

Fatigue and Fall Risk Home Checklist

A room-by-room guide that pairs each common hazard with an energy-saving fix. From Senior Safety Advice.

Name: _____ Date: _____ Reviewed with: _____

How to use this checklist. Walk through one room at a time. Check the box for each hazard or energy drain you find. Then plan the matching fix. Tackle the bathroom first, because it is the highest-risk room and the biggest energy drain in most homes.

Whole-Home Walk-Through

Hazard or Energy Drain	Energy-Saving Fix
☐ Cluttered or narrow walking paths	Clear pathways at least 36 inches wide. Remove loose rugs or secure with non-slip backing.
☐ Long distances between sitting spots	Place a sturdy chair every 15 to 20 feet so resting is always an option.
☐ Dim or uneven lighting	Use 2 to 3 times normal lighting. Add motion-activated nightlights in hallways and stairs.
☐ Exposed cords and cables	Run cords along walls with cord covers or staple them to molding.
☐ Heavy doors and stiff knobs	Replace knobs with lever handles. Add door closers that reduce force.

Bathroom (Highest Fall Risk Room)

Hazard or Energy Drain	Energy-Saving Fix
☐ Standing for long stretches in the shower	Install a shower bench or transfer bench.
☐ Reaching for showerhead or soap	Use a handheld showerhead and a seated-height shower caddy.
☐ Slippery tub or shower floor	Apply non-slip strips or a textured mat inside and outside the tub.
☐ Low toilet that takes effort to rise from	Add a raised toilet seat or toilet safety frame with armrests.
☐ Towel racks used as grab bars	Install real grab bars near the toilet and inside the shower.
☐ Hot water that worsens fatigue	Lower water temperature a few degrees. Heat drains energy.

Kitchen

Hazard or Energy Drain	Energy-Saving Fix
[] Standing while cooking and prepping	Add a tall stool or perching chair at the counter.
[] Reaching for everyday items	Move daily-use items to waist-to-shoulder height.
[] Heavy pots and pans	Switch to lighter cookware, a toaster oven, and an electric kettle.
[] Carrying dishes and groceries	Use a wheeled cart or rolling kitchen island (anchored, not free-rolling).
[] Cooking from scratch every meal	Batch cook on high-energy days. Reheat on low-energy days.
[] Sharp corners and glass surfaces	Add corner guards. Replace glass-top tables with safer materials.

Bedroom and Sleep Setup

Hazard or Energy Drain	Energy-Saving Fix
[] Getting in and out of a low or high bed	Use an adjustable bed frame or bed risers/lowerers to match knee height.
[] Walking to the bathroom in the dark	Install motion-activated nightlights along the route.
[] Fumbling for phone, water, or glasses	Place a bedside caddy with phone, water, glasses, and a flashlight.
[] Loud snoring or gasping during sleep	Ask the doctor about a sleep study. Sleep apnea is common and treatable.
[] No way to call for help after a nighttime fall	Pair the room with a medical alert that has fall detection.
[] Bright light or noise at night	Add blackout curtains and a quiet white-noise machine.

Stairs, Hallways, and Entryways

Hazard or Energy Drain	Energy-Saving Fix
[] Stairs with one or no handrails	Install sturdy handrails on both sides, top to bottom.
[] Stairs that drain energy daily	Consider a stair lift if stairs are used multiple times a day.
[] Uneven or unmarked stair edges	Add high-contrast nosing strips. Repair loose treads.
[] Tight or dark entryways	Add motion-sensor lights and consider widening the doorway.
[] Steps at the front door	Install a threshold ramp or full ramp with handrails.

Daily Routine (Energy Management)

Hazard or Energy Drain	Energy-Saving Fix
☐ Pushing through tasks until exhausted	Use the 20% rule: finish with a fifth of your energy still in the tank.
☐ Doing demanding tasks in the late afternoon	Schedule showers, stairs, and errands for the morning.
☐ Skipping water until thirsty	Drink a glass of water on a timer every 2 hours.
☐ Taking long naps in the afternoon	Limit naps to under 30 minutes. Avoid napping after 3 p.m.
☐ Caffeine in the late afternoon or evening	Cut off caffeine by early afternoon.
☐ Inconsistent bedtime and wake time	Same bed and wake time daily, including weekends.

Health Check-Ins (Bring to the Doctor)

Hazard or Energy Drain	Energy-Saving Fix
☐ Sudden new tiredness lasting more than 2 weeks	Ask for a full physical, bloodwork, and thyroid panel.
☐ Loud snoring or daytime sleepiness	Request a sleep study to rule out sleep apnea.
☐ Five or more daily medications	Schedule a medication review with the prescriber or pharmacist.
☐ Dizziness when standing up	Have blood pressure checked sitting and standing (orthostatic check).
☐ Pale skin, weakness, or shortness of breath	Get a complete blood count to screen for anemia.
☐ Mood changes, low motivation, withdrawal	Talk with the doctor about depression screening.

The 6 P's of Energy Conservation. Prioritize what matters today. Plan demanding tasks for high-energy times. Position yourself sitting whenever possible. Pace with rest breaks. Positive attitude protects confidence. Pursed-lip breathing steadies effort.

Learn more at seniorsafetyadvice.com/fatigue-and-fall-risk. For a personalized walk-through, schedule a virtual home safety assessment with a Certified Aging-in-Place Specialist.