

The Room-by-Room Home Safety Checklist

A 30-minute walk-through that finds the hazards before a fall does. Built for adult children checking a parent's home, and for anyone who wants to age safely in their own.

Why this walk-through is worth 30 minutes

About one in four adults age 65 and older falls each year, and falls are the leading cause of injury in older adults. Most happen at home, in familiar rooms, doing ordinary things. The encouraging part: a large share of fall hazards are visible, cheap to fix, and findable in a single afternoon with this list and a notepad.

HOW TO USE IT

Walk each room with the list. Check what is already safe, circle what needs fixing, and date the top of the page.

FIX THE FREE THINGS FIRST

Moving a rug costs nothing. Most items on this list are under \$25 at a hardware store.

REPEAT YEARLY

Homes change: new pets, new medications, new limitations. Re-walk the list once a year or after any health change.

THE TWO HIGHEST-RISK ROOMS

Bathrooms and bedrooms produce the most serious falls: slick surfaces, nighttime trips, and getting up too fast. If you only have ten minutes today, start on page 2.

Bathroom, bedroom, and kitchen

Bathroom

- ☐ Grab bars installed in the shower and beside the toilet (towel bars do not count)
- ☐ Non-slip mat or strips inside the tub or shower
- ☐ Rug outside the shower has a rubber backing, or is gone
- ☐ Night light on between bedroom and bathroom
- ☐ Shower chair and handheld sprayer if standing is tiring
- ☐ Raised toilet seat if standing up is difficult
- ☐ Water heater set to 120 degrees or below to prevent scalds

Bedroom

- ☐ Lamp or switch reachable from bed without getting up
- ☐ Clear, lit path from bed to bathroom, walked at night to test it
- ☐ Bed height lets feet rest flat on the floor when sitting on the edge
- ☐ Phone reachable from bed
- ☐ No clothing, shoes, or boxes stored on the floor along walking paths

Kitchen

- ☐ Everyday dishes and food stored between waist and shoulder height
- ☐ No climbing on chairs or counters; a sturdy step stool with a handle if reaching is required
- ☐ Spills wiped immediately; floor mats rubber-backed
- ☐ Kettle and pans light enough to lift with one hand
- ☐ Oven mitts, not towels, near the stove; nothing flammable on or behind burners
- ☐ Working smoke alarm within hearing of the kitchen
- ☐ Automatic shutoff kettle or stove alarm if forgetfulness is a concern

Getting up too fast

Many falls happen in the first three seconds after standing. Teach the habit: sit up, pause, stand, pause, then walk. Blood pressure medications make this pause matter even more.

Living areas, stairs, and outside

Living areas and hallways

- ☐ Throw rugs removed, or secured with double-sided tape on every edge
- ☐ Electrical and phone cords routed along walls, never across paths
- ☐ Furniture arranged so walking paths are at least as wide as a walker
- ☐ Favorite chair is firm and high enough to stand from without rocking forward
- ☐ Pets' beds, bowls, and toys kept out of walkways
- ☐ Floor clutter rule: nothing lives on the floor that is not furniture

Stairs and steps

- ☐ Handrails on both sides, full length, firmly anchored
- ☐ Light switch at both the top and bottom
- ☐ Step edges visible: contrasting tape if they blend together
- ☐ Carpet on stairs tight, with no loose edges
- ☐ Nothing ever stored on the steps, even briefly

Entry and outdoors

- ☐ Porch and walkway lights working, ideally on motion sensors
- ☐ Walkway cracks and lifted concrete marked or repaired
- ☐ Doormats thin and rubber-backed
- ☐ Railing at every outdoor step, even a single one
- ☐ Hose, tools, and garden items off the paths
- ☐ A bench or table at the door for setting down bags while unlocking

Lighting and personal items

- ☐ Night lights in the hallway, bathroom, and bedroom
- ☐ Bulbs bright as fixtures allow; aging eyes need roughly twice the light
- ☐ Shoes with backs and non-slip soles worn indoors, not loose slippers or socks
- ☐ Glasses prescription current; vision checked in the last year
- ☐ If a cane or walker was prescribed, it is actually used, including for short trips at home

The hazards a checklist cannot see

Medications

Some medications, and especially some combinations, cause dizziness or drowsiness. Ask the doctor or pharmacist to review the full list once a year with falls specifically in mind.

Strength and balance

Legs that sit all day lose the strength that prevents falls. Even gentle daily movement helps. Our seated stretching guide is a companion to this checklist.

Fear of falling

After one fall, many people quietly move less, which weakens legs and raises the risk of the next fall. Talk about it openly; it is common and it is treatable.

A plan for if it happens

Agree on a daily check-in call, keep a phone reachable from the floor, or consider a wearable alert button. The danger is not only the fall, but the hours alone after it.

After any fall, even a "good" one

Tell the doctor about every fall, including ones with no injury. A fall is a symptom: of medication effects, blood pressure, vision, or strength changes. It is also the single best predictor of the next fall.

FROM OUR CARE TEAM

Fall prevention is one of our 14 services

Jane's Home Care is a nurse practitioner led home care agency serving Fresno, Clovis, and the surrounding Central Valley. Our caregivers do safety walk-throughs like this one in the homes we serve, plus steady hands for bathing, stairs, and the daily moments where falls actually happen. Care can begin within 24 hours.

Call (559) 296-2189 or build your own care plan at janeshomecare.com/care-plan

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