

My Home Safety Checklist

How does your house light up?

- Are all of the rooms and hallways in my home properly lit?
- Can I reach all of the light switches without having to overextend?
- Would I benefit from motion activated nightlights for nighttime movement?
- Would switching from a standard toggle light switch to a flat “press” light switch be more comfortable for me?
- Could I benefit from adding dimmers to my switches, to allow for safer movement throughout the evening into nighttime?
- Are my light bulbs long lasting/energy efficient, to avoid having to replace them often?
- Do I have good lighting in my outdoor spaces, so I can leave or enter my home safely in the evening?

Can you move around freely?

- Are my hallways and room entry spaces decluttered from objects on the floor, or big furniture that limits my movement?
- Do I need to consider adding a fastened down carpet to my slippery floors, or removing a rug that causes me to trip?
- Can I walk into and out of my home without having to move around things that are in my way (house tools like shovels/brooms, plant pots and earthed plants, unsafe welcome mats)?
- Would small pieces of reflective tape on each step (indoors and outdoors) make it safer for me to move around my home, especially in the evening?
- Would rearranging my living space to avoid taking the stairs, or adding stair accommodation devices help me?
- Are all of my movement spaces free from electric cables and cords on the ground?

How comfortable are you?

- Do I need to adjust my bed height so that I can sit comfortably at the ledge, with my knees bent and my feet flat on the ground?
- Would taking a shower be more comfortable for me if I had handrails to hold on to, a seat to sit on, or a ledge free entry?
- If I want to keep my soaking tub, would an updated model with a door entry that opens and closes make it safer for me to enjoy a warm bath?
- Is it better for me to change my twist door knobs to flat door handles?