

# AGING *Well*

## PODCAST

### *Home Safety Checklist for Older Adults*

As your parents age and want to remain living at home, there are things you can do to ensure they are safe.

This home safety checklist for older adults is organized so it can be used as a walkthrough tool by families, caregivers, or professionals. It's designed to reduce fall risk, fire hazards, and everyday safety concerns while supporting their independence.

#### Entrances & Hallways

- Walkways are clear of clutter, cords, shoes, and rugs
- Handrails are secure on all stairs (inside and outside)
- Steps and thresholds are even and in good repair
- Adequate lighting at entrances, hallways, and stairs
- Light switches accessible at both ends of hallways and stairs
- Non-slip mats or strips on steps and ramps

#### Kitchen

- Frequently used items stored at waist or shoulder height
- Stove has automatic shut-off or reminder system
- Fire extinguisher accessible and easy to use
- Floors clean, dry, and non-slip
- Knives and sharp tools stored safely
- Labels on appliances are easy to read

#### Living Room & Common Areas

- Furniture arranged to allow clear walking paths
- Chairs and sofas are sturdy and easy to get in and out of
- Throw rugs removed or secured with non-slip backing
- Electrical cords secured against walls
- Telephones easily reachable with emergency numbers posted
- Smoke detectors installed and working

#### Bathroom

- Grab bars installed near toilet and in shower/tub
- Non-slip mats or strips in tub and shower
- Raised toilet seat or toilet safety frame if needed
- Water heater set to 120°F (49°C) or lower
- Adequate lighting for night use
- Easy-to-reach toiletries

## Bedroom

- Bed height allows feet to rest flat on the floor
- Nightlights installed between bed and bathroom
- Clear path to bathroom
- Telephone or call device within reach of bed
- Emergency numbers posted near bed
- Sturdy bedside table for support when standing

## Medications & Health

- Medications clearly labeled and stored safely
- Pill organizer used if appropriate
- Medication list updated and accessible
- Vision and hearing aids easily accessible
- Medical alert system worn and working

## Fire & Emergency Preparedness

- Smoke detectors and carbon monoxide detectors working
- Fire escape plan posted and practiced
- Emergency contact list visible
- Flashlight available in case of power outage
- Heating systems serviced regularly

## Outdoor Areas

- Walkways and driveways even and well-lit
- Railings secure on outdoor steps
- Snow, ice, and leaves promptly removed
- Non-slip surfaces on porches and decks

## General Safety

- Home address clearly visible for emergency responders
- Doors and windows lock easily
- Pets do not create tripping hazards
- Shoes fit well and have non-slip soles
- Mobility aids (walker, cane) in good condition

EPISODE 8

# Homebound & Happy:

Supporting Your Parent Who  
Wants to Age at Home

WITH GUEST:  
**CHRIS NORMAN**  
NURSE PRACTITIONER  
LORETTO



**AGING Well**  
PODCAST



Do you want to learn more about what you can do to help your aging parent live at home safely?

Check out Loretto's Aging Well Podcast, and listen to the "Homebound & Happy" episode available now on Spotify and Apple Podcasts.