



The Room-by-Room Home Safety Checklist

THE INDEPENDENCE PLAN · FOR ADULTS 55+

Walk your house with this in your hand. Do not fix anything on the first pass. Just check what is true, and write down what is not. The fixing is almost always smaller than you think, and seeing it is the part most people skip. Start outside, then go room by room.

Outside: the approach to your door

- Steps are even, solid, free of moss or cracks
- A handrail is present and holds firm when pulled hard
- Steps are clearly visible after dark
- Path is level: no roots, pavers, or hose to step around
- There is a place to set bags down while finding keys

Stairs & hallways

- Handrail on both sides of every staircase, inside and out
- Every handrail holds firm when shaken
- Nothing stored on the stairs, ever
- Steps a consistent height, no worn or slick spots
- Stair edges easy to see in low light
- Hallways clear and well lit

The bathroom

- A real grab bar (not a towel bar) for the tub or shower
- Non-slip surface inside the tub or shower
- Able to sit to shower if ever needed
- Floor is not slick where you step out
- Can use the toilet without pulling on the sink
- A night light for the three a.m. trip

The bedroom & the night path

- Path from bed to bathroom is clear
- Light you can trigger without crossing the dark
- A phone is reachable from the bed
- Bed is a height easy to get in and out of
- Cords, chargers, shoes off the floor on that route

The kitchen

- Everyday items within reach, no stool or deep bend
- A stable step stool with a handle, not a chair
- No slick spots near the sink or stove
- Walkways clear of bins, mats, and bags
- Good lighting over the counter where you use a knife

Living areas

- Walkways clear: doorway to chair to rest of house
- Rugs secured or removed, no curled edges
- Cords run along walls, never across a path
- Main chair is easy to rise from
- A lamp reachable without crossing a dark room

Whole-house essentials

- Smoke & CO detectors work, tested in last 6 months
- Responders could get in if you could not reach the door
- A way to call for help reachable from the floor
- A findable flashlight for a power outage
- Someone outside knows your home well enough to help

What to do with what you found

Free fixes, today: clear the stairs, reroute cords, secure or remove rugs, move kitchen items to reachable shelves, test the detectors. No reason to wait on any of these.

Small purchases, this week: motion-sensor night lights, a step stool with a handle, non-slip mats, a second handrail.

Bigger jobs, planned: grab bars anchored into studs, added lighting, a chair you can actually get out of. Done on a calm Tuesday, all of this is far smaller and cheaper than done in a hurry after a fall.

The Independence Plan ·
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Not sure where to start? Take the free 3-minute Independence Assessment.