



FREE CHECKLIST

ALÖHA
SENIOR HOME CARE

The Home Safety Checklist

10 Things to Check Before a Crisis Happens

A nurse led guide for families in San Diego, from the desk of Maya German, RN

PRINT · WALK THROUGH · KEEP

BEFORE YOU BEGIN

How to use this checklist

1

Walk room by room

It takes less than fifteen minutes. Move through the home the way your loved one does each day.

2

Check each box honestly

There are no wrong answers here. An unchecked box is simply something worth a closer look.

3

Count what you could not check

Tally the open boxes at the end. The more there are, the more a little support could help.

Most families do not think about home safety until something goes wrong. A fall. A missed medication. A moment that changes everything.

This checklist was built by a nurse who spent years watching preventable things happen. It takes less than fifteen minutes to walk through, and it could change everything for the person you love.

Go room by room. Check each item honestly. And if you find yourself checking more boxes than you expected, that is not a reason to panic. It is a reason to reach out.

Boxes you could not check _____

Write your total here after the walk-through.

1 Throughout the Home

These are the items that cause the most falls, accidents, and emergency visits. Start here.

- ☐ All rugs and mats are non-slip or secured at the edges with no curling corners
 - ☐ Walkways and hallways are clear of clutter, cords, and furniture that sticks out
 - ☐ Lighting is adequate in every room, including at night. Nightlights are in place between the bedroom and bathroom
 - ☐ Emergency numbers (doctor, pharmacy, family contacts) are posted somewhere visible and easy to find
 - ☐ Smoke detectors and carbon monoxide detectors are present and tested within the last twelve months
 - ☐ The home temperature is consistently comfortable. Not too hot in summer, not too cold in winter
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2 Bathroom

The bathroom is where most in-home accidents happen. These items are non-negotiable.

- ☐ Grab bars are installed in the shower or tub and next to the toilet
- ☐ The shower or tub has a non-slip mat or textured surface
- ☐ A shower chair or bench is available if balance or stamina is a concern
- ☐ The water heater is set to 120 degrees or below to prevent scalding
- ☐ Medications are stored safely and are not expired
- ☐ There is enough lighting to see clearly, including during nighttime bathroom trips

3 Bedroom

- ☐ The bed is at a comfortable height for getting in and out without strain
 - ☐ A phone or call device is within reach from the bed
 - ☐ Clothing and frequently used items are easy to reach without climbing or stretching
 - ☐ If mobility is a concern, the path from the bed to the bathroom is completely clear at night
 - ☐ If a hospital bed or medical equipment is in use, it is properly maintained and positioned
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4 Kitchen

- ☐ Frequently used items are stored at counter height, not in high cabinets or low drawers that require bending
 - ☐ The stove has a shut-off or reminder system in place if memory or attention is a concern
 - ☐ The refrigerator contains fresh food. Check for expired items, spoiled food, or signs that meals are being skipped
 - ☐ A sturdy step stool with a handle is available if reaching is necessary
 - ☐ Cleaning products and sharp objects are stored safely and out of reach if cognitive decline is a factor
-

5 Medications

This is one of the highest risk areas and one of the most overlooked.

- ☐ All medications are clearly labeled and organized
- ☐ There is a current and complete medication list that is easy to find in an emergency
- ☐ Medications are being taken on the correct schedule. If not, a system or support is in place
- ☐ No expired or discontinued prescriptions are still sitting in the cabinet
- ☐ Supplements and over-the-counter medications are included on the medication list and reviewed by a doctor or pharmacist

6 Mobility and Movement

- ☐ Shoes and slippers fit properly and have non-slip soles. No backless slippers
 - ☐ If a cane, walker, or wheelchair is used, it is the correct size and in good working condition
 - ☐ Stairs have sturdy handrails on both sides if the home has multiple floors
 - ☐ If stairs are a regular challenge, a plan is in place for what happens if they become unsafe
 - ☐ The person can get up from a seated position without significant difficulty or assistance
-

7 Entryways and Outdoors

Getting in and out of the home is where many falls happen. The approach matters as much as the rooms inside.

- ☐ The front steps and entry have a sturdy handrail, and the path to the door is even and free of cracks or raised edges
 - ☐ Outdoor lighting covers the entry, walkway, and driveway so arriving and leaving after dark is safe
 - ☐ The route from the door to the car, mailbox, and trash cans is clear, level, and easy to manage
 - ☐ The house number is large and easy to read from the street so help can find the home quickly
 - ☐ Entry mats lie flat with no curling edges, and the threshold is low enough to step over without tripping
-

8 Social and Emotional Wellbeing

Safety is not only physical. Isolation and loneliness are serious health risks for seniors.

- ☐ The person has regular contact with family, friends, or a community, at least a few times per week
- ☐ There are activities, hobbies, or routines that bring engagement and purpose to daily life
- ☐ Signs of depression, withdrawal, or significant mood changes have been noticed and addressed
- ☐ The person feels comfortable asking for help when they need it

AFTER YOUR WALK-THROUGH

What your results mean

If you checked everything

Your loved one's home is in good shape. Stay proactive. Things can change quickly, and a regular review every six months keeps you ahead of it.

If you found a few gaps

That is completely normal and very common. Address the highest risk items first, starting with bathroom safety, lighting, and medications. You do not have to do everything at once.

If you found many items unchecked

It may be time to have a conversation about additional support. You do not have to figure this out alone.

Notes & questions for the visit



WHEN YOU ARE READY

One conversation is all it takes to begin

This checklist was built by a nurse. So was Aloha Senior Home Care. If what you found today raised concerns, or if you simply want a second set of eyes from someone who knows what to look for, we would love to talk. No pressure. No sales pitch. Just an honest conversation about what your family needs.

Schedule a free consultation

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This checklist is general educational information, not medical advice. Aloha provides non-medical home care; for medical concerns, please consult your loved one's doctor.