

# IS MY PARENT'S HOME SAFE?

A simple fall-risk checklist for families

Falls are the leading cause of injury in older adults — and most happen at home. Walk through each room and tick every item that's already in place. When you're done, count the unticked boxes to find the risk level below.

NAME OF PERSON BEING ASSESSED

| ■ Bathroom  | ■ Bedroom   |
|---|---|
| <ul style="list-style-type: none"><li><input type="checkbox"/> There's a non-slip mat inside the tub or shower</li><li><input type="checkbox"/> Grab bars are installed near the toilet</li><li><input type="checkbox"/> Grab bars are installed inside the shower or tub</li><li><input type="checkbox"/> There's a nightlight in the bathroom</li><li><input type="checkbox"/> All toiletries are within easy reach — no climbing needed</li><li><input type="checkbox"/> There's a non-slip mat on the bathroom floor</li></ul>  | <ul style="list-style-type: none"><li><input type="checkbox"/> There's a clear, unobstructed path from the bed to the bathroom</li><li><input type="checkbox"/> A nightlight lights the path from bed to bathroom at night</li><li><input type="checkbox"/> A lamp or light switch is reachable from the bed</li><li><input type="checkbox"/> The bed is easy to get in and out of (not too low or too high)</li><li><input type="checkbox"/> No loose rugs or electrical cords on the floor near the bed</li><li><input type="checkbox"/> A phone or emergency button is always within reach</li></ul> |
| ■ Kitchen & Living Room   | ■ Hallways & Stairs   |
| <ul style="list-style-type: none"><li><input type="checkbox"/> Things used daily are stored between waist and shoulder height</li><li><input type="checkbox"/> If a step stool is needed, it has a handle to hold onto</li><li><input type="checkbox"/> Floors are clear — no clutter, bags, or objects to trip on</li><li><input type="checkbox"/> Electrical cords are tucked safely against the walls</li><li><input type="checkbox"/> Loose rugs are either removed or have non-slip backing</li><li><input type="checkbox"/> Furniture is arranged so there's a clear path to walk through</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> There are handrails on both sides of any stairs</li><li><input type="checkbox"/> Stairs and hallways are well-lit</li><li><input type="checkbox"/> Light switches are easy to reach at both ends of each hallway</li><li><input type="checkbox"/> Nothing is stored or left sitting on the stairs</li><li><input type="checkbox"/> Stairs have non-slip strips or carpet to prevent slipping</li></ul>   |

| ■ Front Door & Outdoors   | ■ Footwear  |
|---|---|
| <input type="checkbox"/> The path from the car or street to the front door is even and clear<br><input type="checkbox"/> There are handrails on any outdoor steps<br><input type="checkbox"/> Outdoor lighting is working and bright enough at night<br><input type="checkbox"/> The welcome mat is flat, secure, and doesn't slide | <input type="checkbox"/> They wear shoes or slippers with non-slip soles indoors<br><input type="checkbox"/> They avoid walking on smooth floors in just socks<br><input type="checkbox"/> Their shoes fit well and soles are not worn down or uneven |

| ■ Health & Habits   | ■ Emergency Readiness   |
|---|---|
| <input type="checkbox"/> Their doctor has reviewed their medications for dizziness side effects<br><input type="checkbox"/> They take a moment to sit before standing up (no rushing)<br><input type="checkbox"/> Their vision has been checked in the last year<br><input type="checkbox"/> They stay well hydrated throughout the day | <input type="checkbox"/> Emergency contacts are posted somewhere visible (e.g. fridge)<br><input type="checkbox"/> They keep their phone on them — not just in one room<br><input type="checkbox"/> If they've fallen before, they have a medical alert device<br><input type="checkbox"/> A family member or neighbour checks in on them regularly |

**HOW MANY BOXES DID YOU NOT TICK?**

**0 – 8 unchecked → Low Risk**

- Great news — the home is mostly safe
- Repeat this check every 6 months
- Fix any unchecked items when you can

**9 – 20 unchecked → Some Risk**

- Start with unchecked bathroom & stair items
- Most fixes are simple and inexpensive
- Talk to their doctor about balance or dizziness

**21+ unchecked → Higher Risk**

- Act soon — falls can have serious consequences
- Consider a home safety visit from a professional
- Ask their doctor for a falls risk assessment