

TRUEGUIDE HOME SAFETY CHECKLIST

Simple Ways to Improve Safety and Support Independence at Home

FALL PREVENTION & MOBILITY

- ☐ Remove loose rugs or clutter from walkways
- ☐ Improve lighting throughout the home
- ☐ Add nightlights in bedrooms and bathrooms
- ☐ Check railings and stairs for safety
- ☐ Make sure commonly used items are easy to reach
- ☐ Encourage supportive, non-slip footwear

BATHROOM SAFETY

- ☐ Install grab bars near toilets and showers
- ☐ Use non-slip mats in showers and tubs
- ☐ Consider a shower chair or handheld shower head
- ☐ Ensure bathrooms are well lit
- ☐ Remove tripping hazards like bath rugs

KITCHEN & DAILY ROUTINES

- ☐ Check for expired or spoiled food
- ☐ Review medication organization systems
- ☐ Make sure appliances are being used safely
- ☐ Simplify frequently used items and routines
- ☐ Monitor for missed meals or poor appetite

MEMORY & WELL-BEING

- ☐ Watch for missed medications or appointments
- ☐ Notice changes in memory or confusion
- ☐ Encourage social interaction and routine
- ☐ Create an emergency contact list
- ☐ Discuss concerns early before a crisis occurs

CAREGIVER SUPPORT

- ☐ Share caregiving responsibilities when possible
- ☐ Keep important medical information organized
- ☐ Ask for help before caregiver stress becomes overwhelming
- ☐ Explore support resources and care options early

NOT SURE WHERE TO START?

The TrueGuide Home Safety & Aging-in-Place Assessment helps families better understand safety concerns, explore support options, and make informed decisions with clarity and confidence.

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