



# HOME SAFETY CHECKLIST



At BrightStar Care®, we understand that experiencing a fall can be a life-changing event. That’s why we’ve developed our “Focus on Falls” program, a unique approach that pairs our clinical expertise with patient education for you and your family to reduce fall risk by helping to address common causes of falls in seniors, including environmental hazards both inside and outside the home. Use this Home Safety Checklist to guide you through key environmental considerations to see where you can increase home safety and reduce the likelihood of falls in your home or that of a loved one.

*Check “YES” or “NO” for each item. Any “NO” answers indicate a potential need for changes to your environment.*

BATHROOM	YES	NO
Is the path from the bedroom to the bathroom well lit?		
Are there grab bars near the toilet and in the shower and bathtub?		
If you have difficulty standing in the shower, do you use a shower seat?		
Do your bathmats have slip-resistant backing?		
Do you remove soap build in your shower/bathtub up to avoid slipping?		
Can you reach soap in the shower without bending down or turning too far around?		
Do you have a raised toilet seat if you have difficulty standing up and sitting down?		
Are spills cleaned up immediately?		
BEDROOM	YES	NO
Is there a table close to your bed with a lamp and room to store eyeglasses and a phone?		
Are cords pushed back against the wall?		
Is the floor free of clutter?		
Do you have a motion sensor night light?		
KITCHEN	YES	NO
Are throw rugs/floor mats secure?		
Can you get to regularly used items without bending down or reaching up too far?		
Are spills cleaned up immediately?		
Is food prepared at the kitchen table?		

# HOME SAFETY CHECKLIST (cont.)

LIVING AREAS	YES	NO
Are floor coverings secure and sturdy?		
Can you answer the phone without getting up?		
Are cords pushed back against the wall?		
Can you turn on a light without having to walk into a dark room?		
Do you have a step stool that has side rails, sturdy and in good condition?		
Do you have a cordless or cellular phone or an emergency alarm device?		
Is the floor free of clutter?		
It is easy to walk around the furniture in your home?		
Can you pull cords to lights or ceiling fans without reaching up?		
Are there handrails on both sides of the stairways in your home?		
Are the steps on your stairways even and safe?		
Are there lights at the top and the bottom of the stairs?		
PORCH, YARD, OUTSIDE	YES	NO
Is the path from the house to the garage well lit?		
Are the sidewalks and driveway free of cracks or buckles?		
Are the walkways free of hoses, weeds or other obstacles?		
Are the walkways cleared of ice and snow?		
<b>TOTAL</b>		

*Adapted from the Fall Prevention Task Force "Fall Prevention Home Assessment Chart."*

## ***Did you know that falls aren't only caused by environmental hazards?***

There are other risk factors that cause falls in seniors that families might not be aware of including adverse medication interactions, chronic medical conditions and even dehydration, to name a few.

Visit [www.brightstarcare.com/range-of-care/elderly-fall-prevention](http://www.brightstarcare.com/range-of-care/elderly-fall-prevention) to learn more about the BrightStar "Focus on Falls" program and for more practical tips on how to reduce fall risk.



*To get a free, comprehensive assessment of your loved one's fall risk, contact your local BrightStar Care® office.*

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