



DYING YOUR WAY

Home Safety Checklist

- ☐ Clear all clutter from walkways and floors
- ☐ Remove throw rugs or secure them with non-slip backing
- ☐ Bundle and secure all electrical cords and wires
- ☐ Install grab bars near the toilet, shower, and bath
- ☐ Use non-slip mats in wet areas (bathroom, kitchen)
- ☐ Ensure all rooms have adequate lighting (day and night)
- ☐ Install nightlights or motion-sensor lights in hallways and bathrooms
- ☐ Evaluate furniture placement for easy navigation with mobility aids
- ☐ Make sure all rooms are accessible by wheelchair or walker
- ☐ Keep essential items within easy reach (medications, phones, water)
- ☐ Install or test a medical alert system
- ☐ Label or organize medications and medical paperwork
- ☐ Keep a copy of your Advance Directive and medication list on the fridge
- ☐ Ensure the bathroom has a raised toilet seat and/or shower chair
- ☐ Consider a stairlift if bedrooms are upstairs
- ☐ Store hand sanitizer, gloves, and masks in common areas
- ☐ Clearly communicate no-visit policies for anyone sick or contagious
- ☐ Prepare a welcoming, clean environment for caregivers and providers
- ☐ Secure pets or remove obstacles that may startle or trip you
- ☐ Designate and prepare emergency contact information near each phone