Aging Parent Home Safety Walkthrough

Walk room by room · notice hazards · make an action list

A practical caregiver tool for checking an aging parent's home, capturing what you see, and deciding what needs attention first.

A free resource from

The Caregiving Concierge™

by AdVantage Digital LLC

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Aging Parent Home Safety Walkthrough

Walk through · observe · prioritize

A room-by-room way to notice potential hazards, capture what you see, and turn a visit into a practical action list.

A safer home does not have to mean changing everything at once. Start with immediate hazards, then work through the home in the same order you naturally walk it. Revisit this checklist as needs change.

THIS WALKTHROUGH IS FOR (NAME) _____

PERSON COMPLETING WALKTHROUGH _____

DATE _____

NEXT REVIEW DATE _____

1 START WITH THE HIGHEST-PRIORITY CONCERNS

- [ ] Look for loose or missing stair railings, poor lighting, blocked walkways, wet/slippery areas, and obvious trip hazards.
- [ ] Ask whether there have been any recent falls, near-falls, or new difficulty getting around the home.
- [ ] Check that frequently used rooms and the route to the bathroom can be reached without stepping around clutter or cords.
- [ ] Make a short “fix first” list rather than trying to solve every item during one visit.

How to use this walkthrough: Take notes and, with permission, photograph areas that need attention so family members who are not there can see what you saw. Avoid photographing sensitive personal information.

2 ENTRYWAYS, STAIRS & WALKING PATHS

- [ ] Are exterior steps, porches, and walkways even and in good repair?
- [ ] Are sturdy handrails available where they are needed?
- [ ] Is there good lighting at entrances and at the top and bottom of stairs?
- [ ] Are shoes, packages, cords, small furniture, or other items narrowing the walking path?
- [ ] Are throw rugs secured or removed if they slide or curl?
- [ ] Is there a stable place to sit when putting on shoes or waiting near the door?

3 LIVING AREAS & BEDROOM

- [ ] Can the person move between frequently used furniture without squeezing through narrow spaces?
- [ ] Are lamps and light switches easy to reach from the bed and favorite seating areas?
- [ ] Is the route from the bed to the bathroom well lit at night?
- [ ] Are electrical cords positioned away from walking paths?
- [ ] Are commonly used items stored within easy reach, without needing a step stool?
- [ ] Is the bed height manageable for getting in and out safely?

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Living spaces · bathroom · kitchen

4 BATHROOM

- [ ] Are floors and tub/shower surfaces as slip-resistant as practical?
- [ ] Are grab bars or other stable supports available where needed near the toilet and bathing area?
- [ ] Is lighting bright enough to see changes in floor level and wet areas?
- [ ] Can towels, soap, toiletries, and toilet paper be reached without unsafe stretching?
- [ ] Is there a plan for getting help if assistance is suddenly needed in the bathroom?

5 KITCHEN & EVERYDAY TASKS

- [ ] Are frequently used dishes, cookware, and food stored at a reachable height?
- [ ] Are spills cleaned promptly and floor mats flat and secure?
- [ ] Are appliances, cords, and cooking areas in good condition and easy to use?
- [ ] Is expired or spoiled food being noticed and removed?
- [ ] If memory or judgment has changed, are there any appliances, tools, or household products that may need a safer setup?

6 EMERGENCY READINESS & OUTSIDE THE HOME

- [ ] Are smoke and carbon monoxide alarms present and maintained according to manufacturer/local guidance?
- [ ] Are emergency contacts and the home address easy to find?
- [ ] Does the person know how to reach family, neighbors, or emergency services if needed?
- [ ] Are outdoor paths, steps, and handrails in good repair and adequately lit?
- [ ] If the person uses a cane, walker, wheelchair, oxygen, or other equipment, can it be used safely throughout the home and during an evacuation?

+ PHOTO & ACTION NOTES

AREA / ROOM	WHAT I NOTICED	PHOTO TAKEN?	WHO WILL FOLLOW UP

Prioritize: Address immediate hazards first. If mobility, balance, vision, cognition, or daily functioning has changed, bring those observations to the appropriate healthcare professional rather than relying on home modifications alone.

You're doing the hard, invisible work. Noticing small changes early can make the home easier to navigate and give the family a clearer picture of what may need attention next.

Everything about your loved one's care, organized in one place.

The Caregiving Concierge™ helps families organize appointments, providers, medications, documents, schedules, and other important care information in one secure workspace.

Sources informing this resource
National Institute on Aging: Home Safety Checklist and Home Safety Tips for Older Adults; CDC STEADI: Check for Safety home fall-prevention checklist.