

TheKey to a Safer Home

A practical list to support independence

Home safety is crucial, as falls are a leading cause of injury for older adults. According to the CDC, one in four Americans aged 65 and older falls each year, resulting in serious injuries and hospitalizations. The good news is that many of these falls are preventable with proper safety measures at home. It's also important to regularly reassess the home environment, as changes in health or surroundings can create new risks. By continuously identifying and addressing these risks, we can help our clients stay safe and maintain their independence.

ENTRANCE/ FRONT YARD

- ☐ Stable stairs with handrails
- ☐ Audible doorbell
- ☐ Clear, flat paths and walkways
- ☐ Adequate lighting

HALLWAY/FOYER

- ☐ Bright lighting and accessible light switches
- ☐ Clear, unobstructed pathways
- ☐ Rugs and thresholds clearly visible
- ☐ Anti-skid backing on carpets and rugs
- ☐ Smoke/CO2 detector
- ☐ Doors easy to open and close

KITCHEN

- ☐ Easily accessible frequently used items
- ☐ Labeled hot/cold sink faucets
- ☐ Bright lighting and accessible light switches
- ☐ Clear, open walking path
- ☐ Smoke/CO2 detector
- ☐ Fire extinguisher or fire blanket
- ☐ Properly stored cleaning supplies

LIVING ROOM/DINING ROOM/FAMILY ROOM

- ☐ Bright lighting and accessible light switches
- ☐ Clear, open path
- ☐ Secured electrical cords
- ☐ Smoke/CO2 detector
- ☐ Stable furniture, with armrests
- ☐ Accessible temperature control
- ☐ Shades, blinds, or window coverings
- ☐ Clearance (at least 32") for walker/wheelchair access

BEDROOMS

- ☐ Bright lighting and accessible light switches
- ☐ Clear, open path between bed and door
- ☐ Secured electrical cords
- ☐ Smoke/CO2 detector
- ☐ Stable furniture, with armrests
- ☐ Accessible temperature control
- ☐ Shades, blinds, or window coverings
- ☐ Clearance (at least 32") for walker/wheelchair access
- ☐ Accessible bed height
- ☐ Easily accessible clothes
- ☐ Flashlight and phone within reach

BATHROOMS

- ☐ Easily accessible frequently used items
- ☐ Labeled hot/cold sink faucets
- ☐ Bright lighting and accessible light switches
- ☐ Clear, open walking path
- ☐ Support for safely entering and exiting bath or shower
- ☐ Slip protection in bath or shower
- ☐ Accessible hand-held shower head
- ☐ Shower chair or bench, if needed
- ☐ Toiletries, toilet paper within reach
- ☐ Stable toilet seat/appropriate seat height
- ☐ Wheelchair/walker accessibility
- ☐ Properly stored and labeled cleaning supplies
- ☐ Properly stored and labeled medications
- ☐ Nightlight

BASEMENT/LAUNDRY ROOM AREA

- ☐ Bright lighting and accessible light switches
- ☐ Clear, open steps with safe treads
- ☐ Stable, accessible railings
- ☐ Smoke/CO2 detector
- ☐ Electrical breakers located and labeled
- ☐ Secured electrical cords
- ☐ Water heater temperature set to 120° F maximum to prevent scalding
- ☐ Proper storage of laundry supplies
- ☐ Safe path to laundry machines

STAIRS/STAIRWAYS

- ☐ Bright lighting and accessible light switches
- ☐ Clear, open steps with safe treads
- ☐ Stable, accessible railings

GARAGE/BACKYARD

- ☐ Safe garage door
- ☐ Secured tools and equipment
- ☐ Bright lighting and accessible light switches
- ☐ Smoke/CO2 detector
- ☐ Clear path

NOTES:

Call (888) 712-8986
or scan to learn more:



Disclaimer: This Home Safety Checklist is intended for informational and educational purposes only and is not a substitute for a professional home safety assessment. While we strive to provide useful guidance, TheKey does not assume responsibility for any omissions, errors, or incidents resulting from the use of this checklist. For a comprehensive home safety evaluation, we recommend consulting a certified home safety expert, such as a **Certified Aging-in-Place Specialist (CAPS)** or professionals accredited by the **National Association of Home Builders (NAHB)** or the **National Fall Prevention Center (NFPC)**. Always seek expert advice tailored to your specific needs and home environment.