



Bathroom Safety

- ☐ Install grab bars near toilet and in shower/tub
- ☐ Place non-slip mats inside and outside the shower
- ☐ Use a raised toilet seat and shower chair for stability

General Home

- ☐ Remove clutter and clear pathways in all rooms
- ☐ Secure or remove loose rugs and cords
- ☐ Ensure all furniture is stable and sturdy

Stairs & Entry Way

- ☐ Install handrails on both sides of stairs
- ☐ Add ramps or stair lifts where needed
- ☐ Use non-slip treads on stairs and thresholds

Lighting & Visibility

- ☐ Add night lights in hallways, bedrooms, and bathrooms
- ☐ Use bright bulbs in stairways and entryways
- ☐ Keep entrances and outdoor pathways well lit

Emergency Preparedness

- ☐ Test smoke and carbon monoxide detectors regularly
- ☐ Keep a fire extinguisher on each level of the home
- ☐ Post emergency phone numbers near all phones

Smart Aging-in-Place Upgrades

- ☐ Install lever-style door handles for easy grip
- ☐ Lower closet rods and kitchen shelves
- ☐ Consider medical alert systems for quick emergency response

Notes
