Fall Prevention Home Checklist

Reduce hazards · track patterns · bring notes to the care team

A practical caregiver tool for reducing common home fall hazards and organizing what to discuss when falls or near-falls are happening.

A free resource from

The Caregiving Concierge™

by AdVantage Digital LLC

thecaregivingconcierge.com

Fall Prevention Home Checklist

Start with the biggest hazards

A practical home checklist for reducing common fall hazards and organizing what to discuss with the care team.

Falls can have many causes. This checklist focuses on the home environment and day-to-day setup; it cannot determine why someone is falling. New falls, near-falls, dizziness, weakness, medication concerns, or changes in walking should be discussed with an appropriate healthcare professional.

THIS CHECKLIST IS FOR (NAME) _____

PRIMARY CAREGIVER _____

DATE _____

LAST FALL / NEAR-FALL (IF KNOWN) _____

1 FIX OBVIOUS TRIP & LIGHTING HAZARDS FIRST

- [ ] Clear stairs and walking paths of shoes, papers, cords, pet items, and clutter.
- [ ] Repair or flag loose, broken, or uneven steps and flooring.
- [ ] Secure or remove throw rugs that slide, bunch, or curl.
- [ ] Improve lighting, especially entrances, hallways, stairways, and the route from bed to bathroom.
- [ ] Make frequently used items reachable without climbing or stretching.

2 STAIRS & STEPS

- [ ] Use sturdy handrails where needed; check that existing rails are secure.
- [ ] Make step edges easier to see if contrast is poor.
- [ ] Keep indoor and outdoor stairs dry and free of objects.
- [ ] Make sure a light and switch are accessible at both ends of a stairway when practical.

3 BATHROOM & BEDROOM

- [ ] Use slip-resistant surfaces in the tub/shower and where floors may get wet.
- [ ] Consider properly installed grab bars or other stable supports near bathing and toilet areas when needed.
- [ ] Keep a lamp or light control within easy reach of the bed.
- [ ] Use night lighting along the route to the bathroom.
- [ ] Keep a phone or other way to call for help accessible if the person is at risk of falling when alone.

4 FOOTWEAR, MOBILITY & DAILY ROUTINE

- [ ] Choose footwear that fits well and provides stable traction for the surfaces used most often.
- [ ] Keep canes, walkers, or other mobility aids where they can be reached before standing or walking.
- [ ] If a mobility aid no longer seems to fit or work well, ask an appropriate clinician or therapist to review it.
- [ ] Avoid rushing to answer the door, phone, or bathroom; allow extra time for transitions.
- [ ] Make a plan for pets that tend to get underfoot.

© 2026 The Caregiving Concierge™

Fall Prevention Home Checklist

Bathroom · bedroom · mobility

5 BRING PATTERNS TO THE CARE TEAM

- [ ] Write down when falls or near-falls happen: time of day, location, activity, and what the person noticed beforehand.
- [ ] Bring a current medication list to appointments and ask whether any medications could contribute to dizziness, sleepiness, or balance problems.
- [ ] Ask about vision, hearing, footwear, strength, balance, and whether physical or occupational therapy evaluation would be useful.
- [ ] Do not assume a grab bar or home change alone addresses the reason for repeated falls.

+ FALL / NEAR-FALL NOTES

DATE	WHERE	WHAT WAS HAPPENING	WHAT WAS NOTICED	FOLLOW-UP

Emergency note: Call 911 for a fall involving severe injury, loss of consciousness, trouble breathing, new severe weakness, or other symptoms that appear life-threatening. If you are unsure whether the person should be moved after a serious fall, seek emergency guidance.

You're doing the hard, invisible work. A thoughtful home setup can reduce avoidable hazards, while good notes help the care team understand when and where problems are happening.

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
CDC STEADI: Check for Safety - A Home Fall Prevention Checklist for Older Adults; National Institute on Aging: Home Safety Checklist and Home Safety Tips for Older Adults.