

Home Safety Checklist for Seniors

Fire and carbon monoxide

- ☐ A working smoke alarm on every storey of the home and outside every bedroom.
- ☐ A carbon monoxide alarm near every bedroom and on every storey, if the home has a gas furnace or stove, a fireplace or an attached garage.
- ☐ A plan for getting out in a fire, and someone else knows it.

Floors, stairs and lighting

- ☐ The places you walk are clear of loose rugs, cords and clutter.
- ☐ The stairs have solid handrails on both sides, from top to bottom.
- ☐ Good lighting everywhere, with night lights on the way from the bedroom to the bathroom.

The bathroom

- ☐ Grab bars by the toilet and the tub or shower, firmly anchored to the wall.
- ☐ A non-slip surface or mat in the tub or shower.

Health and getting help

- ☐ A doctor or pharmacist has gone over all your medicines in the last year, including ones bought without a prescription.
- ☐ Your eyes and hearing have been checked recently.
- ☐ You are active most days, for example walking or doing exercises for strength and balance.
- ☐ If you fell or felt unwell, you could reach a phone or call for help, even at night.
- ☐ A list of your emergency contacts and medicines is easy to find, for example on the fridge.