? Steps clear and even?		
Floors and halls: throw rugs removed or secured? Cords against the wall? Clear paths?		
Bedroom: lamp within reach of the bed? Flashlight? Phone near the bed?		
Kitchen: everyday items at waist height? Sturdy step stool with a bar to hold? Stove safety device, if there's been a close call?		
Outside: steps even and non-slip? Porch light? Grab bar by the door?		
Shoes and walking aids: nonskid, low-heeled shoes? Cane or walker the right size?		
Alarms: smoke alarms in bedrooms, outside sleeping areas and on every floor? Carbon monoxide alarms? Tested this month? Can your parent hear them?		
If memory is changing: stove safety knobs or automatic shut-off? Water heater at 120°F? Medicines, guns and other dangerous items locked up or removed?		

Health check (for the next doctor's visit)

- ☐ Told the doctor about any falls, unsteadiness or fear of falling
- ☐ Medication list reviewed, including over-the-counter drugs and supplements
- ☐ Eye exam in the past year
- ☐ Feet and shoes checked
- ☐ Asked about physical therapy, a walking aid or a home safety visit

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☐ Asked about balance and strength exercise

☐ Asked about dizziness on standing and rushing to the bathroom

If your parent falls and no one is there

- Phone within reach of the bed: ☐
- Emergency numbers in large print by the phone: ☐
- Alert device (if your parent agrees): ☐
- Daily check-in time: _____
- If there's no answer, who checks, and when: _____
- Practiced getting up from the floor with a therapist: ☐

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