

Home Safety Checklist For Seniors Living Alone

General Safety	Install smoke and carbon monoxide detectors	
	Test detectors monthly	
	Place a fire extinguisher	
	Check electrical outlets and cords	
	Keep a list of emergency phone numbers	
	Create an emergency evacuation plan	
	Keep a basic first aid kit	

Living Spaces	Remove clutter and tripping hazards	
	Secure rugs	
	Ensure sturdy furniture	
	Place a phone within easy reach	
	Keep walking aids nearby	
	Maintain adequate lighting	
	Use nightlights	

Bathroom Safety	Install grab bars	
	Use a non-slip bathmat or adhesive strips	
	Consider a shower chair or bench	
	Use a raised toilet seat or safety frame	
	Keep toiletries and towels within reach	
	Store medications safely	
	Set water heater temperature to 120°F or lower	

Kitchen Safety	Store frequently used items within reach	
	Use a sturdy step stool with handle	
	Store sharp objects and cleaning supplies	
	Use appliances with auto shut-off features	
	Keep a fire blanket nearby	

Bedroom Safety	Place a lamp and phone within easy reach	
	Use a bed rail or bed assist handle	
	Ensure a clear path to the bathroom	
	Consider an adjustable bed or bed risers	

Stairs/Hallways	Install sturdy handrails on stairs	
	Keep stairs free of clutter	
	Ensure adequate stair lighting	
	Use non-slip treads or carpeting on stairs	
	Install a stairlift or platform lift	

Outdoor Safety	Keep walkways clear and well-lit	
	Install handrails for exterior steps	
	Ensure secure door locks and peephole	
	Use non-slip surfaces on outdoor steps	
	Maintain landscaping to prevent hazards	

Emergency Prep	Keep a basic disaster kit stocked	
	Develop an emergency communication plan	
	Wear a personal emergency response system	
	Consider an emergency generator	
	Keep important documents safe	

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