

Vida Care

Compassion You Can Trust

HOME SAFETY CHECKLIST

This guide helps seniors and family caregivers identify common home safety hazards and reduce the risk of falls and injuries.

Entryways

Checklist
■ Walkways are clear and free of clutter.
■ Handrails are secure.
■ Outdoor lighting is working properly.

Living Room

Checklist
■ Remove loose rugs.
■ Secure electrical cords.
■ Frequently used items are within easy reach.

Kitchen

Checklist
■ Keep a fire extinguisher accessible.
■ Store heavy items at waist height.
■ Clean spills immediately.

Bathroom

Checklist
■ Install grab bars.
■ Use non-slip bath mats.
■ Keep toiletries within easy reach.

Bedroom

Checklist

- Use a nightlight.
- Keep a phone nearby.
- Maintain a clear path to the bathroom.

Emergency Contacts

Primary Contact: _____
Physician: _____
Emergency Services: 911

Need Help Keeping a Loved One Safe at Home?

Vida Care provides compassionate non-medical home care throughout Gwinnett County and Northeast Georgia.

Email: info@vidacarellc.com
Website: www.vidacarellc.com