



Home Safety Checklist for Patients & Families

A practical checklist to prepare your home for safe care delivery. Your nurse will review this with you at your first visit — use it any time to check for new hazards.

Fire & Emergency Safety

- ☐ Smoke and heat detectors are installed and working on every level of the home.
- ☐ A fire extinguisher is accessible and not expired.
- ☐ Emergency numbers (911, poison control, your care team) are posted near the phone.
- ☐ If oxygen is used in the home, there is no smoking and no open flame within 10 feet of the equipment.
- ☐ Everyone in the household knows at least two ways out in case of fire.

Fall Prevention

- ☐ Throw rugs and loose mats are removed or secured with non-slip backing.
- ☐ Walkways and stairways are clear of clutter, cords, and clothing.
- ☐ Stairs have secure handrails on at least one side and non-skid treads.
- ☐ Rooms and hallways are well lit, including night-lights for nighttime trips to the bathroom.
- ☐ Frequently used items are stored within easy reach — no step stools needed.
- ☐ Footwear worn in the home is supportive and non-slip (avoid loose slippers or socks alone).

Bathroom Safety

- ☐ Grab bars are installed near the toilet and inside the tub or shower.
- ☐ A non-skid mat or strips are used in the tub or shower.
- ☐ A shower chair or tub bench is available if standing balance is a concern.
- ☐ A raised toilet seat is available if getting up from a low seat is difficult.

Medication Safety

- ☐ All medications are stored safely, away from children and clearly labeled.
- ☐ A current medication list is kept up to date (see the Medication Log Template).
- ☐ Pill organizers or reminder systems are used if managing multiple medications.
- ☐ Expired or discontinued medications are safely disposed of, not kept "just in case."

Equipment & Electrical Safety

- ☐ Medical equipment (hospital bed, wheelchair, walker, cane) is in good working condition and sized correctly.
- ☐ Wheelchairs and walkers have functioning brakes/locks and are used correctly.
- ☐ Extension cords and power strips are not overloaded and are kept out of walkways.
- ☐ Space heaters are kept at least 3 feet from anything that can burn and are never left unattended.



Emergency Preparedness

- ☐ A plan is in place for severe weather, power outages, or other emergencies — especially if you depend on electrically powered medical equipment.
- ☐ An emergency contact list and a copy of current medications are kept somewhere easy to grab quickly.
- ☐ If you have a Personal Emergency Response System ("life alert" pendant/button), it is worn and tested regularly.

Questions or Concerns?

If anything on this checklist raises a concern, tell your nurse — our team can help arrange equipment, home modifications, or additional support.

Ideal Home Health

413-322-8614 | 24/7 for clinical concerns

MassOptions (home modifications, elder services)

1-800-243-4636 | massoptions.org

Reviewed with your care team at your first visit and re-checked as your needs change.