Senior Home Safety Checklist

A room-by-room walkthrough for adult children helping a parent stay safe at home

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Walk through the home with this list and check each item that is already in place. Anything left unchecked is a candidate for a safety upgrade. Most of these fixes are quick, affordable, and make a big difference.

FLOORS & WALKWAYS

- [ ] Remove loose throw rugs, or secure them with non-slip backing or rug tape
- [ ] Repair uneven flooring, loose threshold strips, and cracked or lifted tile
- [ ] Keep cords and clutter out of main walking paths
- [ ] Use non-slip flooring or treatments in the bathroom and kitchen

ENTRY POINTS & STAIRS

- [ ] Sturdy handrails on **both sides** of every interior and exterior stair
- [ ] Grab handles or pull bars at entry doors and storm doors
- [ ] Rotted, loose, or uneven steps and landings repaired or replaced
- [ ] Bright lighting at entries and stairs, plus motion-sensor lights outside
- [ ] Low-threshold or no-step entry where possible

BATHROOM (HIGHEST-RISK ROOM)

- [ ] Grab bars in the shower or tub and beside the toilet, anchored into studs or solid blocking (suction-cup bars are not safe)
- [ ] Comfort-height (ADA-style) toilet for easier sitting and standing
- [ ] Handheld showerhead and a sturdy or built-in shower seat
- [ ] Non-slip mats or tile treatment inside and outside the shower
- [ ] Consider converting a tub to a walk-in shower

LIGHTING & VISIBILITY

- [ ] Night lights along the bedroom, hallway, and bathroom path
- [ ] Brighter bulbs and easy-reach switches, with switches at both ends of hallways and stairs
- [ ] Under-cabinet lighting in the kitchen

KITCHEN & LIVING AREAS

- [ ] Everyday items stored between waist and shoulder height
- [ ] Lever handles or large pulls instead of small knobs on doors and cabinets
- [ ] Furniture is stable and doesn't wobble when leaned on

WHOLE-HOUSE CHECKS

- [ ] Smoke and carbon monoxide detectors tested and easy to reach
- [ ] No water damage, soft spots, or rot, especially at bathrooms and exterior doors
- [ ] Door widths and clear paths wide enough if a walker or wheelchair is needed later
- [ ] Lever-style door handles; consider a keypad or smart lock to prevent lockouts

IF YOU'RE SHOPPING FOR OR MOVING A PARENT

- [ ] Walk the home with this checklist **before** buying or moving in, so costs are known upfront
- [ ] Prioritize first-floor bedroom and bathroom access
- [ ] Get a written estimate for any modifications
- [ ] Phase upgrades: safety fixes first, cosmetic work later

Want a second set of eyes? Ask for a free in-home safety walkthrough.

We'll go room by room, give you a prioritized list of fixes, and provide a straightforward, no-obligation quote. Serving Willoughby, Mentor, Painesville, Eastlake, and all of Lake County.
Call 330-715-5042 | lakecountyhandymen.com