

# Home Safety and Accessibility for Seniors Checklist

## Entrance and Exits for Seniors Checklist

### 1. Ramp Installation

- Install ramps with gentle slopes for wheelchair or walker access.
- Ensure ramps have non-slip surfaces and are weather-resistant.

### 2. Handrails for Support

- Add sturdy handrails on both sides of any steps leading to the entrance.
- Handrails should extend beyond the top and bottom of the steps for added safety.

### 3. Non-slip Mats and Flooring

- Place non-slip mats at all entrances to prevent falls, especially in wet conditions.
- Consider non-slip flooring in entryways inside the home.

### 4. Adequate Outdoor Lighting

- Install bright, motion-activated lights near entrances and exits.
- Ensure all pathways leading to the door are well-lit.

### 5. Threshold Modifications

- Lower or remove thresholds to prevent tripping and facilitate wheelchair access.
- Use beveled thresholds for smoother transitions.

### 6. Door Width and Accessibility

- Widen doorways if necessary to accommodate wheelchairs or walkers.
- Install lever-style door handles for easier operation.

## 7. Secure and Accessible Locks

- Use locks that are easy to operate, such as keyless entry systems or smart locks.
- Place locks at a reachable height for someone in a wheelchair.

## 8. Clear and Accessible Pathways

- Keep pathways to entrances clear of obstacles and clutter.
- Ensure paths are wide enough for easy navigation.

## 9. Weather Protection

- Install awnings or canopies over entrances to protect against rain and sun.
- Ensure proper drainage to avoid slippery surfaces.

## 10. Visible House Numbers

- Make sure house numbers are large, clear, and well-lit for easy identification by emergency responders.

## 11. Emergency Access

- Maintain a spare key in a secure location or provide one to a trusted neighbor.
- Consider a lock box for emergency responders if living alone.

## 12. Maintenance and Repairs

- Regularly inspect and maintain entrances and exits, including steps, ramps, and lighting.
- Promptly repair any damage to ensure ongoing safety.

## 13. Security Features

- Install peepholes or video doorbells for security without opening the door.
- Consider additional security measures like alarm systems.

## 14. Slip-Resistant Footwear

- Encourage the use of slip-resistant footwear when entering or exiting the home.
- Provide a bench near the entrance for safely putting on or taking off shoes.

## 15. Seasonal Adjustments

- In snowy or icy conditions, ensure prompt removal of snow and application of ice melt.
- Adjust lighting and pathway maintenance with seasonal changes for optimal safety.

## Living Areas for Seniors Checklist

### 1. Clutter-Free Environment

- Regularly organize and remove clutter to create clear and open walking paths.
- Ensure cables and cords are secured and out of walkways to prevent tripping.

### 2. Furniture Placement

- Arrange furniture to allow ample space for movement, especially for those using mobility aids.
- Choose stable and sturdy furniture that can support weight if needed for balance.

### 3. Adequate and Adjustable Lighting

- Install bright, non-glare lighting to improve visibility.
- Use adjustable lamps and lighting controls for personalized comfort.

### 4. Emergency Response Systems

- Consider installing a home-based emergency response system for quick assistance.
- Keep mobile phones or emergency call buttons within reach.

### 5. Non-slip Flooring

- Opt for carpets or rugs with non-skid backing to minimize slip hazards.
- Keep floors dry and clean, promptly cleaning up any spills.

### 6. Easy-to-Reach Storage

- Use shelves and cabinets that are easily accessible without the need for stretching or bending.
- Organize frequently used items within easy reach.

### 7. Safe Heating and Cooling

- Ensure heating and cooling systems are in good working order.
- Avoid space heaters, or choose models with automatic shut-off features.

## 8. Fire Safety Measures

- Install smoke detectors and check them regularly.
- Keep a fire extinguisher accessible and ensure seniors know how to use it.

## 9. Window Safety

- Ensure windows are easy to open and close.
- Install window locks for security and limit opening for fall prevention.

## 10. Fall-Proofing Measures

- Apply edge guards or corner protectors to sharp furniture edges.
- Consider using walkers or canes for additional support within the home.

## 11. Decorative Safety

- Use decorations that do not obstruct walkways or create hazards.
- Choose decorative items that are stable and not easily knocked over.

## 12. Seating Comfort and Accessibility

- Provide chairs with armrests and sufficient back support.
- Ensure chairs and sofas are at a height that makes sitting down and standing up easier.

## 13. Technology Accessibility

- Use remote controls, voice-activated devices, or smart home technology for convenience.
- Keep chargers and power sources easily accessible.

## 14. Indoor Air Quality

- Maintain good ventilation and air quality with air purifiers or regular airing of rooms.
- Monitor humidity levels to prevent mold growth and respiratory issues.

## 15. Personal Emergency Kit

- Keep a small emergency kit with essentials like medications, contact information, and basic first aid.
- Place the kit in a known, easily accessible location.

## **Kitchen Safety for Seniors Checklist**

### **1. Lower Cabinet and Counter Accessibility**

- Adjust the height of counters and cabinets for wheelchair or seated access.
- Use pull-out shelves and lazy Susans for easier reach of items.

### **2. Safe and Simple Appliances**

- Choose appliances with simple, clear controls and automatic shut-off features.
- Opt for induction cooktops that are safer than traditional stoves.

### **3. Non-Slip Flooring Solutions**

- Install slip-resistant flooring to reduce the risk of falls.
- Keep floors dry and clean up spills promptly.

### **4. Adequate Lighting**

- Ensure bright, non-glare lighting over work areas, stoves, and sinks.
- Install under-cabinet lights for better visibility.

### **5. Clearly Labeled Controls**

- Use large, easy-to-read labels for appliance controls and settings.
- Consider color coding to help identify different controls.

### **6. Ergonomic Utensils and Tools**

- Provide utensils with large, easy-to-grip handles.
- Use electric can openers and jar openers to reduce strain.

### **7. Fire Safety Measures**

- Install a fire extinguisher within easy reach.
- Ensure smoke detectors are functioning properly in the kitchen area.

## 8. Accessible Storage Solutions

- Store frequently used items at waist level to avoid bending or stretching.
- Use drawer organizers for easy access and visibility.

## 9. Safe Cookware Storage

- Use pot racks or easily accessible locations for storing heavy pots and pans.
- Avoid overhead storage that requires reaching or climbing.

## 10. Microwave Placement

- Place the microwave at a reachable height, preferably at or below counter level.
- Avoid placing it too high to prevent the risk of spills or burns.

## 11. Anti-Fatigue Mats

- Use anti-fatigue mats in areas where seniors may stand for extended periods.
- Ensure these mats are securely in place and have beveled edges to prevent tripping.

## 12. Stove Safety

- Consider using stove knob covers or automatic stove turn-off devices.
- Ensure the stove area is well-ventilated.

## 13. Easy-to-Clean Surfaces

- Opt for countertops and backsplashes that are easy to clean and maintain.
- Choose materials that resist stains and are not too glossy to avoid glare.

## 14. Emergency Shut-Off

- Install an emergency shut-off switch for the stove and oven.
- Make sure seniors are familiar with how to use it.

# Bathroom Safety for Seniors Checklist

## 1. Installation of Grab Bars

- Install sturdy grab bars near the toilet, shower, and bathtub areas.

- Ensure they are securely fixed to support the weight of an adult.

## **2. Use of Raised Toilet Seats**

- Provide raised toilet seats with armrests for easier sitting and standing.
- Consider height-adjustable models to suit individual needs.

## **3. Walk-In Tubs and Showers**

- Replace traditional bathtubs with walk-in models to minimize the risk of falls.
- Opt for showers with low or no thresholds for easy access.

## **4. Non-slip mats and Flooring**

- Place non-slip mats inside and outside the shower or tub.
- Use non-slip flooring materials or apply anti-slip coatings to existing floors.

## **5. Shower Chairs or Benches**

- Provide a stable shower chair or bench for seated bathing.
- Choose models with non-slip feet and adjustable height.

## **6. Handheld Showerheads**

- Install handheld showerheads for easier and safer bathing.
- Ensure the hose is long enough for comfortable use from a seated position.

## **7. Adequate Bathroom Lighting**

- Ensure bright, glare-free lighting in all areas of the bathroom.
- Consider night lights for visibility during nighttime bathroom visits.

## **8. Easy-to-Reach Towel and Toiletry Storage**

- Position towel racks and toiletry storage within easy reach from the shower, tub, and toilet.
- Avoid high shelves or cabinets that require reaching or bending.

## **9. Temperature Control**

- Install anti-scald devices on faucets to prevent burns.
- Ensure water heaters are set to a safe temperature.

## 10. Slip-Resistant Bath Mats

- Use slip-resistant bath mats beside the shower, tub, and sink.
- Choose mats that are securely anchored and do not curl up at the edges.

## 11. Emergency Call System

- Install an emergency call button or pull cord within reach of the toilet and bath.
- Consider waterproof wearable emergency alert devices.

## 12. Door Locks and Handles

- Use locks that can be opened from both sides in an emergency.
- Replace knobs with lever handles for easier operation.

## 13. Safe Personal Care Products

- Organize personal care products for easy access.
- Use non-slip dispensers and avoid glass containers.

# Bedroom Safety for Seniors Checklist

## 1. Suitable Bed Height

- Ensure the bed height allows for easy access – not too high or too low.
- Consider adjustable beds for personalized comfort and support.

## 2. Bedside Lighting

- Provide ample, easy-to-reach lighting near the bed, such as touch lamps or remote-controlled lights.
- Install night lights for safe navigation at night.

## 3. Accessible Emergency Communication

- Keep a phone or emergency call device within easy reach of the bed.
- Consider wearable emergency alert devices for added security.



#### **4. Non-Slip Rugs and Flooring**

- Place non-slip rugs beside the bed to prevent falls when getting up.
- Ensure the floor surface is even and free of tripping hazards.

#### **5. Easy-to-Use Furniture**

- Choose bedside tables with easy-to-open drawers or shelves.
- Avoid furniture with sharp corners or edges.

#### **6. Safe and Accessible Storage**

- Keep clothing and other essentials in easily reachable places.
- Use closet organizers to minimize the need for bending or stretching.

#### **7. Adequate Ventilation and Climate Control**

- Maintain a comfortable and stable room temperature.
- Ensure good air circulation with fans or air conditioning as needed.

#### **8. Fall-Prevention Strategies**

- Keep a flashlight and a sturdy pair of slippers or shoes next to the bed.
- Arrange furniture to create a clear path to the bathroom and door.

#### **9. Medication Management**

- Store medications in a safe, easily accessible location.
- Consider using pill organizers to manage daily medication schedules.

#### **10. Supportive Bedding**

- Use supportive pillows and mattresses tailored to specific health needs.
- Opt for lightweight and easy-to-handle bedding materials.

#### **11. Personal Alarm Systems**

- Install bed alarms or motion sensors for seniors at risk of falls.
- Ensure alarms are connected to caregivers or emergency services if needed.

## 12. Decorative Comfort

- Personalize the space with comforting and familiar items like photos or keepsakes.
- Choose decorations that are safe and don't clutter the space.

## 13. Electrical Safety

- Ensure electrical cords are neatly tucked away and not a tripping hazard.
- Use surge protectors for electrical devices.

# Stairways and Hallways Safety for Seniors Checklist

## 1. Secure and Visible Handrails

- Install sturdy handrails on both sides of stairways, extending beyond the first and last steps.
- Ensure handrails are at an appropriate height and easy to grip.

## 2. Adequate Lighting

- Provide bright, even lighting along stairways and hallways.
- Consider motion-activated lights or night lights for better visibility at night.

## 3. Non-Slip Stair Treads

- Apply non-slip treads or strips to each step to prevent slips.
- Keep stair surfaces clean and free of clutter.

## 4. Step Visibility

- Use contrasting colors or markings on the edge of each step to enhance visibility.
- Consider installing lighted stair treads for additional safety.

## 5. Stair Lifts or Elevators

- If stairs become too challenging, consider installing a stair lift or a home elevator.
- Ensure professional installation and regular maintenance.

## 6. Clear and Unobstructed Pathways

- Keep hallways and stairway landings clear of furniture, rugs, and other tripping hazards.
- Regularly check these areas to ensure they remain clutter-free.

## 7. Slip-Resistant Flooring

- Use slip-resistant flooring materials in hallways.
- Secure any area rugs with non-slip pads or double-sided tape.

## 8. Emergency Assistance

- Place emergency call buttons or phones in inaccessible locations in hallways and near stairways.
- Ensure seniors know how to call for help if needed.

## 9. Stairway Width and Space

- Ensure stairways are wide enough to comfortably and safely accommodate the senior and any assistive devices.
- Consider widening narrow staircases if possible.

## 10. Regular Maintenance

- Inspect and repair any loose carpeting, floorboards, or handrails.
- Keep stairways and hallways well-maintained and in good repair.

## 11. Seating Options

- Provide a chair or resting place at the top or bottom of stairs for seniors to rest.
- Consider seating in hallways for breaks during movement around the house.

## 12. Visual Cues

- Use visual cues like colored tape or signs to indicate changes in floor level or other hazards.
- Enhance depth perception with adequate lighting and color contrast.

## 13. Door Accessibility

- Ensure doors in hallways are easy to open and close, especially for those with mobility issues.
- Replace doorknobs with lever handles for easier operation.

## **14. Smart Home Technology**

- Implement smart home solutions like voice-activated lights or security systems for added safety.
- Use technology to monitor and assist seniors as they move through these areas.

## **15. Safety Education**

- Educate seniors on the importance of holding onto handrails and taking their time on stairs.
- Discuss strategies to safely navigate these areas of the home.