



Home Safety Checklist

- Clear walk path
- Install rails & grab bars in the bathroom.
- Improve your vision through eye routine eye exams & adequate lighting prevent slips.
- Use secured throw rugs in traffic water area
- Check equipment & furniture for condition & stability
- Use adaptive equipment for safer mobility around the house.
- Use of mobility aids such as a walker, cane or wheelchair to prevent fall and improve balance
- Schedule a physical therapy evaluation & home safety assessment
- Begin a physician guided or monitored fitness program by a licensed professional.
- Install video or audio monitoring system if needed in the home
- Emergency preparedness kits. Plans posted & practiced
- Post emergency information sheets with contact numbers & medications
- Follow general safety guidelines for your home for fire, security, & maintenance