

THE 10-MINUTE HOME SAFETY CHECK

Could something in your home be increasing your risk of a fall?

A simple room-by-room checklist for adults 55+ who want to stay safe, confident and independent at home.

MOVING INTO WELLNESS

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How to use this guide:

Walk through your home with this checklist. Mark anything that needs attention, then choose one or two simple changes to start with today.

Before You Start

Your home should support your independence - not challenge it.

Falls are not always caused by one major problem. Often, it is a combination of small things: a rug that moves, poor lighting at night, something stored just a little too high, shoes that are not secure, or a bathroom without something sturdy to hold onto.

Add a moment of lost balance or decreased leg strength, and those small things can suddenly matter.

Take 10 minutes and walk through your home using this checklist. Mark any statement that is not true for your home as something to address.

One important point

A safer home is only part of fall prevention. Your **strength, balance, mobility and ability to react when something unexpected happens** matter too. We will come back to that at the end.

Quick goal: Do not try to fix everything at once. Identify the highest-priority risks first.

Living Areas & Walkways

FLOORS & WALKWAYS

- Walking paths are clear of clutter.
- Electrical cords do not cross walking areas.
- Furniture does not create narrow or awkward pathways.
- I can move through my home without needing to hold onto furniture.

RUGS

- Area rugs do not slide or curl at the edges.
- Small throw rugs have been removed or securely anchored.
- Transitions between flooring surfaces are easy to see.

LIGHTING

- Hallways and commonly used rooms are well lit.
- Light switches are easy to reach when entering a room.
- I have adequate lighting between my bedroom and bathroom at night.
- Dark stairways and entrances have adequate lighting.

Bathroom & Bedroom

BATHROOM

- The shower or tub surface is slip resistant.
- I can safely get into and out of the shower or tub.
- I have something secure and designed for support available if I need assistance.
- Frequently used items are within comfortable reach.
- Water does not regularly collect on the bathroom floor.

BEDROOM

- I can easily get into and out of my bed.
- My pathway from the bed to the bathroom is clear.
- I can reach a light before walking through a dark room.
- Shoes, clothing and other objects are kept out of walking paths.
- I do not become noticeably unsteady when first standing after lying down.

Kitchen, Stairs & Reaching

KITCHEN

- Frequently used items are stored between approximately waist and shoulder height.
- I do not routinely climb onto chairs or unstable stools to reach items.
- Spills are cleaned up promptly.
- I can comfortably carry an item while walking through the kitchen.

STAIRS & STEPS

- Stairs are well lit.
- Stair edges are easy to see.
- Handrails are secure and available where needed.
- Steps are free of objects and clutter.
- I feel confident both going UP and coming DOWN stairs.

REACHING

- I do not need to stand on furniture to reach household items.
- I can reach overhead without becoming unsteady.
- I can bend down to retrieve an object and return upright safely.

Now Check YOU

Your house is not the only thing to check.

Answer YES or NO to each of the following:

YOUR EVERYDAY MOBILITY

- I can stand from a normal chair without using my hands.
- I can step up AND down a curb confidently.
- I can stand with my feet together without feeling unsteady.
- I can turn around while walking without losing my balance.
- I can bend down and return to standing comfortably.
- I feel confident getting on and off the floor - or know what I would do if I fell.
- I can walk through my home at night safely.
- I have not started avoiding activities because I am worried about losing my balance.

Did you identify something that needs attention?

Do not panic over one checked box. Use your answers to identify where you can make your environment safer and where your body may need a little more attention.

Fall prevention is not about being afraid of falling. It is about staying capable enough to keep doing the things you want to do.

Your Next Step

Make your home - and your movement - safer.

I created **Safe at Home: Fall Prevention & Home Safety** to take you beyond this checklist.

In approximately 30 minutes, I will walk you through:

- Room-by-room home safety
- How to recognize common fall hazards
- Practical ways to make everyday activities safer
- Balance and mobility considerations
- When assistive devices or additional support may be appropriate
- Simple strategies you can begin using immediately

STRONG & STEADY

Balance & Fall Prevention Course

Go beyond the checklist with practical strategies for balance, home safety and everyday confidence.

START THE COURSE - \$29

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SCAN TO START

MOVING INTO WELLNESS

Helping adults stay strong, steady and independent.

Disclaimer: This guide is provided for general educational purposes and is not a substitute for individualized medical or physical therapy advice. If you have experienced falls, significant balance changes, dizziness, weakness or other concerning symptoms, consult an appropriate healthcare professional.