

SENIOR HOME SAFETY CHECKLIST

2026 Clinical Advocacy & Proactive Audit Edition

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Falls account for 81% of TBI-related ER visits in adults over 65. This room-by-room audit identifies environmental hazards before they trigger "The Fall Cascade."



Bathroom Safety (The "Wet-Zone")

- Grab Bars:** Permanently mounted (bolted into studs) near toilet and in shower.
- Surfaces:** Non-slip mats or textured strips applied to tub and shower floor.
- Transitions:** Raised toilet seat and shower chair with non-slip feet.
- Contrast:** Towels and mats are a high-contrast color vs. the flooring.



Stairs & Entryways

- Railing:** Sturdy handrails on BOTH sides, extending past the last step.
- Visibility:** High-contrast edge tape or anti-slip treads on every step.
- Switches:** Light switches at both the top and bottom of the staircase.
- Clutter:** All stairs and landing zones are completely free of objects.



Bedroom & Nighttime Path

- Clear Runway:** Direct, 36-inch wide unobstructed path from bed to bathroom.
- The Triad:** Phone, lamp, and flashlight all within arm's reach of the bed.
- Nightlights:** Motion-activated path lighting along hallways and in bathroom.
- Rugs:** All throw rugs removed or secured with double-sided clinical tape.



Kitchen & Living Areas

- Waist-High Storage:** Frequently used items kept between hip and shoulder height.
- Cords:** All electrical and phone cords coiled or taped against walls.

Stability: Chairs have armrests and are sturdy enough to support sitting/standing.

 **2026 TECHNOLOGY UPGRADES**

Ambient Sensors: Radar-based fall detection installed in high-risk zones.

Smart Lighting: Motion-synced LED strips along stair treads and baseboards.

Medical Disclaimer: This checklist is for educational purposes. Consult an Occupational Therapist for a formal assessment.
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