Home Visit Safety Checklist

Walk the house with your parent. Tick what is already done, circle what to fix first.

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Home of: _____ Date: _____ Checked by: _____

Entry & stairs

- [ ] Porch and entry light works
- [ ] Handrail on both sides of stairs
- [ ] Stair edges visible, not worn
- [ ] No loose rugs at the door
- [ ] Night light at top and bottom
- [ ] Steps clear of shoes and boxes

Kitchen

- [ ] Daily items between waist and shoulder
- [ ] Fridge free of spoiled food
- [ ] Jars and cans easy to open
- [ ] Step stool not needed or sturdy
- [ ] Smoke alarm tested this month
- [ ] Stove knobs easy to see

Bathroom

- [ ] Grab bar by toilet and shower
- [ ] Non-slip mat in tub or shower
- [ ] Toilet seat height comfortable
- [ ] Towel bars not used for support
- [ ] Night light inside bathroom
- [ ] Water heater not too hot

Living room & hallways

- [ ] Walking paths clear, 3 feet wide
- [ ] Cords along the wall, not floor
- [ ] Favorite chair easy to stand from
- [ ] Lamps bright enough to read
- [ ] Rug edges taped or removed
- [ ] Remote and phone within reach

Bedroom

- [ ] Light reachable from the bed
- [ ] Path to bathroom is clear
- [ ] Phone within reach of bed
- [ ] Bed height easy to get out of
- [ ] Large clock shows day and date
- [ ] Flashlight near the bed

Daily life & contact

- [ ] Phone charged, ringer audible
- [ ] Emergency numbers on the fridge
- [ ] Mail has one regular spot
- [ ] Spare key with a trusted person
- [ ] Weekly call time agreed
- [ ] Car keys and rides plan discussed

Notes and next steps

Notes for the next visit: what did you notice, what did you fix, and what do you want to ask your parent's doctor or an occupational therapist about?

A practical home checklist, not medical advice. Changes in memory, mood, weight or driving are for your parent's doctor. An occupational therapist can do a full home safety assessment. Product guides and the interactive checklist: easyathomeguide.com/home-safety-checklist.html