

First Month Home Safety checklist

A 30-day, room-by-room home safety plan

About this list:

A one-page PDF that summarizes the three caregiver checklists on /caregiver-resources: Bathroom fall-proofing, Choosing a walker, and Commode hygiene. Drop your email and we'll send the PDF, or grab it below. For the full printable version of any single checklist, read the full checklists at /caregiver-resources.

Bathroom fall-proofing:

Clear the floor path from bed to bathroom of rugs, cords, and shoes.; Mark the shower entry with a non-slip mat that covers the full standing area.; Test every grab-bar pull-out force once a month with your full hand-grip.; Set the shower chair or transfer bench height so hips stay level when seated.; Place a raised toilet seat only if the person can still bear weight on their feet.; Walk the bathroom in the dark the way the person walks it - note every uneven edge.

Choosing a walker:

Measure the user's height in the shoes they wear indoors and compare to handle-height range.; Measure the user's weight and compare it to the listed max-user-weight.; Measure every doorway width at the latch side - leave two inches of slack minimum for the walker.; Pick no wheels if the user needs to lean the walker for balance; pick four wheels only with a parking brake they can use.; Pull each brake lever to lock - it should click and hold before the first supervised walk.; Walk to the bathroom and back before deciding - that is the real course.

Commode hygiene:

Empty the bucket while you still have gloves on - do not set the bucket down first.; Wipe the seat, lid, and armrests with the cleaner you use in the rest of the bathroom.; Use a liner on every overnight session and tie it off before lifting it to the trash.; Store the commode at the bedside overnight - roll it into the bathroom in the morning.; Cover the seat with its own lid, not a separate towel - towels slip.; For infection control reasons, opened commode liners are final sale - keep a fresh three-day stack within reach.

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Practical guidance, not a substitute for the person you care for's doctor or care team. Read the full checklists at /caregiver-resources for the printable single-checklist PDF of each topic. If the person you care for has pain, dizziness, or a recent fall, contact their care team before changing the setup.