

Parent: _____ Last updated: _____

A simple walk-through to help identify things around the home that may need attention. Mark each box:

Assessment:  OK or  Needs attention or  Not applicable

MOVING AROUND THE HOME

- ☐ Paths between rooms are clear. *Note:*
- ☐ Floors, tiles, rugs and cords do not create trip hazards. *Note:*
- ☐ Rooms, hallways and night routes are well lit. *Note:*
- ☐ Lights are easy to reach and use. *Note:*
- ☐ Everyday items are within easy reach. *Note:*

ENTRANCES & STAIRS

- ☐ Paths, entrances and steps are clear, stable and well lit. *Note:*
- ☐ Stairs are safe and easy to see. *Note:*
- ☐ Handrails are secure and easy to grab. *Note:*
- ☐ Doorways and thresholds are easy to cross with a cane or walker. *Note:*
- ☐ Doors and locks are easy to use. *Note:*

BATHROOM

- ☐ Floors, bath and shower are not slippery. *Note:*
- ☐ Grab bars are secure and placed where needed. *Note:*
- ☐ A shower chair or bench is available if needed. *Note:*
- ☐ Hot water can be used without risk of scalding. *Note:*

KITCHEN, FIRE & ELECTRICAL

- ☐ The stove, oven and appliances are safe and easy to use. *Note:*
- ☐ Everyday kitchen items are within easy reach. *Note:*
- ☐ Smoke and carbon monoxide alarms work. *Note:*
- ☐ Cords, plugs, outlets and appliances are in good condition and not overloaded. *Note:*
- ☐ Heaters, candles and other flames are used safely. *Note:*
- ☐ Tools, chemicals and other hazardous items are stored safely. *Note:*

HOME CONDITION & EMERGENCY ACCESS

- ☐ Heating, cooling and ventilation keep the home comfortable and safe. *Note:*
- ☐ Leaks, damp, mold and broken items are dealt with. *Note:*
- ☐ Entrances and exits are clear and easy to use. *Note:*

Practical ideas

MOVING AROUND THE HOME

- **Simplify the layout** — remove unnecessary furniture and keep main routes wide.
- **Make lighting automatic** — use night lights, motion sensors or smart bulbs.
- **Keep everyday items close** — move them to easy-reach shelves and drawers.
- **Reduce unnecessary movement** — keep daily activities in fewer rooms or on one floor if helpful.
- **Make controls easier** — use remote, touch or voice-controlled lamps where useful.

ENTRANCES & STAIRS

- **Improve support** — add sturdy handrails where needed.
- **Make steps easier to see** — use better lighting or contrasting step edges.
- **Make doors easier to use** — replace round knobs with lever handles.
- **Simplify access** — use a key safe, keypad or smart lock with backup access.
- **Reduce difficult steps** — add a small ramp or easier threshold where practical.

BATHROOM

- **Add support** — install secure grab bars where they are actually needed.
- **Make showering easier** — use a shower chair or bench and handheld shower head.
- **Reduce slipping** — add a secure non-slip surface.
- **Make nighttime visits easier** — use a night light or motion-sensor light.
- **Prevent scalding** — consider thermostatic or anti-scald controls.

KITCHEN, FIRE & ELECTRICAL

- **Simplify the kitchen** — keep only frequently used items within easy reach.
- **Reduce unused equipment** — remove or unplug appliances that are no longer needed.
- **Choose safer appliances** — prefer timers and automatic shut-off where useful.
- **Reduce open flames** — use flameless candles and safer heaters.
- **Upgrade alarms** — consider interconnected smoke alarms or smart alerts.

HOME CONDITION & EMERGENCY ACCESS

- **Make temperature control simple** — use an easy thermostat or smart thermostat if useful.
- **Catch leaks early** — add water-leak sensors near sinks, washing machines or water heaters.
- **Keep help within reach** — keep a phone nearby or consider an SOS button or smartwatch.
- **Prepare emergency access** — spare key, key safe or smart-lock access for a trusted person.
- **Keep essentials together** — phone, keys, glasses, hearing aids, flashlight and mobility aids.
- **Agree on a simple emergency plan** — who to call, how to get in and how to get out.



Home safety needs can change over time. Review the home again after a fall, a noticeable change in mobility, vision or memory, a hospital stay, or whenever everyday tasks start becoming more difficult. The goal is to support independent living in a manageable and safe environment.