

**Lillington Family Medical Center  
Senior Home Safety Check List**

Area	Observation	Remedy
<b>Floors</b>	When you walk through a room, do you have to walk around furniture?	Move the furniture so the path is clear.
	Throw rugs on the floor?	Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
	Are papers, magazines, books, shoes, boxes, blankets, towels, or other objects on the floor?	Always keep objects off the floor.
	Do you have to walk over or around cords or wires (like cords from lamps, extension cords or telephone cords)?	Coil or tape cords and wires next to the wall so you can't trip over them OR have an electrician install another outlet.
<b>Stairs and Steps</b>	Are papers, shoes, books, or other objects on the stairs?	Keep objects off the stairs.
	Are any steps broken or uneven?	Fix loose or uneven steps.
	Are you missing a light over the stairway?	Have an electrician install an overhead light at the top and bottom of the stairs.
	Do you have only one light switch for your stairs?	Have an electrician to install a light switch at the top and bottom of the stairs.
	Is there a sturdy handrail on only one side of the stairs?	Make sure handrails are on both sides of the stairs and are as long as the stairs.
	Is the carpet on the steps loose or torn?	Make sure the carpet is firmly attached to every step or remove the carpet and attach non-slip rubber treads on the stairs.
<b>Kitchens</b>	Are the things you use often on high shelves?	Keep things you use often on the lower shelves (about waist high).
	Is your step stool unsteady?	Use a steady step stool with a bar to hold on to.
<b>Bedrooms</b>	Is the light near the bed hard to reach?	Place a lamp close to the bed.
	Is the path from your bed to the bathroom dark?	Use a night-light.
<b>Bathrooms</b>	Is the tub or shower floor slippery?	Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
	Do you have some support when you get in and out of the tub or up from the toilet?	Install grab bar inside the tub and next to the toilet.