

# 5 Ways to Age Safely at Home — Checklist

This checklist is designed to help individuals and families review common home-safety considerations and plan ahead to support independence and reduce preventable risks. Items may be reviewed periodically and addressed over time as needs change.

## 1. Reduce Fall Risks Inside the Home

■	Loose or throw rugs removed or secured
■	Walkways free of clutter and cords
■	Adequate lighting in hallways, stairs, and bathrooms
■	Grab bars installed in bathrooms
■	Handrails secure on all stairs
■	Non-slip mats used in showers and tubs
■	Frequently used items kept within easy reach
■	Awareness of pets that may get underfoot

## 2. Make Daily Living Safer and Easier

■	Chairs with arms available for easier standing
■	Lever-style door handles installed
■	Raised or comfort-height toilets in use
■	Kitchen organized to limit bending and reaching
■	Primary living areas accessible on one level

### Kitchen Safety

■	Loose clothing avoided while cooking
■	Appliances easy to see and operate

■	Fire extinguisher accessible near stove
■	Pot handles turned inward while cooking
■	Stove controls easy to reach and understand
■	Ability to safely operate gas or glass-ceramic cooktop reviewed

## Stair Safety

■	Stair heights uniform
■	Non-slip stair surfaces in place
■	Stairs well lit with even lighting
■	Handrails present and secure
■	Edges of stairs clearly visible
■	Long-term need for stair lift considered

## 3. Fire and Home Safety

■	Water heater set no higher than 120°F
■	Smoke detectors installed on each floor
■	Carbon monoxide detectors installed near sleeping areas or basement
■	Primary exits clear and accessible
■	No smoking in bed

## 4. Health and Medication Awareness

■	Dizziness or balance changes monitored
■	Medication list kept up to date
■	Pill organizer used consistently
■	Missed or double doses addressed

■	Changes in vision or hearing noted
■	Regular medical checkups scheduled

## 5. Communication and Planning

■	Family conversations held about future needs
■	Emergency contact list identified
■	Preferences for staying at home discussed
■	Will or trust reviewed and current
■	Medical and legal powers of attorney up to date

### More Information

For additional information or guidance related to aging safely at home, you may contact Larry or Geri Martin at 913-680-0493.

Planning ahead supports independence and allows decisions to be made thoughtfully rather than during a crisis. This checklist may be revisited regularly as circumstances change.