



HOME SAFETY CHECKLIST

For Seniors Aging in Place

Ideal Caregivers 4U | 1-866-372-0603 | idealcaregivers4u.com

How to use this checklist: Walk through your loved one's home room by room with their specific mobility profile in mind. Check off items that are already in place. Circle or highlight items that need attention. Prioritize the bathroom and bedroom first.

Bathroom

Grab Bars and Support

- Grab bar installed beside the toilet for sitting and standing
- Grab bar inside the shower or tub area for entry, exit, and balance
- Grab bars anchored into wall studs — not towel bars
- Grab bar height appropriate for your loved one

Tub and Shower

- Non-slip mat inside the tub or shower
- Shower chair or bath bench in place if standing is difficult
- Handheld showerhead installed for use while seated
- Tub entry height assessed — transfer bench considered if needed

Floor and General

- Non-slip bath mat outside the tub with a non-slip backing
- No loose rugs on the bathroom floor
- Adequate lighting, especially at night
- Nightlight installed for nighttime trips to the bathroom

Bedroom

Bed Height and Access

- Bed height allows feet to rest flat on the floor when seated
- Adequate space on both sides of the bed for safe transfers
- Bed rail in place if repositioning or transfers are a challenge
- Path from bed to bathroom clear and wide enough to navigate at night

Nighttime Safety

- Nightlight visible from the bed — motion-activated if possible
- Phone, glasses, water, and essentials within reach from the bed
- No obstacles between the bed and the bedroom door
- Light switch or bedside lamp accessible without getting up

Flooring and General

- No loose rugs between the bed and the door
- Floor clear of clothing, shoes, or other trip hazards
- Adequate general lighting for daytime use

Kitchen

Storage and Reach

- Frequently used items stored at counter height — not in high or low cupboards
- Step stool eliminated or replaced with a stable two-step stool with a handle
- Heavy items stored where they can be retrieved without strain

Flooring and Surfaces

- No loose rugs or mats near the stove or sink
- Spills cleaned up promptly
- Non-slip mat in front of the sink if the floor is slippery when wet

Appliances and Safety

- Stove controls easy to read and operate
- Smoke detector functional and within the last ten years
- Carbon monoxide detector in place if applicable
- Adequate lighting over food preparation areas

Living Areas

Furniture and Seating

- Chairs and sofas allow your loved one to stand up without excessive effort
- No furniture creating tight navigating spaces around commonly used paths
- Coffee tables and side tables placed to avoid trip hazards

Flooring and Pathways

- All loose rugs removed or fully secured with non-slip backing
- Electrical cords routed along walls — not crossing pathways
- Clear sightlines throughout the room
- Pathway from living area to kitchen and bathroom clear

Lighting

- General lighting bright enough to read and move around safely
- No areas of deep shadow concealing a step change or obstacle
- Light switches accessible near doorways

Hallways and Stairs

Hallways

- Hallways clear of furniture, storage, or clutter
- Width adequate for a walker or wheelchair (at least 90 cm recommended)
- Lighting adequate along the full hallway length
- Nightlights installed for overnight navigation

Stairs

- Handrail present and secure on at least one side — both sides preferred
- Handrail runs the full length of the staircase
- Stair edges clearly visible — high-contrast tape added if needed
- No items stored on stairs, even temporarily
- Stair safety honestly assessed — single-level living considered if needed



Entryways

- Door threshold low enough to step over safely, or a ramp in place
- Non-slip mat inside and outside the front door
- Adequate lighting at the entrance, including for nighttime arrivals
- Handrail on any exterior steps leading to the front door
- Exterior steps in good repair — no cracked or uneven surfaces
- Plan in place for snow and ice removal in winter
- Salt or sand accessible for icy surfaces
- Winter footwear with non-slip soles used consistently

Items Needing Attention:

Need a professional home safety assessment? Ideal Caregivers 4U offers senior home safety and fall prevention assessments across Ottawa, Mississauga, Kingston, Markham, Pickering, Ajax, Oshawa, and Whitby.

Call 1-866-372-0603 or visit [idealcaregivers4u.com/services/](https://www.idealcaregivers4u.com/services/) to learn more.