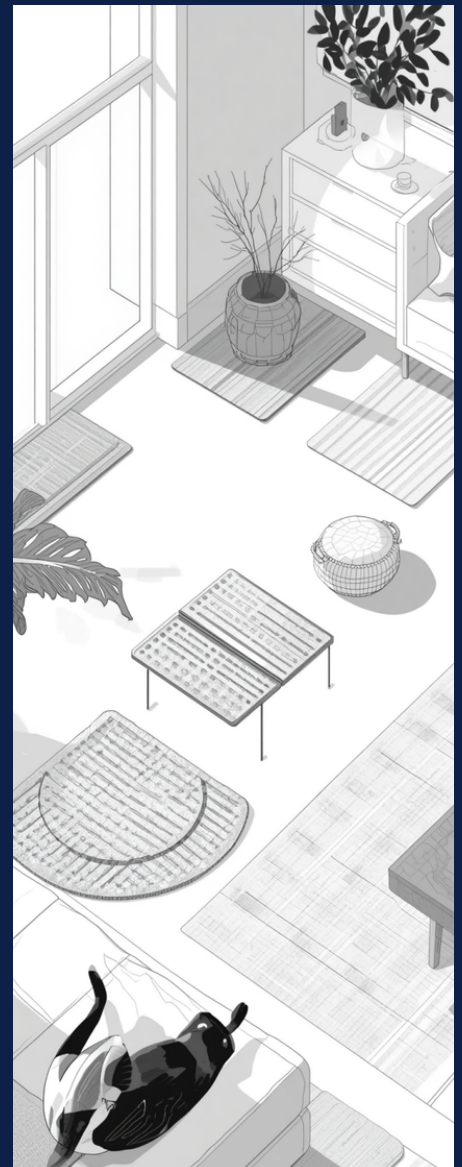


CAREGIVER RESOURCE

Home Safety Checklist for an Elderly Parent

A Practical Room-by-Room Checklist for Ageing at Home



Free printable resource for families and caregivers



About This Checklist

A safer home starts with knowing what needs attention.

This printable provides a structured way to walk through an elderly parent's home, identify potential hazards and record areas that may need attention.

It is designed to help you notice, record and prioritise practical home-safety issues. It is not a professional home-safety assessment and cannot determine whether someone is safe from falls or injury.

Inside you'll find

- 9 home-safety checklists
- Room-by-room notes
- A simple priority system
- An optional emergency information sheet
- A home safety action plan
- A monthly safety recheck

Use the checklist to observe, record, act and recheck.

Where possible, complete it with your parent rather than making changes to their home without involving them.



How to Use This Checklist

Walk through the home one area at a time. You may find it helpful to complete the checklist together with your parent rather than making changes without involving them.

Tick each item that you have checked. If something needs attention, write it in the space provided and give it one of the following priorities.

FIX TODAY
An immediate hazard that should be addressed as soon as reasonably possible.

FIX THIS WEEK
Something that needs attention but does not appear to require immediate action.

MONITOR
Something to keep checking as needs or circumstances change.

Name	Home checked
Date	Checked by

This checklist helps you organise observations. It does not determine the clinical or professional urgency of a hazard. If you are unsure, seek appropriate professional advice.



1

Front Door and Entrance

- ☐ Path to the entrance is level and free from obvious trip hazards.
- ☐ Steps are stable and in good condition.
- ☐ Handrails are secure where needed.
- ☐ The entrance is well lit.
- ☐ Outdoor lights work.
- ☐ The doorway is free from loose mats and clutter.
- ☐ The door can be opened and locked without difficulty.
- ☐ Frequently used keys are easy to identify and access.
- ☐ House numbers are visible from outside for emergency services.

Needs attention

Priority: ☐ Fix today ☐ Fix this week ☐ Monitor



2

Hallways and Stairs

- ☐ Hallways are free from boxes, shoes, cables and other obstacles.
- ☐ Stairways are well lit.
- ☐ Light switches are easy to reach.
- ☐ Handrails are secure.
- ☐ Stair coverings are secure and not loose.
- ☐ The top and bottom of the stairs are free from clutter.
- ☐ Frequently used walking routes through the home are clear.
- ☐ There are no loose rugs that could move underfoot.

Needs attention

Priority: ☐ Fix today ☐ Fix this week ☐ Monitor



3

Living Room

- ☐ There is a clear route between the door, seating and other frequently used areas.
- ☐ Electrical cables do not cross walking routes.
- ☐ Rugs and mats do not slide or curl at the edges.
- ☐ Chairs used regularly are stable.
- ☐ Frequently used items can be reached without climbing or stretching.
- ☐ Lighting is sufficient for moving around the room.
- ☐ A phone or other means of contacting someone is accessible.
- ☐ Furniture does not create narrow or difficult walking routes.

Needs attention

Priority: ☐ Fix today ☐ Fix this week ☐ Monitor



4

Kitchen

- ☐ Floors are kept dry and free from obstacles.
- ☐ Frequently used food, crockery and appliances are within comfortable reach.
- ☐ Everyday items do not require climbing on a chair or stool.
- ☐ Appliance cables are safely positioned.
- ☐ Cooker controls are clearly visible.
- ☐ Smoke alarms are present where appropriate and regularly tested.
- ☐ Cleaning products and potentially hazardous substances are stored safely.
- ☐ Food expiry dates are checked regularly.
- ☐ There is adequate lighting over work surfaces.

Needs attention

Priority: ☐ Fix today ☐ Fix this week ☐ Monitor



5

Bathroom and Toilet

- ☐ The bathroom floor has no loose mats or obvious slip hazards.
- ☐ Water is cleaned from the floor promptly.
- ☐ The bath or shower is easy to enter and exit.
- ☐ Grab rails are available where professionally recommended or needed.
- ☐ Any existing grab rails are securely fitted.
- ☐ The toilet is easy to access.
- ☐ Toiletries are within comfortable reach.
- ☐ Lighting is adequate, including for night-time bathroom visits.
- ☐ The route from the bedroom to the bathroom is clear.
- ☐ Hot water controls are easy to use.

Needs attention

Priority: ☐ Fix today ☐ Fix this week ☐ Monitor



6

Bedroom

- ☐ There is a clear route between the bed and the door.
- ☐ The route to the bathroom is free from obstacles.
- ☐ A bedside light is within easy reach.
- ☐ A phone or other way to call for help is accessible.
- ☐ Frequently used clothing and belongings are easy to reach.
- ☐ Electrical cables do not cross walking areas.
- ☐ Rugs cannot slide or curl.
- ☐ The bed can be entered and exited comfortably.

Needs attention

Priority: ☐ Fix today ☐ Fix this week ☐ Monitor



7

Night-Time Safety

- ☐ The route from the bedroom to the bathroom has adequate lighting.
- ☐ Light switches or lamps can be reached without walking through darkness.
- ☐ Floors remain clear at night.
- ☐ Glasses, walking aids and other essential items have a consistent place.
- ☐ A way of calling someone is available from the bedroom.
- ☐ Exterior doors are securely locked without making emergency exit difficult.

Needs attention

Priority: ☐ Fix today ☐ Fix this week ☐ Monitor



8

Garden and Outdoor Areas

- ☐ Paths are clear and maintained.
- ☐ Loose paving or uneven surfaces have been identified.
- ☐ Steps can be clearly seen.
- ☐ Outdoor handrails are secure where present.
- ☐ Garden hoses, tools and bins do not obstruct walking routes.
- ☐ Outdoor lighting works.
- ☐ Frequently used outdoor areas can be accessed safely.

Needs attention

Priority: ☐ Fix today ☐ Fix this week ☐ Monitor



9

Fire and Emergency Safety

- ☐ Smoke alarms are installed where required and tested regularly.
- ☐ Carbon monoxide alarms are installed where appropriate.
- ☐ Exits are clear.
- ☐ Important emergency numbers are easy to find.
- ☐ At least one trusted person has an appropriate way to gain access in an emergency.
- ☐ The household has considered what to do if the person cannot leave the home without assistance.
- ☐ Emergency medical information is kept somewhere accessible.

Needs attention

Priority: ☐ Fix today ☐ Fix this week ☐ Monitor



OPTIONAL

Emergency Information Sheet

This page may contain sensitive personal information. Store it somewhere appropriate for your household and only share it with people who genuinely need access.

Full name	Date of birth

Home address

Emergency contact 1	Phone

Emergency contact 2	Phone

GP practice	GP phone

Pharmacy	Pharmacy phone

Current medication information

- ☐ Medication list attached
- ☐ Medication list stored elsewhere

Where can the current list be found?

Known allergies or important medical information



My Home Safety Action Plan

Transfer the issues you identified during your walk-through to this page.

Fix Today

What needs attention?	Who will deal with it?	Completed / date

Fix This Week

What needs attention?	Who will deal with it?	Target date

Monitor

What am I monitoring?	What change am I watching for?	Review date



The 5-Minute Monthly Recheck

Once a month, quickly check these areas again.

- ☐ Walking routes remain clear.
- ☐ Rugs and floor coverings remain secure.
- ☐ Stairs and handrails remain safe.
- ☐ Bathroom and shower areas remain safe to use.
- ☐ Night-time lighting works.
- ☐ Smoke and carbon monoxide alarms have been checked according to their instructions.
- ☐ Frequently used items remain within comfortable reach.
- ☐ Emergency contact information is current.
- ☐ New mobility or accessibility difficulties have been noticed and recorded.
- ☐ Previous safety issues have been resolved or reassessed.

New concerns or action needed

Next home safety check



IMPORTANT INFORMATION

Use this resource as a practical guide, not a professional assessment.

This checklist provides general home-safety information. It does not replace an assessment or advice from a qualified healthcare, occupational therapy, fire-safety, building, electrical, gas or other relevant professional.

Completing the checklist does not establish that a home is safe or that a person will not fall or experience an accident.

If you identify an immediate danger, take appropriate action and seek qualified assistance where needed.

Review the checklist again when circumstances, health, mobility or the home environment change.