Sage **Minder**

Home and Personal Safety Checklist for Seniors, Page 1

HOUSEHOLD AREAS	PASS	FAIL	N/A?	ACTION NEEDED?
Entrances:				
Thresholds in doorway even				
with no tripping hazard				
Adequate and accessible				
switches for outdoor lighting				
at each entrance				
Peepholes in doors to see who				
is visiting before opening the				
door				
Adequate locks and/or				
deadbolts				
Walkways free of debris,				
overgrown plants and/or				
uneven surfaces				
Ramps if needed				
Outdoor stairs have hand				
rails and non-slip surfaces -				
and otherwise in good order				
Halls and other				
Passageways:				
Free of debris and electrical				
cords				
Rugs tacked or taped down or				
otherwise firmly flat to avoid				
slipping or tripping				
Hallways well-lit				
Passages to exits and				
bathrooms have nightlights				

Home and Personal Safety Checklist for Seniors, Page 2



HOUSEHOLD AREAS	PASS	FAIL	N/A?	ACTION NEEDED?
Stairs:				
Steps are even and in good				
repair				
Rugs are secure, flat and				
well-attached				
Stairway is free of debris or				
cords at all times				
Area is well lit with switches				
at both bottom and top of				
stairs				
Handrails are securely				
attached and on both sides				
Kitchen:				
Hot water is not scalding (120				
degrees or less)				
Frequently used items are				
within easy reach not				
requiring a reach				
Stovetop is clean and in				
working order and free of				
debris on top and beside burners				
Good lighting - both general and for tasks				
Knives are not stored		 		
overhead and nothing is				
stored over the stove.				
A small fire extinguisher is				
near the stove/oven				
The oven is clean and free of				
debris and burned food				
matter				
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Home and Personal Safety Checklist for Seniors, Page 3

HOUSEHOLD AREAS	PASS	FAIL	N/A?	ACTION NEEDED?
Bathroom:				
Non-skid mat or stickers in				
shower or tub				
Sturdy grab rail for				
tub/shower area and toilet if				
needed/possible				
Non-scalding hot water - 120				
degrees or less				
Non-skid/secure mat or rug				
for getting out of the				
shower/tub				
Bath/shower seating and				
handheld shower head if				
needed/possible				
Bedroom and Living				
Areas:				
Pathways free of debris and				
electrical cords				
Rugs tacked or taped down or				
otherwise firmly flat to avoid				
slipping or tripping				
All areas well-lit with easy				
light switches before you				
enter a room				
Bedrooms and Passages to				
exits and bathroom have				
nightlights				
Working phone and flashlight				
near bed for emergencies				



Home and Personal Safety Checklist for Seniors, page 4

HOUSEHOLD AREAS	PASS	FAIL	N/A?	ACTION NEEDED?
General Security and				
Safety:				
Working smoke detectors				
throughout home				
Working carbon monoxide				
detector near heat source				
No portable heaters near				
curtains or papers/debris				
Locks on windows and windows				
in good repair				
Keeping alcohol consumption				
low - especially when alone				
The neighborhood is safe and				
there are friends nearby				
Yard and outdoor walkways				
are well-maintained				
Adequate heating and if				
possible, air conditioning or				
ventilation/fans				
No pest problems -				
rodents/bugs/outdoor nests				
near home, etc.				
General home and outdoor				
area free of clutter and				
debris				
General home and outdoor				
area is in good repair (no				
holes, ditches, cracks, falling				
structures, etc.).				