



**CASL**

Chamber for the Advancement of Senior Living · Toronto & the GTA

# Aging in Place: The Home Safety Checklist

*One in four seniors falls each year — most falls are preventable. Walk the home with this list.*

*General guidance for Ontario families, prepared 2026. Programs, rules, and rates change — confirm current details with a qualified professional before acting.*

## Entrances & stairs

- Solid handrails on BOTH sides of every staircase, indoors and out.
- Motion-sensor lighting at every entrance and the top and bottom of stairs.
- Step edges marked with high-contrast tape; no loose boards or ice-trap spots.
- A bench or shelf by the door — carrying bags while unlocking causes falls.

## Bathroom (where most falls happen)

- Grab bars IN the shower/tub and beside the toilet — anchored into studs, not suction cups.
- Non-slip mat or strips in the tub and on the bathroom floor.
- Walk-in shower with a bench seat, or a sturdy transfer bench for the tub.
- Raised toilet seat if standing up is difficult; nightlight that's always on.

## Kitchen & living areas

- Everyday items stored between hip and shoulder height — no step stools needed.
- All rugs removed or firmly taped down; electrical cords out of walking paths.
- Chairs with armrests that help with standing up; a phone reachable from the floor.
- Kettle/stove with automatic shut-off if forgetfulness is a concern.

## Whole-home & emergency readiness

- Lighting doubled in hallways — aging eyes need 2-3x more light.
- Smoke and CO detectors tested; one on every floor and near bedrooms.
- A personal emergency response system (wearable button), or at minimum a charged phone carried at all times.
- Emergency contacts posted large-print on the fridge; spare key with a trusted neighbour.
- Medications reviewed annually with a pharmacist — dizziness from interactions causes falls.

*CASL tip: an occupational therapist can do a professional home-safety assessment, and accessibility renovations may qualify for tax credits (e.g. Ontario Seniors' Home Safety credits vary year to year — ask a CASL financial partner). We can connect you with vetted renovators who specialize in senior-safe homes.*