Southern Construx

LICENSED FLORIDA CONTRACTOR CRC1335508

Home Safety Checklist

For aging in place, mobility needs and peace of mind

Walk through the home room by room and check each item that is already in good shape. Anything left unchecked is worth fixing. According to the CDC, about 1 in 4 adults age 65 and older report a fall every year, and falls are the leading cause of injury-related death in that age group. Many falls happen at home, and many can be prevented with simple changes.

Tip for family who live out of town: do this walk-through by video call with your parent or grandparent, or ask us to do it with you.

ENTRANCE & OUTSIDE

- ☐ Front walkway is even, with no cracks, roots or loose pavers
- ☐ Entry steps have sturdy handrails, ideally on both sides
- ☐ Outdoor lights at the door and path (motion-sensor lights are best)
- ☐ Entry is easy to use with a walker or wheelchair (low step, zero-step entry or ramp)
- ☐ Door has a lever handle and a peephole or video doorbell at a usable height

FLOORS & WALKWAYS

- ☐ No throw rugs, loose mats or cords in walking paths
- ☐ Clear paths through every room, wide enough for a walker
- ☐ No raised thresholds or uneven transitions between rooms
- ☐ Floors are slip-resistant, especially in the kitchen, bath and laundry

BATHROOM

- ☐ Grab bars next to the toilet and in the tub or shower (anchored into framing, not towel bars)
- ☐ Non-slip surface in the tub or shower
- ☐ Easy to get in and out of the shower (walk-in or curbless shower, or a tub cut-out)
- ☐ Handheld shower head and a shower seat or built-in bench
- ☐ Toilet is a comfortable height for sitting and standing
- ☐ Night light between the bedroom and the bathroom
- ☐ Bathroom door is wide enough for a walker or wheelchair if one is needed

BEDROOM

- [ ] Lamp or light switch within reach of the bed
- [ ] Bed is a comfortable height to get in and out of
- [ ] Phone or medical alert device reachable from bed
- [ ] Clear, lighted path from bed to bathroom at night

KITCHEN

- [ ] Everyday items stored between waist and shoulder height (no step stool needed)
- [ ] Bright lighting over the counters, sink and stove
- [ ] Lever-style faucet and easy-to-grip cabinet pulls
- [ ] Sturdy chair or stool with a back for sitting while working

STAIRS & HALLWAYS

- [ ] Handrails on both sides of stairs, running the full length
- [ ] Light switches at the top and bottom of stairs
- [ ] Steps are even, in good repair and clearly visible (contrasting edges help)
- [ ] Hallways are well lit, with lighted or rocker-style switches

DOORS & EVERYDAY SAFETY

- [ ] Doorways are wide enough for a walker or wheelchair (about 32 inches of clear opening is a good target)
- [ ] Lever handles instead of round knobs
- [ ] Smoke and carbon monoxide alarms work and are tested
- [ ] Emergency numbers posted, and a plan for who checks in daily

Want a second set of eyes?

Homeowners in Broward County can book a FREE aging-in-place home safety assessment. We walk through the home, then give you a written list of what to fix first. Family can join by phone or video.

Call or text 954-650-2009

southernconstrux.com/free-aging-in-place-assessment

Source: CDC, Older Adult Falls Data (cdc.gov/falls). This checklist is general guidance, not medical advice. For complex mobility needs, ask your doctor about an occupational therapist home evaluation.