

Room-by-Room Home Assessment Tool

General Home Safety

Item	Check	Notes / Actions Needed
Walkways are free of clutter or cords	☐	
Floors are in good condition, without loose rugs or uneven edges	☐	
Lighting is bright and consistent throughout rooms and hallways	☐	
Smoke detectors and carbon monoxide detectors are installed and working	☐	
Emergency numbers are visible and easy to reach	☐	
Stairs have sturdy railings on both sides	☐	
There is a clear and safe exit route in case of emergency	☐	

Entryway / Exterior

Item	Check	Notes / Actions Needed
Pathway and driveway are even and well lit	☐	
Entryway is free from obstacles and tripping hazards	☐	
Door locks are easy to use and secure	☐	
Thresholds are low or beveled for easy access	☐	
Handrails or grab bars are present where needed	☐	

Living Room

Item	Check	Notes / Actions Needed
Furniture is arranged to allow clear walking paths	☐	
Coffee tables and cords do not block movement	☐	
Seating is firm and high enough to make standing easier	☐	
Lighting is adequate for reading and evening use	☐	
Area rugs are non-slip or secured	☐	

Kitchen

Item	Check	Notes / Actions Needed
Commonly used items are stored within easy reach (no need for step stool)	☐	
Stove and oven controls are clearly marked and easy to use	☐	
Fire extinguisher is accessible and in working order	☐	
Refrigerator and pantry are organized and food is within reach	☐	
Floor is dry, even, and non-slippery	☐	
Adequate lighting for meal preparation	☐	

Bedroom

Item	Check	Notes / Actions Needed
Path from bed to bathroom is clear and well lit	☐	
Bed height allows for easy sitting and standing	☐	
Telephone or alert system within reach of the bed	☐	
Lighting can be controlled from bed	☐	
No clutter or loose cords on the floor	☐	

Bathroom

Item	Check	Notes / Actions Needed
Grab bars installed near toilet and shower/tub	☐	
Non-slip mats or surfaces in shower and tub	☐	
Shower chair or handheld showerhead available (if needed)	☐	
Toilet height is comfortable and accessible	☐	
Floor remains dry; no water leakage	☐	
Bright, glare-free lighting	☐	

Laundry Area

Item	Check	Notes / Actions Needed
Washer and dryer are easy to reach and operate	☐	
Laundry supplies stored at waist height (not too high or low)	☐	
Floor is clear and dry	☐	

Hallways and Stairs

Item	Check	Notes / Actions Needed
Hallways are free of clutter	☐	
Handrails present on both sides of stairs	☐	
Steps are well lit and have visible edges	☐	
No loose carpeting on stairs	☐	

Lighting and Electrical

Item	Check	Notes / Actions Needed
Light switches are easy to reach at each room entrance	☐	
Night lights installed in hallways, bathrooms, and bedrooms	☐	
Extension cords are secured and not across walkways	☐	
Outlets are not overloaded	☐	

Final Reflections

1. Which rooms feel safest or easiest for your parents to move through?
2. Which areas seem to pose the most challenges or risks?
3. Are there changes that could improve independence (lighting, layout, grab bars, furniture adjustments)?
4. Who can help with any needed modifications (family, handyman, occupational therapist)?

Next Steps:

Review your notes and highlight any items that could prevent falls, improve comfort, or make daily routines easier. Share your findings with your parents, family members, or a professional transition planner to discuss possible updates or repairs.