

Home Safety Checklist



Living Safely with Memory Loss

Simple, practical home updates to prevent mishaps without restricting independence.

Basics

- Improve lighting (bright bulbs and reduce dark corners)
- Timers for lamps (re-set spring and fall)
- Add nightlights (bedroom, hall, bathroom)
- Keep floors clear (remove clutter and trip hazards)
- Keep furniture in predictable locations
- Secure cords along walls (avoid cord loops across walkways)
- Remove slippery throw rugs or use non-slip backing
- Fix uneven flooring, loose carpet edges, or wobbly furniture
- Mark glass doors/windows with decals (easier to notice)
- Smoke + carbon monoxide alarms on each floor (test regularly)
- Hot water heater set to 120°F (49°C) or lower
- Post emergency numbers + home address in an easy-to-see place

Entrances and Exits

- Entryways are well-lit (motion-sensor lights help)
- Steps/ramps are stable and in good repair
- Handrails feel secure
- Add a simple bench or chair for putting on shoes safely
- Post a STOP sign on exits to prevent wandering

Kitchen (Safety and Simplicity)

- Keep countertops clear (less visual clutter)
- Store everyday items in the same place (easier to find)
- Keep appliance cords tucked away
- Use appliances (kettle, crockpot, toaster) with auto shut-off
- Add stove knob markers or reminders (simple visual cue)
- Remove food-look décor (fake fruit or decorative items that resemble food)

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Bathroom

- Secure all medications and chemicals
- Add grab bars (shower/tub and near toilet if needed)
- Non-slip strips or mat in tub/shower
- Provide a shower stool if balance is unsteady
- Consider a single-lever faucet or anti-scald device
- Use one larger non-slip rug instead of small loose mats

Bedroom

- Clear, wide path from bed to bathroom
- Lamp or light switch within reach of the bed
- Add a nightlight or motion light
- Slippers/shoes nearby with a non-slip sole

Lifestyle Supports

- Large calendar with daily tasks posted on refrigerator
- Large digital clocks throughout home for time and date
- Easy-to-use telephone with large numbers, programmed contacts and written instructions
- Get medications in blister cards labelled for daily am/pm dosage
- Post "way finding" signage for bathroom/kitchen
- Use a GPS tracking device and a medical alert system
- Consider smart home devices to provide reminders for meals and meds
- Set up and maintain predictable routines