Companion Checklist

Room-by-Room Safety Check

Walk through the home with the older adult, if possible. Check each box that applies, and use the notes section for repairs, questions, or anything that needs professional input.

Entryways and Stairs

☐ Steps and walkways are clear of clutter, shoes, and packages

☐ Handrails are secure and, ideally, on both sides of the stairs

☐ Lighting is bright enough to see every step and the top and bottom of the stairs

☐ Stair treads, thresholds, and mats are not worn, loose, or uneven

☐ Non-slip strips or secure mats are in place where surfaces are slippery

Notes: _____

Hallways and Living Areas

☐ Walkways are wide and clear

☐ Cords are secured or moved out of walking paths

☐ Rugs lie flat, have non-slip backing, or have been removed

☐ Furniture is arranged so there is a clear path through each room

☐ Phone, remote, glasses, and other frequently used items are within easy reach

☐ Lighting is adequate, with switches easy to reach

Notes: _____

Bathroom

☐ Non-slip mats are used inside and outside the tub or shower

☐ Floors and tub edges are kept dry

☐ Grab bars are installed and anchored into the wall structure, where needed

☐ A shower seat or other bathing support has been considered

☐ Getting on and off the toilet feels steady and secure

☐ A night-light or other lighting is available

Notes: _____

Bedroom and Nighttime Route

☐ The path from bed to bathroom is clear

☐ A lamp or light is within reach of the bed

☐ Night-lights light the route to the bathroom

☐ Glasses, phone, and water are within easy reach of the bed

☐ Getting in and out of bed feels steady (if not, note it for a clinician)

Notes: _____

Kitchen and Outdoor Paths

☐ Everyday dishes, pans, and foods are stored within comfortable reach, with no step stool needed

☐ Spills are cleaned up right away

☐ Outdoor paths, driveways, and steps are free of cracks, raised edges, hoses, tools, and leaves

☐ Outdoor lighting shows steps and path edges after dark

☐ Outdoor handrails are secure

☐ A plan is in place for wet, icy, or leaf-covered surfaces

Notes: _____

Concerns that may need repair or professional input

☐ Loose or damaged handrails

☐ Structural work, such as grab bar installation

☐ Lighting upgrades

☐ Uneven or damaged steps and walkways

Notes: _____

Follow-Up and Conversation Prompts

Questions to discuss with a healthcare professional

☐ Recent falls or near-falls: when, where, and what was happening

☐ Changes in balance or walking

☐ Dizziness or lightheadedness, especially when standing

☐ Medication review, including over-the-counter products and supplements

☐ Vision or hearing care

☐ Footwear

☐ Mobility aids: fit, condition, and proper use

☐ Suitable strength and balance activity

Bring an up-to-date medication list to the appointment. Never stop or change a medication without advice from the prescriber.

Sample Follow-Up Plan Table

Concern or hazard	Next step	Person responsible	Target date

Important reminder

This checklist is not a diagnosis or a substitute for professional medical advice. If a fall causes serious injury or concerning symptoms, call 911.

Contact New Estuary Home Care

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Complimentary in-home assessment and home safety inspection by a Registered Nurse. Serving New Hanover, Brunswick, Pender, and Onslow Counties.