



MEDCARE MOBILITY
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Home Safety Checklist For Seniors

Room-by-Room Fall Prevention & Home Safety Inspection Guide

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By MedCare Mobility



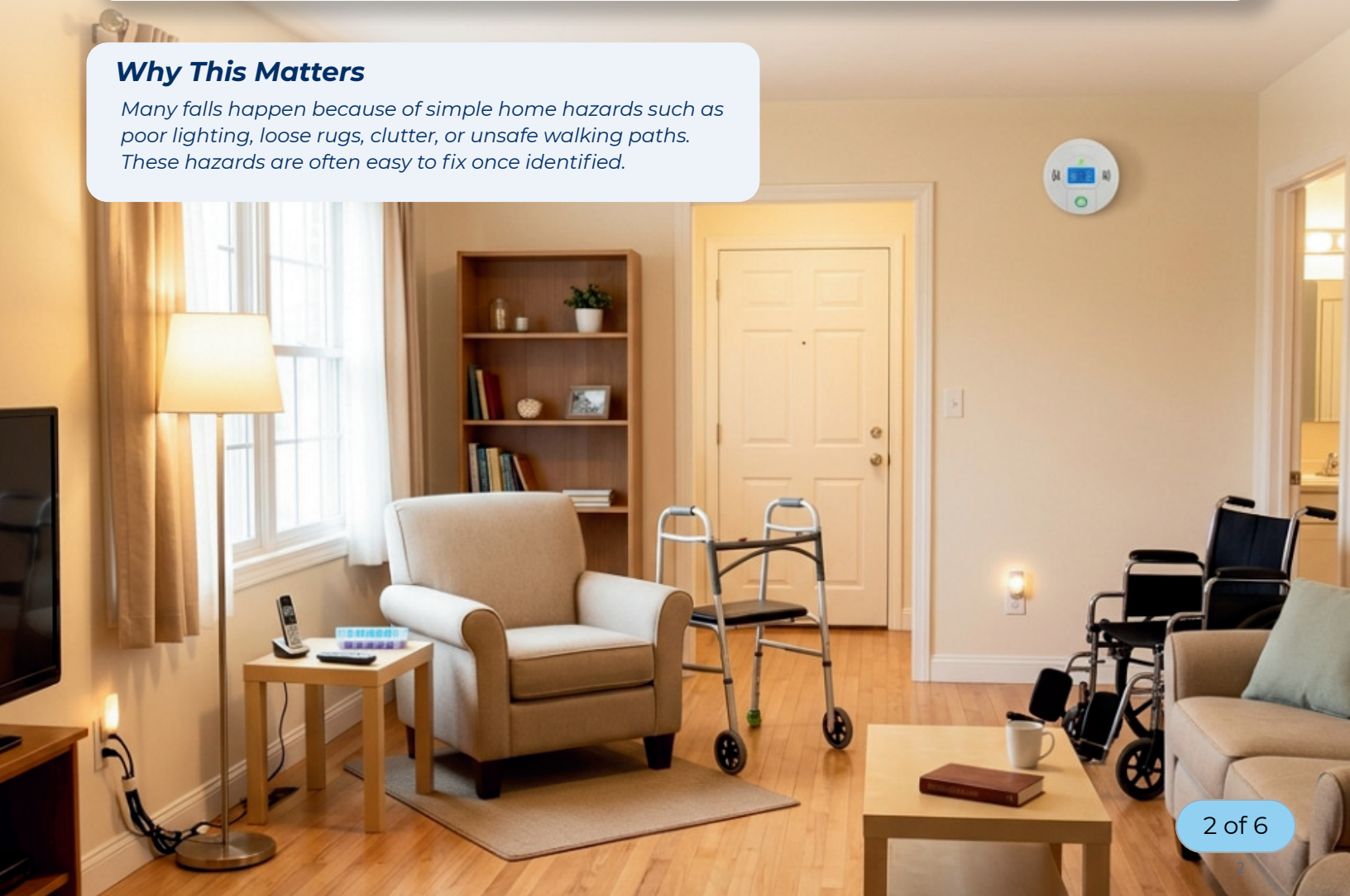
Whole Home Safety Inspection

General Safety

- Remove loose rugs
- Secure cords
- Improve lighting
- Install night lights
- Remove clutter
- Check smoke detectors
- Check carbon monoxide detectors
- Ensure emergency exits accessible
- Keep frequently used items reachable
- Make sure stairways have secure handrails
- Keep floors dry and slip-free
- Confirm phone or emergency alert device is easy to reach

Why This Matters

Many falls happen because of simple home hazards such as poor lighting, loose rugs, clutter, or unsafe walking paths. These hazards are often easy to fix once identified.



Room By Room Inspection

Living Room

- Stable furniture
- No trip hazards
- Proper lighting
- Walking paths clear
- Frequently used items within reach



Kitchen

- Frequently used items accessible
- Non-slip flooring
- Emergency phone nearby
- Fire extinguisher available
- Heavy items stored at waist level



Hallways

- Clear pathways
- Handrails if needed
- Night lighting
- No cords across walking paths
- Walker or wheelchair can pass safely



Tip: Walk through the home with the mobility device the senior actually uses, such as a cane, walker, rollator, or wheelchair. This helps identify tight spaces and hidden hazards.

Bathroom Safety Inspection

Bathroom Safety Checklist

- Grab bars installed near toilet and shower
- Non-slip mats inside and outside shower
- Shower chair or bath bench available
- Raised toilet seat installed if needed
- Toilet safety frame or rails available
- Handheld shower head installed
- Adequate lighting
- Clear transfer space
- Toiletries easy to reach
- Door can be opened in an emergency

Helpful Bathroom Safety Equipment



Shower Chair



Transfer Bench



Raised Toilet Seat

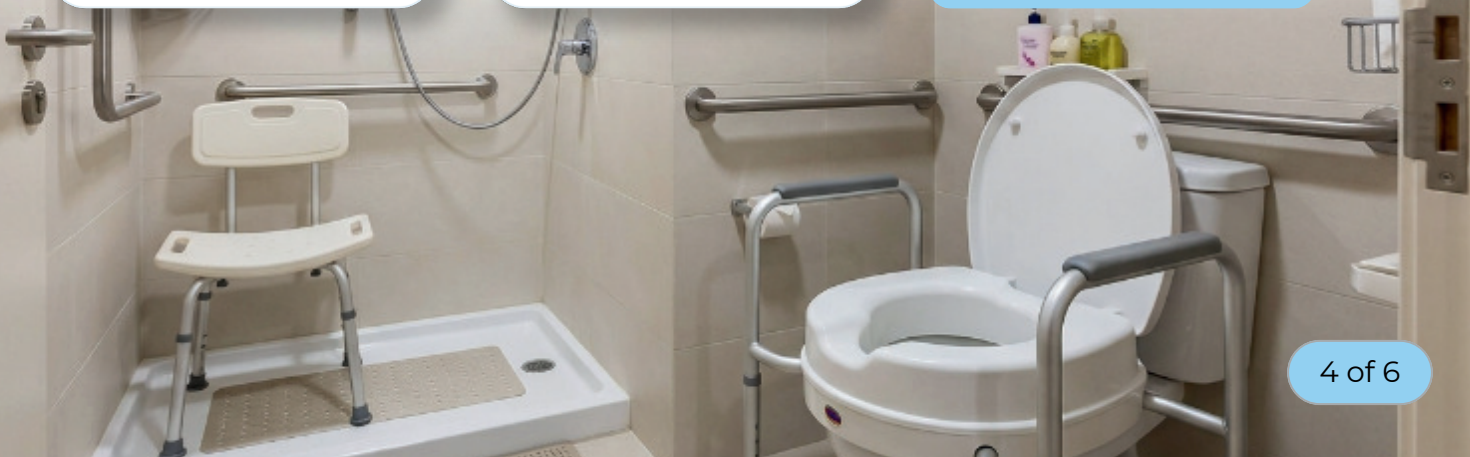


Grab Bars



Toilet Safety Rails

Bathroom safety equipment should be selected based on the person's balance, transfer ability, and caregiver support needs.



Bedroom & Mobility Safety Inspection

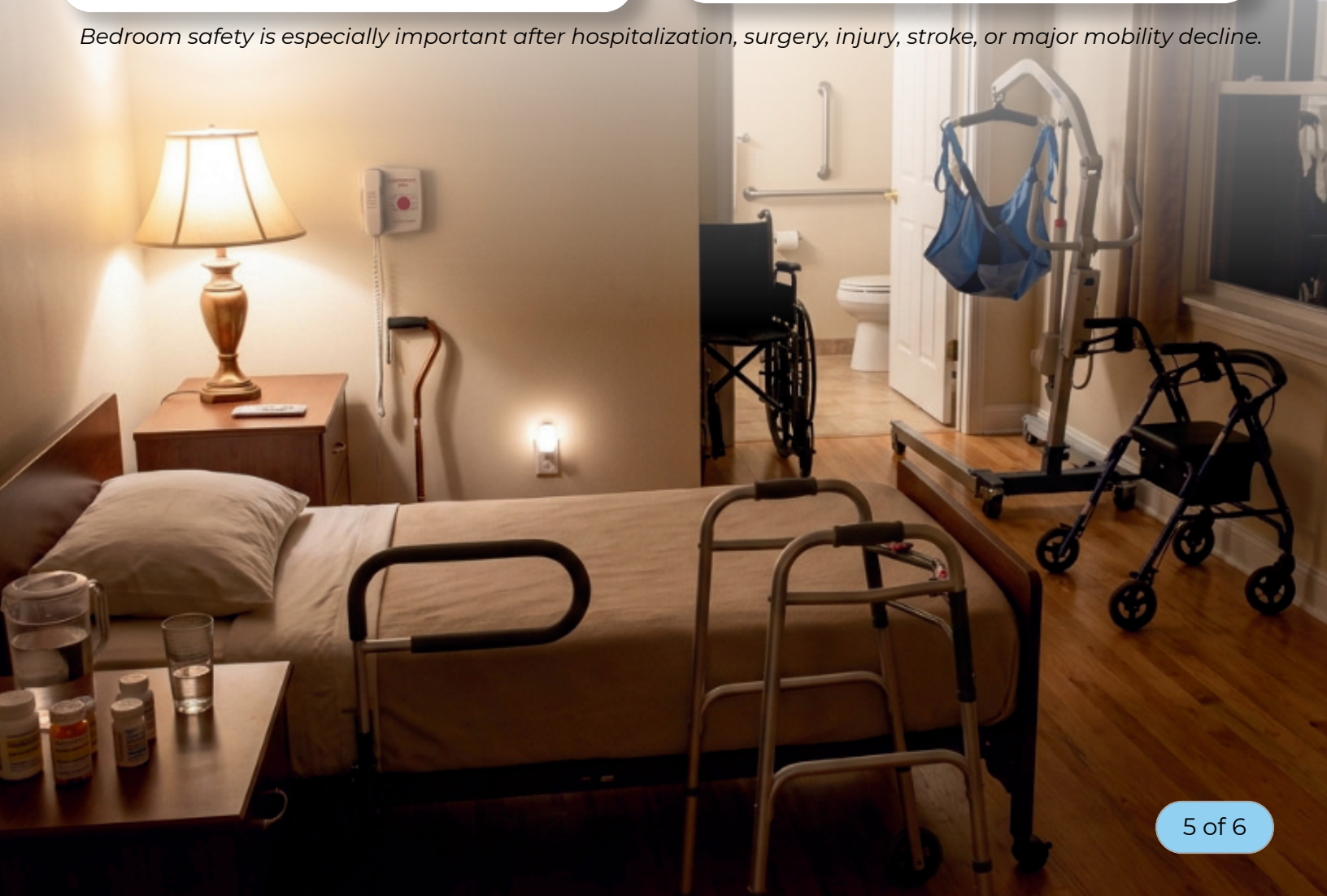
Bedroom

- Clear path to bathroom
- Bed height appropriate
- Bedside lamp available
- Emergency phone nearby
- Medications and water within reach
- Night light between bed and bathroom
- Bed rail or assist bar considered if needed

Mobility

- Walker in good condition
- Cane adjusted properly
- Wheelchair inspected
- Rollator brakes working
- Patient lift maintained
- Sling inspected
- Mobility aid fits through main pathways

Bedroom safety is especially important after hospitalization, surgery, injury, stroke, or major mobility decline.



Home Safety Scorecard

How To Use This Scorecard

Count the unchecked or unsafe items from the checklist. These are your “issues.” Use the score below to decide what needs attention first.

0-5 Issues

Excellent

Most major safety areas appear prepared. Continue reviewing the home regularly.

6-15 Issues

Moderate Risk

Several areas may need improvement. Prioritize bathroom, bedroom, and walking path safety.

16+ Issues

High Risk

Multiple safety concerns may be present. Consider reviewing the home with a caregiver, clinician, home health provider, or safety specialist.

Action Plan

Immediate Safety Improvements:

Equipment Needed:

Need help selecting safer home equipment?

MedCare Mobility can help families compare options for hospital beds, medical mattresses, patient lifts, slings, walkers, rollators, wheelchairs, and bathroom safety equipment.

[Visit MedCareMobility.com](https://www.medicaremobility.com)

Sources & References:

Centers for Disease Control and Prevention (CDC) – STEADI: Check for Safety, A Home Fall Prevention Checklist for Older Adults
<https://www.cdc.gov/steady/pdf/steady-brochure-checkforsafety-508.pdf>

National Institute on Aging (NIA) – Preventing Falls at Home: Room by Room
<https://www.nia.nih.gov/health/falls-and-falls-prevention/preventing-falls-home-room-room>