



Home Safety Quick Check

Can you answer YES to these safety questions?

Lighting

- ☐ Walkways, stairs, and entrances are well lit.
- ☐ Nightlights are available in bedrooms, hallways, and bathrooms.
- ☐ Light switches are easy to reach.

Floors & Walkways

- ☐ Walkways are free of clutter.
- ☐ Throw rugs are removed or secured.
- ☐ Electrical cords are out of walking paths.
- ☐ Floors are dry and in good condition.

Bathroom Safety

- ☐ A non-slip surface is available in the tub or shower.
- ☐ Grab bars are available where needed.
- ☐ Frequently used items are easy to reach.

Stairs & Entrances

- ☐ Handrails are secure.
- ☐ Steps are free of obstacles.
- ☐ Entryways are well lit.

Everyday Activities

- ☐ Frequently used items are stored between knee and shoulder height.
- ☐ I can reach items without climbing on furniture.
- ☐ I have a plan for carrying items safely.

Medications & Emergencies

- ☐ Emergency contact information is easy to find.
- ☐ Medications are organized and taken as directed.
- ☐ Smoke detectors are present and working.

My Top 3 Home Safety Priorities

1.

2.

3.

Need help identifying solutions? Let's talk!

Functional Home Transformations

Helping older adults remain safe, independent, and engaged at home.

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