

Your Retirement Home Safety Checklist

A comprehensive guide for a safe and accessible home environment.

Bathroom

- Grab bars installed in shower/tub and beside toilet
- Non-slip mats in shower and on bathroom floor
- Water heater set to 120°F or below
- Handheld showerhead installed
- Nightlight in place

Kitchen

- Frequently used items relocated to accessible shelves
- Pull-out shelves or lazy Susans added where helpful
- Lever-style faucet handles installed
- Fire extinguisher present and not expired
- Smoke detector working and recently tested

Floors & Stairs

- All throw rugs removed or properly anchored
- Handrails on both sides of all staircases
- Stair edge lighting installed
- All pathways and hallways decluttered
- Entry steps/ramps are level and secure

Lighting

- All bulbs replaced with bright LEDs
- Night lights in hallways, bathrooms, and kitchen
- Motion-activated exterior lighting installed
- Illuminated light switch plates in key areas

Bedroom

- Bed height allows feet to rest flat on floor when seated
- Lamp or light switch within arm's reach of bed
- Phone charger at bedside
- Medical alert device considered or in place

General Home

- Smoke detectors on every level (tested within 6 months)
- Carbon monoxide detectors installed
- First aid kit stocked and accessible
- Emergency contacts posted or saved in an obvious location
- Smart home technology evaluated and installed as desired
- Home walkthrough done with a fresh eye for tripping or balance hazards

A safe home is the foundation for a happy retirement.

Courtesy of dconsorte.com your friendly guide to Life After 60