

Aging-in-Place Home Safety Checklist

Help Mom Stay — <https://helpmomstay.com>

Last verified 2026-08-18. Based on the CDC STEADI "Check for Safety" home fall prevention checklist and the AARP HomeFit Guide — see the sources list at the end.

Entryways & exterior

- & Main entrance can be reached without climbing steps, or has a securely installed ramp (priority)
Any ramp rising more than 6 inches should have handrails on both sides.
- & Entry steps have a sturdy handrail on at least one side (priority)
- & Every entrance is well lit at night, ideally with a motion-activated light
- & Walkways and steps are free of cracks, moss, ice, and clutter
- & Doormats and outdoor rugs lie flat and can't slide underfoot
- & Door locks and handles use levers, not knobs, so they're easy to operate with a weak grip

Living areas & hallways

- & Walking paths through the home are at least 36 inches wide and free of clutter (priority)
- & Loose rugs are removed, or secured underneath with non-slip backing or tape (priority)
- & Electrical and phone cords are tucked along walls, not crossing walkways
- & Light switches are at both ends of every hallway, or lighting is motion-activated
- & A phone or medical alert device is within reach of the main seating area
- & Frequently used items are stored within easy reach, without needing a step stool

Kitchen

- & Everyday dishes and food are stored between shoulder and knee height
- & Any step stool used is sturdy with its own handrail — never a chair (priority)
- & Non-slip mats are placed at the sink and stove
- & Smoke detector is present, working, and has a current battery (priority)
- & A fire extinguisher is accessible and not expired
- & Task lighting over the stove and counters is bright and glare-free

Bathroom

- & Grab bars are installed near the toilet and inside the tub or shower (priority)
Anchor into a wall stud or added blocking, not drywall alone — typical ADA mounting height is 33–36 inches above the floor.
- & The tub or shower floor has a non-slip mat or textured strips (priority)
- & Toilet is comfort height, or a raised toilet seat is installed if needed
- & A nightlight or motion light covers the path to the bathroom at night
- & A shower bench or seat is available for sit-down bathing, if needed
- & Water heater is set to 120°F or lower to prevent scalding

Bedroom

- & The path from bed to bathroom is clear and lit with a nightlight (priority)
- & Bed height lets feet touch the floor comfortably when sitting on the edge
- & A lamp or light switch is reachable from bed without getting up
- & A phone or medical alert device is within reach at night
- & Closet items are within reach without a step stool
- & Bedroom rugs are removed or secured with non-slip backing

Stairs & steps

- & Sturdy, graspable handrails run the full length of the stairs on both sides (priority)
Typical building-code handrail height is 34–38 inches above the step nosing.

- & Every step is securely attached, with no loose or worn treads or carpet (priority)
- & Stair edges are easy to see, marked with contrasting color or non-slip strips
- & Light switches are at both the top and bottom of every staircase
- & Nothing is stored on the stairs, even temporarily
- & Stair carpet, if present, is low-pile and firmly secured at every edge

Questions, or ready to get help with a project on this list? Call (404) 602-2998 or visit <https://helpmomstay.com/contact/>.

Sources: CDC STEADI (cdc.gov/steady) and the AARP HomeFit Guide (aarp.org/homefit).