



Nevada Care Compass

Local. Licensed. Personalized Senior Guidance.



Free Printable Home Safety Checklist

A Simple Home Safety Checklist for Seniors & Families



HOME SAFETY

- ☐ Clear walkways and clutter
- ☐ Working smoke detectors
- ☐ Good lighting in hallways
- ☐ Grab bars in bathroom
- ☐ Non-slip rugs or mats
- ☐ Safe stair access



HEALTH & WELLNESS

- ☐ Recent falls or balance issues
- ☐ Weight loss or poor nutrition
- ☐ Difficulty bathing or dressing
- ☐ Changes in memory or confusion
- ☐ Social isolation or loneliness



DAILY LIVING

- ☐ Able to prepare meals safely
- ☐ Remembering medications
- ☐ Attending appointments
- ☐ Managing laundry and housekeeping
- ☐ Transportation available



CAREGIVER SUPPORT

- ☐ Family feels supported
- ☐ Emergency contacts updated
- ☐ Plan for future care needs



Need Additional Guidance?

Free in-home safety visits and planning support for seniors and families.

- ♥ Identify safety concerns
- ♥ Explore local support options
- ♥ Navigate changing care needs
- ♥ Plan ahead with confidence



Serving the
Reno, Sparks &
Carson City Areas



775-443-8046
NVcarecompass.com



Free in-home visits
and planning support
at no cost to
seniors and families.