

Is Your Home Safe for Mobility & Aging?

A quick checklist to identify risks before they become costly problems.

Entry & Access



- Steps at the main entrance
- Ramp or zero-step entry available
- Thresholds higher than ½ inch
- Sturdy handrail on all steps
- Entry well-lit at night

Watch for: Difficulty entering or exiting the home, especially with a walker or scooter.

Kitchen & Daily Use



- Frequently used items within easy reach
- Clear space for walker or scooter use
- Countertops usable while seated
- Appliances easy to access and operate
- Non-slip, clutter-free flooring

Watch for: Avoiding the kitchen or needing help with basic tasks.

Doorways & Hallways



- Doorways at least 32 inches wide
- Tight turns limiting movement
- Door swings blocking mobility devices
- Floors level between rooms
- Lever-style handles easy to use

Watch for: Bumping, scraping, or needing to angle through openings.

Floors & Trip Hazards



- Rugs secure and not slipping
- Cords or clutter cleared from paths
- Items within easy reach
- Smooth, even flooring between areas
- No loose or uneven surfaces

Watch for: Small obstacles that increase the risk of trips or hesitation.

Bathroom Safety



- Walk-in shower or step-over tub
- Grab bars installed (not towel bars)
- Stable seat or bench available
- Non-slip flooring when wet
- Enough room to move safely

Watch for: Increased fall risk, especially in wet conditions or at night.

Movement & Turning Space



- Free movement in main living areas
- Enough room to turn comfortably
- Easy turning in key rooms
- Areas avoided due to difficult access
- Safe charging or storage area available

Watch for: Parts of the home becoming difficult or unusable.

Bedroom & Night Safety



- Bedroom accessible without stairs
- Space to move safely around the bed
- Bedside lighting easy to reach
- Clear pathways at night
- Phone or call button within reach of bed

Watch for: Unsafe nighttime movement that could lead to falls.

Mobility & Warning Signs



- Recent falls or near-falls
- Avoiding certain rooms or tasks
- Needing more assistance than before
- Feeling less confident moving around
- Using furniture or walls for support

If any are checked: Addressing these concerns soon is strongly recommended.

Not sure what to fix first?

We can help you prioritize the right changes—so you know what to do next.

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