

FREE DOWNLOAD

# Home Safety Checklist

*A room-by-room guide to fall prevention, medication safety & home hazard reduction*

## Who This Checklist Is For

- ✓ Family members preparing a home for an aging loved one
- ✓ Seniors living alone who want to proactively reduce risk
- ✓ Caregivers assessing a client's environment for the first time
- ✓ Anyone who has recently experienced a fall or near-miss at home

## How to Use This Checklist

1. Walk through each room with a pen. Check off each item that is SAFE.
2. Score each item: 3 = Safe, 2 = Needs improvement, 1 = Hazard present, 0 = Not applicable.
3. Note any concerns in the margins or action log on the final page.
4. Prioritize HIGH RISK items first — address them within 24–48 hours.

## Scoring Guide

| 90–100%                        | 70–89%                    | 50–69%                     | < 50%                  |
|--------------------------------|---------------------------|----------------------------|------------------------|
| <b>SAFE HOME ✓</b>             | <b>GOOD</b>               | <b>FAIR</b>                | <b>AT RISK ■</b>       |
| Excellent — maintain regularly | Minor improvements needed | Several hazards — act soon | Urgent action required |

## About This Checklist

This checklist is designed to help families, seniors, and caregivers systematically evaluate the safety of a home environment — room by room — before a fall or accident occurs. Falls are the leading cause of injury in adults over 65, and the majority are preventable with proper environmental modifications. Use this guide to identify hazards, track improvements, and keep your loved one safe at home.

## The Evidence for Home Safety Assessment

According to the CDC, more than 1 in 4 older adults fall each year, and falls result in over 3 million emergency department visits annually. Environmental hazards account for approximately 50% of all home falls. A structured home safety walkthrough is one of the most effective steps a family or caregiver can take to prevent falls. (Source: CDC STEADI Initiative)

## Key Fall Risk Factors

| Intrinsic (Person-Related)        | Extrinsic (Environmental)              |
|-----------------------------------|----------------------------------------|
| Age 65 or older                   | Loose or unanchored rugs               |
| Prior fall history                | Poor lighting, especially at night     |
| Gait or balance impairment        | Absence of grab bars in bathroom       |
| Taking 4 or more medications      | Clutter and obstructed pathways        |
| Muscle weakness / deconditioning  | Unsafe footwear or unsecured cords     |
| Cognitive impairment / dementia   | Bed or toilet too high or too low      |
| Vision impairment                 | Lack of contrast on stairs / steps     |
| Urinary urgency / nighttime trips | No handrails on stairs                 |
| Low blood pressure on standing    | Slippery floors (wet bathrooms, waxed) |

**Important:** Individuals taking blood pressure medications, water pills, sleep aids, or pain medications may have a higher risk of dizziness and falls. Always review the medication list when completing this assessment and consult with the prescribing doctor if concerned.

## Scoring Instructions

| Score | Meaning                            | Action Required                    |
|-------|------------------------------------|------------------------------------|
| 3     | SAFE — no hazard present           | Document; reassess in 6 months     |
| 2     | MINOR issue — low priority fix     | Schedule correction within 30 days |
| 1     | HAZARD present — moderate priority | Address within 1 week              |
| 0     | IMMEDIATE hazard or not applicable | Correct within 24–48 hours         |
| N/A   | Not applicable to this home        | Skip and note reason               |

## → Section 1: Entryways & General Pathways

The entry and main pathways are the first areas to assess. Clear, well-lit, unobstructed paths reduce fall risk during both normal activity and emergency evacuation.

### Safety Note — Entryways

Check for trip hazards at entry — raised thresholds, uneven surfaces, and wet areas are common causes of falls on arrival and departure. People with balance or vision issues are especially vulnerable.

|          |                                                                                                            |                  |
|----------|------------------------------------------------------------------------------------------------------------|------------------|
| <b>1</b> | <b>Doorway threshold is flush or gently ramped (no raised edge over 0.5 inch)</b>                          | <b>HIGH RISK</b> |
|          | Raised thresholds are a leading trip hazard. ADA recommends a max of 0.75 inch with a beveled edge.        | Score: ___/3     |
| <b>2</b> | <b>Entry area is free of clutter, shoes, and loose objects</b>                                             | <b>HIGH RISK</b> |
|          | Clutter increases trip risk, especially in low-light conditions.                                           | Score: ___/3     |
| <b>3</b> | <b>Adequate lighting at all entry points</b>                                                               | <b>HIGH RISK</b> |
|          | Aging eyes need more light. Consider motion-sensor lights at entry.                                        | Score: ___/3     |
| <b>4</b> | <b>Non-slip mat or surface at entry (securely anchored, no curled edges)</b>                               | <b>MOD RISK</b>  |
|          | Loose mats are responsible for a significant share of home falls. Use double-sided tape or rubber backing. | Score: ___/3     |
| <b>5</b> | <b>Handrail present and secure at any exterior steps</b>                                                   | <b>HIGH RISK</b> |
|          | Handrails on both sides are recommended for those with balance or strength challenges.                     | Score: ___/3     |
| <b>6</b> | <b>Main hallways are at least 36 inches wide (42 inches for wheelchair access)</b>                         | <b>MOD RISK</b>  |
|          | Narrow hallways force sideways balance adjustments, increasing fall risk.                                  | Score: ___/3     |
| <b>7</b> | <b>Hallway lighting is functional and switches reachable from both ends</b>                                | <b>MOD RISK</b>  |
|          | Consider illuminated switch covers for nighttime visibility.                                               | Score: ___/3     |
| <b>8</b> | <b>No extension cords crossing pathways</b>                                                                | <b>HIGH RISK</b> |
|          | Extension cords are a common trip hazard. Reroute or use cord covers along walls.                          | Score: ___/3     |

**SECTION SCORE**      Total items checked SAFE: \_\_\_\_\_ out of \_\_\_\_\_

## ■ Section 2: Living Room & Common Areas

Living areas are high-use spaces where clients spend most of their day. Furniture arrangement, flooring, and seating height all contribute to fall risk.

### Safety Note — Living Room

Check seating height and arm support — chairs that are too low require significant effort to rise from. Be mindful of dizziness when transitioning from sitting to standing, especially after long periods of rest.

|           |                                                                                                      |                  |
|-----------|------------------------------------------------------------------------------------------------------|------------------|
| <b>9</b>  | <b>Rugs are secured with non-slip backing or removed entirely</b>                                    | <b>HIGH RISK</b> |
|           | Loose rugs cause a large share of residential falls. Removal is preferred for high-risk individuals. | Score: ____/3    |
| <b>10</b> | <b>Furniture arrangement allows clear 36-inch pathways throughout room</b>                           | <b>MOD RISK</b>  |
|           | Clear pathways are essential for those using walkers, canes, or wheelchairs.                         | Score: ____/3    |
| <b>11</b> | <b>Chairs have sturdy armrests for safe sit-to-stand transfers</b>                                   | <b>MOD RISK</b>  |
|           | Armrests significantly reduce the effort needed to rise from a seated position.                      | Score: ____/3    |
| <b>12</b> | <b>Seating is at appropriate height (feet flat on floor when seated)</b>                             | <b>MOD RISK</b>  |
|           | Improper seating height increases fall risk during transfers.                                        | Score: ____/3    |
| <b>13</b> | <b>Phone or call device is easily accessible from main seating area</b>                              | <b>MOD RISK</b>  |
|           | Reaching for phones is a common cause of falls. Keep it within arm's reach.                          | Score: ____/3    |
| <b>14</b> | <b>Electrical cords are secured against walls or under furniture</b>                                 | <b>MOD RISK</b>  |
|           | Exposed cords are both a trip hazard and a fire risk.                                                | Score: ____/3    |
| <b>15</b> | <b>Frequently used items stored between waist and shoulder height</b>                                | <b>MOD RISK</b>  |
|           | Overhead reaching and floor-level bending both increase fall risk.                                   | Score: ____/3    |
| <b>16</b> | <b>Television or screen glare does not cause visual difficulty</b>                                   | <b>LOW RISK</b>  |
|           | Visual strain can contribute to balance difficulty and disorientation.                               | Score: ____/3    |

|                      |                                            |
|----------------------|--------------------------------------------|
| <b>SECTION SCORE</b> | Total items checked SAFE: ____ out of ____ |
|----------------------|--------------------------------------------|

### ❖ Section 3: Kitchen

The kitchen presents unique hazards: wet floors, hot surfaces, overhead cabinets, and the cognitive demands of cooking. Assess carefully for anyone with memory concerns.

#### Safety Note — Kitchen

For individuals on fluid restrictions or water pills, assess kitchen accessibility and hydration habits. Those with memory challenges may leave stoves on — consider stove knob covers or automatic shut-off devices.

|           |                                                                                               |                  |
|-----------|-----------------------------------------------------------------------------------------------|------------------|
| <b>17</b> | <b>Non-slip mat in front of sink and stove (secured, no curl)</b>                             | <b>HIGH RISK</b> |
|           | The kitchen floor around the sink is frequently wet. Non-slip matting is essential.           | Score: ___/3     |
| <b>18</b> | <b>Frequently used dishes and utensils stored at accessible height (no step stool needed)</b> | <b>HIGH RISK</b> |
|           | Step stool falls are a significant cause of serious injury in older adults.                   | Score: ___/3     |
| <b>19</b> | <b>Step stool (if used) is sturdy, non-slip, and has a handlebar</b>                          | <b>MOD RISK</b>  |
|           | If step stools cannot be eliminated, they must be stable and meet safety standards.           | Score: ___/3     |
| <b>20</b> | <b>Kitchen lighting is adequate over prep and stove areas</b>                                 | <b>MOD RISK</b>  |
|           | Poor lighting increases burn and cut risk. Consider under-cabinet LED strips.                 | Score: ___/3     |
| <b>21</b> | <b>Stove controls are easily visible and within reach without leaning</b>                     | <b>MOD RISK</b>  |
|           | Leaning over lit burners is a burn risk. Assess comfort and ability to use stove safely.      | Score: ___/3     |
| <b>22</b> | <b>Spills are cleaned up promptly — floor is dry</b>                                          | <b>HIGH RISK</b> |
|           | Wet kitchen floors are a leading cause of falls. Address spills immediately.                  | Score: ___/3     |
| <b>23</b> | <b>Heavy items (pots, cast iron) are stored at waist height</b>                               | <b>MOD RISK</b>  |
|           | Heavy overhead items increase the risk of shoulder injury and balance disruption.             | Score: ___/3     |
| <b>24</b> | <b>Smoke detector is present and functional near kitchen area</b>                             | <b>MOD RISK</b>  |
|           | Test monthly. Those with hearing loss may benefit from strobe-alert detectors.                | Score: ___/3     |

#### SECTION SCORE

Total items checked SAFE: \_\_\_\_\_ out of \_\_\_\_\_

## ■ Section 4: Bathroom

The bathroom is the highest-risk room in the home for older adults. Wet surfaces, confined space, and the physical demands of bathing and toileting all converge here.

### Safety Note — Bathroom

Toilet and tub transfers are two of the highest-risk movements in the home. Be especially mindful of nighttime bathroom trips — these account for a disproportionate share of serious falls in older adults.

|           |                                                                                                       |                  |
|-----------|-------------------------------------------------------------------------------------------------------|------------------|
| <b>25</b> | <b>Grab bar present and securely mounted at toilet (side wall, 33–36 inches from floor)</b>           | <b>HIGH RISK</b> |
|           | Grab bars must support significant weight. Suction-cup bars are NOT safe substitutes.                 | Score: ___/3     |
| <b>26</b> | <b>Grab bar present in shower or tub (horizontal for balance, vertical for entry/exit)</b>            | <b>HIGH RISK</b> |
|           | A combination of horizontal and vertical bar placement provides the best support.                     | Score: ___/3     |
| <b>27</b> | <b>Non-slip bath mat inside shower/tub AND on the floor outside</b>                                   | <b>HIGH RISK</b> |
|           | Both entry/exit and in-tub surfaces must be addressed. Mats must be firmly secured.                   | Score: ___/3     |
| <b>28</b> | <b>Toilet seat height is appropriate (17–19 inches — comfort height)</b>                              | <b>HIGH RISK</b> |
|           | Standard toilets at 15 inches are too low for most older adults. Raised seat risers are a simple fix. | Score: ___/3     |
| <b>29</b> | <b>Shower or tub has a bench or seat available</b>                                                    | <b>HIGH RISK</b> |
|           | Standing throughout bathing is tiring. A shower chair significantly reduces fall risk.                | Score: ___/3     |
| <b>30</b> | <b>Nightlight present and functional for nighttime bathroom trips</b>                                 | <b>HIGH RISK</b> |
|           | Motion-sensor lights along the path to the bathroom are highly recommended.                           | Score: ___/3     |
| <b>31</b> | <b>Bathroom door opens outward or is a sliding door</b>                                               | <b>MOD RISK</b>  |
|           | Inward-opening doors can block rescue if someone falls behind the door.                               | Score: ___/3     |
| <b>32</b> | <b>Hot water thermostat set to 120°F or below (prevents scalding)</b>                                 | <b>MOD RISK</b>  |
|           | Older adults have reduced heat sensitivity. Scalding injuries can be severe.                          | Score: ___/3     |
| <b>33</b> | <b>Medications stored safely (locked or out of reach if memory concerns are present)</b>              | <b>MOD RISK</b>  |
|           | Accidental misuse of medications is a real safety risk. Consider a locked box.                        | Score: ___/3     |
| <b>34</b> | <b>Personal hygiene items within easy reach from a seated position</b>                                | <b>MOD RISK</b>  |
|           | Reaching and leaning while wet is high-risk. Pre-arrange frequently used items.                       | Score: ___/3     |

### SECTION SCORE

Total items checked SAFE: \_\_\_\_\_ out of \_\_\_\_\_

## ■ Section 5: Bedroom

The bedroom is where many overnight and early-morning falls occur. Lighting, bed height, pathway clarity, and the location of essential items all require careful attention.

### Safety Note — Bedroom

Ask about nighttime bathroom trips — those who rise more than once per night have higher fall risk due to drowsiness and low blood pressure on standing. Keep the path to the bathroom clear and well lit.

|           |                                                                                                              |                  |
|-----------|--------------------------------------------------------------------------------------------------------------|------------------|
| <b>35</b> | <b>Pathway from bed to bathroom is clear and unobstructed</b>                                                | <b>HIGH RISK</b> |
|           | The bed-to-bathroom path is the most dangerous nighttime journey. Minimize all obstacles.                    | Score: ___/3     |
| <b>36</b> | <b>Nightlight or motion-activated lighting is present along bedroom-to-bathroom path</b>                     | <b>HIGH RISK</b> |
|           | Even dim nightlights significantly reduce falls. Motion-sensor types require no action by the person.        | Score: ___/3     |
| <b>37</b> | <b>Bed height allows feet to rest flat on floor when seated at edge</b>                                      | <b>HIGH RISK</b> |
|           | Optimal bed height is 18–23 inches. Adjust with bed risers or platform changes.                              | Score: ___/3     |
| <b>38</b> | <b>Bed rail present if the person has mobility challenges or a fall history</b>                              | <b>MOD RISK</b>  |
|           | Half-rails provide positioning support without full entrapment risk.                                         | Score: ___/3     |
| <b>39</b> | <b>Phone or call device reachable from bed without getting up</b>                                            | <b>MOD RISK</b>  |
|           | Reduce the risk of reaching-related falls by placing the phone within arm's reach.                           | Score: ___/3     |
| <b>40</b> | <b>Non-slip surface or bare floor beside bed (no loose rug at bedside)</b>                                   | <b>HIGH RISK</b> |
|           | Bedside rugs are a very common source of morning falls. Remove or secure them.                               | Score: ___/3     |
| <b>41</b> | <b>Clothing and footwear are easily accessible (no bending to floor required)</b>                            | <b>MOD RISK</b>  |
|           | Bending and dressing-related balance challenges are underestimated fall risks.                               | Score: ___/3     |
| <b>42</b> | <b>Safe, supportive footwear available at bedside (no backless slippers)</b>                                 | <b>HIGH RISK</b> |
|           | Open-back slippers and socks on smooth floors are fall hazards. Closed-heel, non-slip footwear is preferred. | Score: ___/3     |

### SECTION SCORE

Total items checked SAFE: \_\_\_\_\_ out of \_\_\_\_\_

## ↑ Section 6: Stairs & Vertical Transitions

Stairs represent a high-risk transition that requires good balance, vision, and leg strength. Even a single step or raised threshold can be hazardous for those who are unsteady.

### Safety Note — Stairs

Any fall on stairs should be taken seriously. Discuss whether single-floor living is possible for those with significant balance or strength challenges. If stairs cannot be avoided, all safety features below are essential.

|           |                                                                                          |                  |
|-----------|------------------------------------------------------------------------------------------|------------------|
| <b>43</b> | <b>Sturdy handrail present on both sides of all stairways</b>                            | <b>HIGH RISK</b> |
|           | Handrails on both sides are especially important for those with weakness on one side.    | Score: ____/3    |
| <b>44</b> | <b>Stair surface is non-slip (carpet secured, or anti-slip strips on bare stairs)</b>    | <b>HIGH RISK</b> |
|           | Slippery stairs are extremely high-risk. Anti-slip treads are inexpensive and effective. | Score: ____/3    |
| <b>45</b> | <b>Stair lighting is adequate with switches accessible at both top and bottom</b>        | <b>HIGH RISK</b> |
|           | Three-way switches at both ends eliminate the need to climb stairs in the dark.          | Score: ____/3    |
| <b>46</b> | <b>Stair edges are clearly visible (contrasting strip or paint if needed)</b>            | <b>MOD RISK</b>  |
|           | Depth perception declines with age. Contrasting edge markings reduce misstep risk.       | Score: ____/3    |
| <b>47</b> | <b>No items stored on stairs — even temporarily</b>                                      | <b>HIGH RISK</b> |
|           | Items on stairs are among the most common causes of falls. Zero tolerance recommended.   | Score: ____/3    |
| <b>48</b> | <b>Any step stools used are rated for weight and have a grip surface</b>                 | <b>MOD RISK</b>  |
|           | Step stool falls can cause serious upper body and head injuries.                         | Score: ____/3    |

**SECTION SCORE**      Total items checked SAFE: \_\_\_\_ out of \_\_\_\_



## Rx Section 7: Medication Safety

Medication management is a critical part of home safety. Adverse effects — including falls related to dizziness, low blood pressure, and drowsiness — are among the most preventable causes of harm in older adults.

### Safety Note — Medications

Medications that increase fall risk include blood pressure drugs, water pills, sleep aids, antidepressants, antipsychotics, pain medications, and allergy medications. If 4 or more medications are present, ask the prescribing doctor about a medication review.

|           |                                                                                                   |                  |
|-----------|---------------------------------------------------------------------------------------------------|------------------|
| <b>49</b> | <b>All medications are clearly labeled and stored in original containers</b>                      | <b>HIGH RISK</b> |
|           | Unlabeled medications are a safety risk, especially for those with memory concerns.               | Score: ____/3    |
| <b>50</b> | <b>Pill organizer is used and correctly filled (if applicable)</b>                                | <b>MOD RISK</b>  |
|           | Weekly pill organizers reduce missed doses and double-dosing errors significantly.                | Score: ____/3    |
| <b>51</b> | <b>Medications stored at appropriate temperature (not in a hot or humid bathroom)</b>             | <b>MOD RISK</b>  |
|           | Many medications degrade in humid environments. Review storage instructions on each label.        | Score: ____/3    |
| <b>52</b> | <b>Expired medications have been disposed of appropriately</b>                                    | <b>MOD RISK</b>  |
|           | Purge expired medications regularly. Use pharmacy take-back programs when available.              | Score: ____/3    |
| <b>53</b> | <b>Client or caregiver can describe the purpose of each medication</b>                            | <b>HIGH RISK</b> |
|           | Understanding what each medication does and its side effects is an important safety step.         | Score: ____/3    |
| <b>54</b> | <b>Blood pressure is checked before morning medications if dizziness on standing is a concern</b> | <b>HIGH RISK</b> |
|           | Dizziness upon standing affects roughly 30% of adults over 70 and significantly raises fall risk. | Score: ____/3    |
| <b>55</b> | <b>Medications that cause drowsiness or dizziness are taken at bedtime when possible</b>          | <b>MOD RISK</b>  |
|           | Nighttime dosing of sedating medications reduces daytime fall risk significantly.                 | Score: ____/3    |
| <b>56</b> | <b>Emergency medication list is posted and accessible to caregivers and family</b>                | <b>LOW RISK</b>  |
|           | A visible medication list enables faster, safer emergency response.                               | Score: ____/3    |

**SECTION SCORE**      Total items checked SAFE: \_\_\_\_ out of \_\_\_\_

## ★ Section 8: Emergency Preparedness

Emergency preparedness is an essential part of home safety. A well-prepared home ensures that emergencies can be recognized and responded to quickly.

### Safety Note — Emergency Preparedness

Assess whether the person can independently call for help. For those living alone or with physical limitations, a medical alert device is strongly recommended. Make sure emergency contacts are up to date and that nearby neighbors or family are aware of the person's situation.

|           |                                                                                                            |                  |
|-----------|------------------------------------------------------------------------------------------------------------|------------------|
| <b>57</b> | <b>Smoke detectors present and functional on every floor</b>                                               | <b>HIGH RISK</b> |
|           | Test monthly. Replace batteries annually. Replace the unit every 10 years.                                 | Score: ____/3    |
| <b>58</b> | <b>Carbon monoxide detector present (required if gas appliances or attached garage)</b>                    | <b>HIGH RISK</b> |
|           | CO poisoning can cause confusion or fatigue — symptoms easily overlooked in older adults.                  | Score: ____/3    |
| <b>59</b> | <b>Fire extinguisher accessible in or near kitchen</b>                                                     | <b>MOD RISK</b>  |
|           | Small kitchen fires are the leading cause of residential fires among seniors.                              | Score: ____/3    |
| <b>60</b> | <b>Emergency contact list posted visibly (by phone and/or on refrigerator)</b>                             | <b>MOD RISK</b>  |
|           | List should include doctor, pharmacy, family, and 911. Update every 6 months.                              | Score: ____/3    |
| <b>61</b> | <b>Person knows how to call for help if fallen (phone accessible, medical alert, or neighbor check-in)</b> | <b>HIGH RISK</b> |
|           | Being unable to get up after a fall for more than one hour significantly increases health risks.           | Score: ____/3    |
| <b>62</b> | <b>Medications and health information accessible in an emergency folder or kit</b>                         | <b>MOD RISK</b>  |
|           | A folder with med list, ID, insurance cards, and emergency contacts speeds emergency care.                 | Score: ____/3    |
| <b>63</b> | <b>Advance directive or healthcare proxy information is accessible and current</b>                         | <b>LOW RISK</b>  |
|           | Ensure this document is easy to locate and has been reviewed recently.                                     | Score: ____/3    |
| <b>64</b> | <b>Exit pathways from all rooms are unobstructed and the person can navigate them</b>                      | <b>HIGH RISK</b> |
|           | Clutter, poor mobility, or memory challenges can all impair the ability to exit safely.                    | Score: ____/3    |

**SECTION SCORE**      Total items checked SAFE: \_\_\_\_ out of \_\_\_\_

## Total Score Summary & Action Plan

|                    |             |                           |
|--------------------|-------------|---------------------------|
| <b>TOTAL SCORE</b> | _____ / 192 | (64 items × 3 points max) |
|--------------------|-------------|---------------------------|

| Score Range | Percentage | Rating      | Recommended Action                                                                        |
|-------------|------------|-------------|-------------------------------------------------------------------------------------------|
| 173 – 192   | 90–100%    | SAFE HOME ✓ | Maintain. Reassess in 6 months.                                                           |
| 135 – 172   | 70–89%     | GOOD        | Address scored 1–2 items. Reassess in 3 months.                                           |
| 96 – 134    | 50–69%     | FAIR        | Multiple hazards. Prioritize HIGH RISK items. Reassess in 4 weeks.                        |
| < 96        | < 50%      | AT RISK ■   | Urgent modifications needed. Consider professional home assessment. Reassess immediately. |

### Section-by-Section Score Summary

| Section                   | Items     | Your Score | Max Score  | % Safe | Priority |
|---------------------------|-----------|------------|------------|--------|----------|
| 1. Entryways & Pathways   | 8         | _____      | 24         | _____% | _____    |
| 2. Living Room            | 8         | _____      | 24         | _____% | _____    |
| 3. Kitchen                | 8         | _____      | 24         | _____% | _____    |
| 4. Bathroom               | 10        | _____      | 30         | _____% | _____    |
| 5. Bedroom                | 8         | _____      | 24         | _____% | _____    |
| 6. Stairs                 | 6         | _____      | 18         | _____% | _____    |
| 7. Medication Safety      | 8         | _____      | 24         | _____% | _____    |
| 8. Emergency Preparedness | 8         | _____      | 24         | _____% | _____    |
| <b>TOTAL</b>              | <b>64</b> | _____      | <b>192</b> | _____% |          |

### Recommendations by Risk Level

#### HIGH RISK — Address Within 24–48 Hours

Install grab bars in the bathroom before the next bath or shower. Secure or remove all loose rugs immediately. Ensure the path to the bathroom is clear and lit. Review high-risk medications with the prescribing provider. Discuss a medical alert device if the person spends time alone at home.

#### MODERATE RISK — Address Within 1 Week

Add non-slip strips to stairs. Adjust bed height or add a bed rail. Install motion-sensor nightlights throughout. Organize medications with a weekly pill organizer. Raise toilet seat height if below 17 inches. Replace open-back slippers with closed-heel, non-slip footwear.

#### LOW RISK — Schedule Within 30 Days

Reorganize kitchen storage to accessible levels. Post an emergency contact list. Update advance directives. Test smoke and carbon monoxide detectors. Consider a professional home assessment if the score is below 70%.

### Action Log — Items Requiring Follow-Up

| #  | Item / Hazard Identified | Location | Risk | Who Will Fix | Target Date | Done |
|----|--------------------------|----------|------|--------------|-------------|------|
| 1  |                          |          |      |              |             | ■    |
| 2  |                          |          |      |              |             | ■    |
| 3  |                          |          |      |              |             | ■    |
| 4  |                          |          |      |              |             | ■    |
| 5  |                          |          |      |              |             | ■    |
| 6  |                          |          |      |              |             | ■    |
| 7  |                          |          |      |              |             | ■    |
| 8  |                          |          |      |              |             | ■    |
| 9  |                          |          |      |              |             | ■    |
| 10 |                          |          |      |              |             | ■    |

### When to Seek Additional Support

**Occupational Therapy (OT):** Recommended when the score is below 70% or when significant daily activity modifications are needed. OT home visits provide hands-on assessment, adaptive equipment guidance, and caregiver training. **Physical Therapy (PT):** Recommended when balance, walking, or strength challenges are identified. PT can address internal fall risk factors through targeted exercise programs. **Pharmacist Consultation:** Recommended when 4 or more medications are present or when medication-related dizziness or falls are suspected. A medication review can reduce adverse effects. **Social Work or Community Resources:** Many community programs provide free grab bar installation and home modification assistance. Ask your local Area Agency on Aging.