



Elder Guard Home

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THE ELDER GUARD HOME SAFETY AUDIT

A Room-by-Room Guide to Peace of Mind



Free Printable PDF Download





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INTRODUCTION & HOW TO USE THIS AUDIT

Welcome! This free elderly home safety audit PDF is designed to help you identify and fix common hazards in your home.

- **Take it slow:** Do one room per day to avoid feeling overwhelmed.
- **Be Objective:** Try to look at the home through the eyes of someone with limited mobility or vision.
- **Prioritize:** If you see a "Red Flag," fix it immediately.





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THE ENTRYWAY & EXTERIOR

Safety starts before you even walk through the front door.

- ☐ Are all walkways and steps clear of debris, leaves, or snow?
- ☐ Is there a sturdy handrail on both sides of the stairs?
- ☐ Is there an outdoor light that stays on at night or is motion-activated?
- ☐ Are the house numbers large, reflective, and easy for emergency services to see?
- ☐ Is the doorknob easy to turn (lever-style) rather than a round knob?





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THE LIVING ROOM & GENERAL AREAS

The most common areas for trips and falls.

- ☐ Primary Check: Have all throw rugs been removed or secured with non-slip tape?
- ☐ Is there a clear walking path (at least 32 inches wide) through the room?
- ☐ Are all electrical cords tucked away behind furniture and off the floor?
- ☐ Are sofas and chairs high enough to get in and out of easily?
- ☐ Are light switches easy to reach at every entrance to the room?





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THE KITCHEN (HIGH-RISK ZONE)

Focusing on reachability and visibility.

- [] Are frequently used items (plates, glasses, food) stored at waist-to-chest level?**
- [] Is the floor surface non-slip, even when wet?**
- [] Is there a sturdy stool or chair available if the senior gets tired while cooking?**
- [] Is the lighting over the stove and countertops bright enough to prevent accidents?**
- [] Are there any loose floor tiles or linoleum edges that could cause a trip?**





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THE BATHROOM (THE "WET ZONE")

Statistics show this is the most dangerous room in the house.

- ☐ Are there professional-grade grab bars installed in the shower/tub?
- ☐ Is there a non-slip rubber mat or adhesive strips inside the tub?
- ☐ Is the toilet seat at a comfortable height (or has a riser been added)?
- ☐ Is there a nightlight that stays on 24/7 in the bathroom?
- ☐ Are towels and toilet paper within easy reach without over-stretching?





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THE BEDROOM

Ensuring safety during the night and morning transitions.

[] Is there a lamp, phone, and glasses within arm's reach of the bed?

[] Are there motion-sensor lights that illuminate the floor when someone gets out of bed?

[] Is the bed at a height where the senior's feet touch the floor when sitting on the edge?

[] Is there a clear, well-lit path from the bed to the bathroom?

[] Is the carpeting low-pile and firmly tacked down?





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LIGHTING & VISIBILITY AUDIT

Vision changes are a major factor in senior safety.

- ☐ Have all standard 60W bulbs been replaced with brighter 100W equivalent LEDs?
- ☐ Are there "glare-free" window coverings to prevent blinding light during the day?
- ☐ Are all light switches "rocker-style" (easier for arthritic hands)?
- ☐ Are flashlights or emergency lights plugged in and charged in every room?





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EMERGENCY PREPAREDNESS SHEET

Print this page and stick it on the refrigerator.

- **Primary Emergency Contact:**

- **Doctor's Name & Number:**

- **Pharmacy Name & Number:**

- **Current Medications List Location:**

- **Insurance Information:**





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YOUR ACTION PLAN

Write down the top 5 things you need to fix this week.

1. _____
2. _____
3. _____
4. _____
5. _____

Expert Final Tip: Share this printable home safety checklist for seniors with siblings or other family members so everyone is on the same page!

