

Caregiver Home Safety Checklist

A Room-by-Room Guide for Safer Caregiving (No Remodeling Required)

Created by a long-term caregiver — for caregivers doing this alone.

How to use this checklist: Check what applies, skip what doesn't, and start with just one room. This checklist is designed to reduce falls, injuries, and daily stress — especially on low-energy days.

Bedroom Safety

- ■ Clear pathways between bed, bathroom, and door
- ■ Remove or secure throw rugs with non-slip pads
- ■ Flashlight within arm's reach of the bed
- ■ Nightlights or motion lighting installed
- ■ Bed height allows feet to touch the floor
- ■ Bed rail or assist handle if transfers are difficult
- ■ Non-slip socks or shoes nearby
- ■ Frequently used items at waist level
- ■ No clutter near bed edges

Bathroom Safety

- ■ Non-slip mat inside shower or tub
- ■ Non-slip mat outside shower or tub
- ■ Shower chair or bench available
- ■ Handheld shower head for seated bathing
- ■ Raised toilet seat or safety frame
- ■ Grab support installed (permanent or temporary)
- ■ Adequate lighting for nighttime use
- ■ Toiletries within easy reach

Hallways & Walkways

- ■ Hallways free of clutter
- ■ No loose cords across walking paths
- ■ Motion lights or nightlights installed
- ■ Wide, clear walking space

- ■ Floor transitions clearly visible
- ■ Anti-slip tape on steps or thresholds

Living Room & Common Areas

- ■ Stable chairs with arms for support
- ■ Chair height allows safe standing
- ■ No low or unstable furniture in walkways
- ■ Rugs secured or removed
- ■ Walking aids within reach

Kitchen Safety

- ■ Frequently used items stored between waist and shoulder height
- ■ Non-slip mats near sink and stove
- ■ Step stool with handrail if needed
- ■ Floors dry and clutter-free
- ■ Clear path to dining area

Nighttime Safety

- ■ Motion lights along care pathways
- ■ Nightlights in bathroom and hallways
- ■ Flashlight accessible
- ■ Phone charged and nearby
- ■ Emergency numbers visible or saved

Caregiver Safety Zone

- ■ Gloves and wipes easily accessible
- ■ Transfer aids stored nearby
- ■ Emergency supplies in one location
- ■ Flashlight included
- ■ Notebook or whiteboard for notes
- ■ Supplies positioned to minimize bending and twisting

Caregiver Body Protection

- ■ Supportive shoes worn during care

- ■ Non-slip socks used by care recipient
- ■ Transfer belt available if needed
- ■ Back support brace for heavy care days
- ■ Supplies positioned to avoid twisting or reaching

Quick Daily Safety Check

- ■ Floors dry and clear
- ■ Lighting working
- ■ Pathways open
- ■ Supplies stocked
- ■ Phone accessible

You don't need a perfect home. You need a safer one. Even small changes reduce injuries, stress, and burnout.