

Home Safety Checklist for Older Australians

A room-by-room guide to identifying and reducing hazards at home

Use this checklist to identify potential hazards in your loved one's home. Tick items that are already in place, and note items that need attention. Share with your Home Care Finally care coordinator for follow-up.

ENTRANCE & PATHWAYS

- Well-lit entrance with light switch accessible from outside
- No loose paving stones, uneven surfaces or raised edges at entry
- Handrail on both sides of all external steps
- Non-slip surface on all steps
- Ramp available if steps are difficult to navigate
- Clear, unobstructed pathway from gate to front door
- Doorbell or knocker audible from all areas of the home

LIVING AREAS

- No loose rugs or mats (or secured with non-slip backing)
 - Clear pathways between furniture — minimum 1m wide
 - Chairs and sofas at appropriate height with firm arm support
 - Telephone or mobile phone within easy reach
 - Emergency contacts list visible and up to date
 - No trailing electrical cords across walkways
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- Adequate lighting in all areas including corners
- TV remote and frequently used items within easy reach

BATHROOM & TOILET

- Grab rail installed beside toilet
- Grab rail(s) installed in shower or bath
- Non-slip mat in shower and on bathroom floor
- Shower chair or seat available if needed
- Handheld shower head installed
- Hot water temperature set to 50°C or below (prevents scalding)
- Adequate lighting including a night light
- Soap and toiletries within easy reach without bending or stretching

BEDROOM

- Bed at appropriate height for easy entry and exit
- Bed assist handle or bed rail if needed for transfers
- Clear path from bed to bathroom with night lighting
- Motion-sensor night light in hallway
- Phone or emergency alert device accessible from bed
- Glasses, hearing aids, medications within easy reach of bed

KITCHEN

- Frequently used items stored at waist height — not in high or low cupboards
 - Non-slip mat in front of sink
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- **Stove knobs clearly labelled and easy to operate**

- **Smoke alarm present and tested in the last 6 months**

- **Fire blanket or extinguisher accessible**

- **Good lighting over all work surfaces**

- **Kettle tipper or lightweight kettle to reduce spill risk**

MEDICATIONS & HEALTH

- **All medications clearly labelled and stored safely**

- **Medication schedule written clearly and up to date**

- **Blister pack or dosette box used for simplified administration**

- **Emergency contact numbers (GP, specialist, family) clearly displayed**

- **Medical alert jewellery worn if applicable**

- **Personal alert / emergency pendant device worn and charged**

Need to act on any of these items? Home Care Finally can connect you with OT assessments and home modification services across SE Melbourne and the Mornington Peninsula. Call us today.