



ADVANCED SENIOR SUPPORT
CONTACT US NOW: 614-891-7480
855 S SUNBURY RD WESTERVILLE, OH

In-Home SAFETY CHECKLIST

HALLWAYS & ENTRYWAYS

- ☐ Add night-lights for safe navigation
- ☐ Ensure pathways are wide enough for walkers/canes and free of clutter
- ☐ Secure or remove loose runners/rugs
- ☐ Make sure handrails on stairs are sturdy and easy to grip

KITCHEN

- ☐ Heavy items stored on easy-to-reach shelves
- ☐ Oven and stove knobs clearly marked
- ☐ Fire extinguisher accessible and ready - with knowledge on how to use
- ☐ Counters cleared for safe meal prep

LIVING AREAS

- ☐ Phone and emergency numbers within easy reach
- ☐ Chairs with sturdy armrests for safe sitting/standing
- ☐ Furniture arranged for wide walk paths
- ☐ Light switches accessible and well-lit

BATHROOM

- ☐ Non-Slip mats in tub/shower
- ☐ Grab bars securely installed near the toilet and in the shower
- ☐ Bright lighting for nighttime use
- ☐ Raised toilet seat or shower chair if needed

FALL PREVENTION

- ☐ Supportive, non-slip footwear worn indoors for stability
- ☐ Throw rugs removed/secured with tape
- ☐ Loose carpets secured on stairs and hallways
- ☐ Walkways free of cords and clutter

EMERGENCY CARE

- ☐ Smoke and carbon monoxide detectors installed (check regularly)
- ☐ Up-to-date medication and doctor list kept in a visible spot
- ☐ Simple emergency exit plan in place
- ☐ Wearable medical alert device considered



OUTDOOR ENTRANCES

- ☐ Walkways free of ice, leaves, and/or any loose debris
- ☐ Steps and railings secured
- ☐ Make sure handrails on stairs are sturdy and easy to grip
- ☐ Secure or remove loose runners/rugs

BEDROOM SAFETY

- ☐ Keep essentials within reach (water, phone, glasses, etc.)
- ☐ Night-lights or motion sensed lights
- ☐ ensure clear, wide pathways from bed to door/bathroom door
- ☐ Adjust bed height for safe transfers

MEDICATION & DAILY ROUTINE

- ☐ Ensure medications are organized and clearly labeled
- ☐ Have a weekly pill box or dispenser to lower the risk of mistakes
- ☐ Set reminders, missing doses can become dangerous
- ☐ Safe storage away from pets or children

LIGHTING & VISIBILITY

- ☐ Ensure bright, even lighting in all main living areas
- ☐ Use night-lights in hallways, bathrooms, and bedrooms
- ☐ Replace flickering lights or lights that have started to dim immediately
- ☐ Consider motion-activated lights for nighttime safety

CONTACT US NOW:

This checklist is designed to support home safety but cannot guarantee the prevention of accidents or injuries. For personalized guidance, please request an in-home assessment with Advanced Senior Support Home Health & Mobile Therapy. You can contact our team directly at 614-891-7480 or visit our website www.advancedseniorsupport.com to learn more.