



CAREGIVING CHECKLIST

 [Print This Page](#) →

Home Safety: How Well Does Your Home Meet Your Needs?

Steps/Stairways/Walkways

Yes No

- Are they in good shape?
- Do they have a smooth, safe surface?
- Are there handrails on both sides of the stairway?
- How about light switches at the top and bottom of the stairs?
- Is there grasping space for both knuckles and fingers on railings?
- Are the stair treads deep enough for your whole foot?
- Would a ramp be feasible in any of these areas if it became necessary?

Floor Surfaces

Yes No

- Is the surface safe?
- Nonslip?
- Any throw rugs or doormats that might slip underfoot?
- Is carpeting loose or torn?
- Are there changes in floor levels?
- If so, are they obvious or well marked?
- Do you have to step over any electric, telephone, or extension cords?

Driveway and Garage

Yes No

- Is there always space to park?
- Is it convenient to the entrance?
- Does the garage door open automatically?

Windows & Doors

Yes No

- Are windows and doors easy to open and close?
- Are locks sturdy and easy to operate?
- Do doorways accommodate a walker or wheelchair?
- Can you walk through the doorways easily?
- Is there space to maneuver while opening and closing doors?
- Does the front door have a view panel or peephole at the right height?

Appliances/Kitchen/Bath

Yes No

- Is the room arranged safely and conveniently?
- Do the oven and fridge open easily?
- Are stove controls clearly marked and easy to use?
- Is the counter the right height and depth?
- Can you work sitting down?
- Are cabinet doorknobs easy to use?
- Are faucets easy to use?
- Do you have a hand-held shower head?
- Are the items you use often on high shelves?
- Do you have a step stool with handles?
- Can you easily get in and out of the tub or shower?
- Do you have a bath or shower seat?
- Are there grab bars where needed?
- Is the hot water heater regulated to prevent scalding or burning?

Lighting/Ventilation

Yes No

- Are there enough lights, and are they bright enough?
- Do you have night lights where needed?
- Is area well ventilated?

Electrical Outlets/Switches/Alarms

Yes No

- Can you turn switches easily on and off?
- Are outlets properly grounded to prevent a shock?
- Are extension cords in good shape?
- Do you have smoke detectors in all key areas?
- Do you have an alarm system?
- Is the telephone readily available for emergencies?
- Does the telephone have volume control?
- Can you hear the doorbell ring all throughout the house?

Problems and Ideas

© 2003, 2004, 2007 AARP. Reprinting by permission only.

