

One-page Room-by-Room Safety Checklist (printable)

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General / Whole Home

- Remove clutter and keep pathways clear (no cords across walkways).
- Non-slip flooring or traction mats on slippery surfaces.
- LED, glare-free lighting; motion night-lights in halls/bathrooms.
- Interconnected smoke alarms + CO detectors on each level; test monthly; use 10-year sealed batteries or hardwired units.
- Keep a charged phone or emergency communication device accessible; consider wearable emergency button/medical alert.
- Maintain an up-to-date med list (include OTCs/supplements); store meds in original labeled containers; use locked cabinet or timed dispenser if needed.
- Schedule regular medication reviews with clinician/pharmacist (deprescribing when appropriate).
- Check vision and hearing annually; update glasses/hearing aids.
- Keep emergency contacts and advance directives accessible.