



Home Safety & Fall Prevention Checklist

A Guide to Whole-Person Safety at Home by Blue River Home Health LLC

At Blue River Home Health, we believe a safe environment is the foundation for physical healing and spiritual peace. Use this room-by-room checklist—compiled by our Physical and Occupational Therapy teams—to identify and eliminate hidden hazards in your home.

1. Entryways, Hallways & Pathways (All Ages)

- **Clear Walkways:** Are all hallways and walking paths completely free of clutter, shoes, boxes, and toys?
- **Secure Rugs:** Are all throw rugs removed, or firmly secured to the floor with double-sided tape or non-slip backing?
- **Cord Management:** Are all electrical, phone, and medical cords tucked away safely against walls so no one can trip over them?
- **Stairway Safety:** Are handrails sturdy, securely fastened, and present on both sides of the stairs?
- **Nightlights:** Are halls and stairways bright and well-lit, especially during evening hours?

2. The Living Room (Senior & Disability Care)

- **Furniture Arrangement:** Is there plenty of room to easily walk around furniture with a walker, cane, wheelchair, or stroller?
- **Chair Safety:** Are couches and chairs high enough and firm enough that it is easy to stand up from them? (Avoid deep, sinking cushions).
- **Stable Tables:** Are coffee tables and end tables sturdy enough to support someone's weight if they lean on them for balance?
- **No Loose Objects:** Are small footstools, ottomans, or floor pillows moved out of primary walking lanes?

3. The Bathroom (Highest Fall Risk Area)

- **Non-Slip Surfaces:** Are there non-slip rubber mats or self-adhesive strips inside the bathtub or shower stall?
- **Grab Bars:** Are professional, securely bolted grab bars installed next to the toilet and inside the shower? (*Note: Do not use towel racks for balance!*)
- **Raised Toilet Seat:** If standing up is difficult, is a raised toilet seat or a toilet safety frame installed?
- **Shower Seating:** If balance is poor or standing is tiring, is a sturdy plastic shower chair available?
- **Dry Floors:** Is a non-slip bathmat placed directly outside the tub to catch water and prevent slipping on wet tile?

4. The Bedroom (Postpartum & Acute Recovery)

- **Bed Height:** Is the bed at a safe height? A person's feet should flatly touch the floor when they sit on the edge of the mattress.
- **Bedside Lighting:** Is there a lamp or light switch within easy arm's reach of the bed so no one has to walk in the dark?
- **Path to the Bathroom:** Is the exact path from the bed to the bathroom illuminated by motion-sensor nightlights?
- **Supportive Footwear:** Are sturdy, non-slip slippers or shoes kept right next to the bed for nighttime use?

5. The Kitchen & Medicine Management

- **Frequent Items Within Reach:** Are heavy or frequently used items (dishes, pots, baby supplies) stored on lower shelves to avoid using step stools?

- **Spill Cleanup:** Is a towel or mop handy to instantly dry any liquid or grease spilled on the floor?
 - **Bright Task Lighting:** Are food preparation and cooking areas brightly lit?
 - **Clear Medication Sorting:** Are medications stored in a well-lit area and organized in a clear, labeled pill organizer to prevent dosing errors?
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Need a Professional Eye? We Are Here to Help.

Even with a checklist, assessing a home can be overwhelming. As part of our commitment to your family's safety, a **Blue River Home Health Registered Nurse or Therapist** conducts a comprehensive, personalized home safety assessment for every single client before care begins.

Blue River Home Health LLC

Serving Indiana Families with Medical Excellence & Faith-Based Compassion

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