



Spring Safety Checklist for Seniors

Go through this checklist of major safety items to keep your older adult's home in tip-top shape. Keeping their living environment safe reduces fall risk and helps them be as independent as possible.

Medication

- Update the list of all medications, vitamins, and supplements
- Dispose of any expired or discontinued medications

Bathroom

- Install grab bars (if needed) or make sure existing ones are sturdy and well-attached
- Bath mats are replaced with non-skid low profile mats
- Install a raised toilet seat or safety frame (if needed) or check that existing ones are sturdy
- Tub or shower floor is non-slip
- Automatic night lights make it easy to see at night

Kitchen

- Emergency contact information is clearly posted on the fridge and near the telephone
- Appliances are in good working condition and within easy reach
- Frequently used items are in easy reach
- Unnecessary appliances are put away
- Stove is in good working condition
- Refrigerator and freezer are in good working condition



Bedroom

- Automatic night lights light the way to the bathroom
- Bedside lamp is easy to turn on and off
- Phone is easy to reach from the bed
- Bed is easy to get into and out of
- Clothes are easy to reach

General house

- Water heater is set to a temperature that won't scald
- All sinks and drains are in good working order
- Hallways and main floor spaces are clear of clutter
- Electrical cords are secured at the edges of rooms
- Lighting is bright and on/off switches are at every doorway, replace light bulbs as needed or switch to long-lasting LED bulbs
- Change smoke detector batteries or change to a 10-year smoke detector
- Make sure fire extinguishers are fully charged and easily accessible
- Furniture is sturdy and in good shape – no wobbles
- Flooring is smooth and free of tripping hazards

Outside the house

- House numbers are clearly visible from the street, night and day
- Walkways are clear and free of tripping hazards

NOTES:
