



Safety Checklist for Aging in Place



1. General Home Safety:

- Install smoke detectors in key areas, and test them regularly.
- Ensure proper lighting in all rooms, especially stairways and hallways.
- Maintain clear pathways and remove any tripping hazards (e.g., loose rugs, clutter).
- Install handrails along staircases and grab bars in bathrooms.

2. Bathroom Safety:

- Use non-slip bath mats inside and outside the tub or shower.
- Install grab bars near the toilet and in the shower or tub.
- Ensure that the bathroom has proper ventilation to prevent mold and mildew.

3. Kitchen Safety:

- Organize frequently used items within easy reach.
- Install anti-scald devices on faucets.
- Replace traditional stove knobs with easy-to-use, large ones.
- Consider automatic shut-off devices for stoves.

4. Bedroom Safety:

- Ensure easy access to a phone or emergency call system.
- Have a bedside lamp and a reachable light switch.
- Choose a comfortable, easy-to-enter bed.
- Use nightlights to illuminate pathways

5. Lighting:

- Keep windows clean.
- Use bright, energy-efficient bulbs in all rooms.
- Consider motion-activated lighting, especially in hallways and bathrooms.

6. Flooring:

- Opt for non-slip flooring throughout the home.
- Secure carpets and rugs with non-slip pads or double-sided tape.
- Repair any uneven flooring or loose floorboards.



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7. Accessibility:

- Consider installing ramps for entry points.
- Ensure doorways are wide enough for a wheelchair if needed.
- Install lever-style door handles for easy use.

8. Technology:

- Install a medical alert system for emergencies.
- Consider smart home technology for remote monitoring.
- Ensure easy access to a phone or mobile device.

9. Emergency Preparedness:

- Create an emergency exit plan.
- Keep a list of emergency contacts visible.
- Ensure that there is easy access to medical supplies.

10. Regular Maintenance:

- Schedule regular home maintenance checks for safety updates.
- Check and replace batteries in smoke detectors and other devices.
- Ensure heating and cooling systems are working efficiently.

11. Social Support:

- Establish a support network of friends, family, or neighbors.
- Consider home care services if needed
- Stay socially connected to prevent isolation.



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