

The Fall-Proofing Home Checklist

A room-by-room walk through your own home, looking for the small things that make moving around it easier and steadier. Most of what follows costs nothing and takes an afternoon.

How to use this. Do one room at a time, at the hour you actually use it — the hallway at night, the bathroom first thing. Tick what is already true. Anything left unticked is a candidate, not a failure. Then use the worksheet on the last page to write down the two or three you will actually change this month.

Entryways & stairs

Where you arrive carrying something, in a hurry, in outdoor shoes.

- ☐ A light switch you can reach *before* you step in — at both ends of a hall
- ☐ A handrail on the stairs, ideally both sides, running the full flight
- ☐ Handrails that carry on past the last step, so your hand knows where the stairs end
- ☐ Loose mats at the door taped down, backed with non-slip, or taken up
- ☐ Threshold strips flat and screwed down, not curling
- ☐ Somewhere sturdy to hold or sit while shoes come off — a bench, a chair, a rail
- ☐ Outdoor steps swept, and a decided plan for ice and wet leaves

Bathrooms

Hard surfaces, water, and a lot of standing on one leg.

- ☐ A grab bar by the toilet, fixed into a stud or a proper anchor
- ☐ A grab bar in the shower or tub, positioned where your hand actually goes
- ☐ Non-slip strips or a suction mat on the tub or shower floor
- ☐ A bath mat with a rubber back — or no bath mat
- ☐ A shower stool, if a full standing wash is tiring
- ☐ Soap and shampoo at chest height, not down by your feet
- ☐ The route from bed to bathroom lit well enough to walk at 3 a.m.

Bedrooms

The middle-of-the-night trip, half asleep, in the dark.

- ☐ A bed height that lets both feet rest flat on the floor when you sit on the edge
- ☐ A lamp or switch you can reach without standing up
- ☐ A nightlight between bed and bathroom
- ☐ A clear floor path — no charging cables, shoes, or laundry baskets in it
- ☐ Slippers with backs and grip, kept in the same place every night
- ☐ A phone or alarm within arm's reach of the bed

Kitchens & living areas

Reaching, carrying, and getting out of a low chair.

- ☐ Everyday plates and pans stored between hip and shoulder height
- ☐ A step stool with a handrail for anything higher — never a dining chair
- ☐ Rugs with non-slip backing, or rolled up and put away
- ☐ Cords run along the wall, never across a walking route
- ☐ At least one chair with arms, so you can push up instead of hauling up
- ☐ Spills wiped as they happen, not after the kettle boils
- ☐ A clear route from your chair to the door with nothing to step over

Lighting & footwear

Two things that quietly change how confidently you move.

- ☐ Full-brightness bulbs in hallways, on stairs, and in the bathroom
- ☐ A lamp within reach of where you sit in the evening
- ☐ Dead bulbs replaced the week they go, not the month
- ☐ Shoes with a back, a firm sole, and a fastening
- ☐ Soles checked for wear — smooth ones get replaced
- ☐ Indoor shoes or gripped slippers rather than socks alone on hard floors

The worksheet

Three changes you finish beat thirty you meant to get to. Write down what you noticed, what you will do about it, and when.

ROOM	WHAT I NOTICED	WHAT I'LL CHANGE	BY WHEN

THE ONE I'M DOING FIRST

WHO CAN HELP WITH THE JOBS NEEDING A DRILL

A grab bar has to go into a stud or a purpose-made anchor. A towel rail is not a grab bar, and neither is a suction handle on tile.