

RDC Home Safety Guide & Checklist

A room-by-room aging-in-place worksheet for spotting hazards, prioritizing changes, and deciding what deserves a closer look.

Use this workbook to organize what is happening now, identify gaps, and make a practical family plan.

HOW TO USE THIS GUIDE

Walk through the home with the person who lives there whenever possible. For each item, mark **OK**, **Needs Attention**, or **N/A**. Use the notes column for what you saw, not just what you plan to buy.

1 | THROUGHOUT THE HOME

Check	What to look at	OK	Needs attention	N/A	Notes
☐	Repairs or maintenance issues are not creating a safety problem.	☐	☐	☐	
☐	Walking paths are clear of clutter, cords, oxygen tubing, furniture, and pet hazards.	☐	☐	☐	
☐	Lighting is bright enough for daytime and nighttime movement.	☐	☐	☐	
☐	Frequently used items can be reached without unsafe climbing or stretching.	☐	☐	☐	
☐	Flooring is secure; rugs/mats do not slide or curl.	☐	☐	☐	
☐	Mail, trash, spoiled food, or household buildup is not creating a new concern.	☐	☐	☐	
☐	Smoke and carbon-monoxide alarms are present and routinely checked.	☐	☐	☐	
☐	The home address and emergency contact information are easy to locate.	☐	☐	☐	

2 | ENTRANCES, OUTDOORS & STAIRS

Check	What to look at	OK	Needs attention	N/A	Notes
☐	Primary entrance is level or manageable with current mobility.	☐	☐	☐	
☐	Steps are sturdy, visible, and in good repair.	☐	☐	☐	
☐	Handrails are secure and usable where needed.	☐	☐	☐	
☐	Walkways/driveways are even, clear, and well lit.	☐	☐	☐	
☐	Door locks are secure but a trusted responder can still gain access in an emergency.	☐	☐	☐	
☐	Packages/bags can be set down safely while unlocking the door.	☐	☐	☐	
☐	A walker or wheelchair can move through the primary entrance if needed.	☐	☐	☐	
☐	Exterior trip hazards such as hoses, uneven surfaces, or vegetation are addressed.	☐	☐	☐	

3 | BATHROOM

Check	What to look at	OK	Needs attention	N/A	Notes
☐	Tub/shower can be entered and exited safely.	☐	☐	☐	
☐	Grab bars or stable supports are available where needed.	☐	☐	☐	
☐	Tub/shower surface has appropriate slip resistance.	☐	☐	☐	
☐	Toilet height and surrounding support allow safe sitting and standing.	☐	☐	☐	
☐	Nighttime route to the bathroom is adequately lit.	☐	☐	☐	
☐	Water temperature is managed to reduce scald risk.	☐	☐	☐	
☐	Bathing equipment such as a shower chair or handheld shower may be useful if endurance/balance has changed.	☐	☐	☐	

4 | BEDROOM & NIGHTTIME

Check	What to look at	OK	Needs attention	N/A	Notes
■	Person can get in and out of bed safely.	■	■	■	
■	Phone, medical alert, or other way to summon help is reachable from bed.	■	■	■	
■	Light can be turned on before walking across the room.	■	■	■	
■	Bed-to-bathroom route is clear and well lit.	■	■	■	
■	Footwear used at night is stable and easy to put on.	■	■	■	
■	Frequently used items are within safe reach.	■	■	■	

5 | KITCHEN & FOOD

Check	What to look at	OK	Needs attention	N/A	Notes
■	Frequently used dishes/food are stored within safe reach.	■	■	■	
■	No routine need to climb on chairs or stools.	■	■	■	
■	Floor is dry, uncluttered, and free of loose mats.	■	■	■	
■	Appliances and cords are in safe condition.	■	■	■	
■	There is enough usable food and no concerning amount of spoiled food.	■	■	■	
■	Cooking is currently safe for the person's memory, judgment, mobility, and vision.	■	■	■	
■	A plan exists if cooking becomes difficult or unsafe.	■	■	■	

6 | EMERGENCY READINESS & TECHNOLOGY

Check	What to look at	OK	Needs attention	N/A	Notes
■	Person has a reliable way to summon help after a fall or emergency.	■	■	■	
■	Medical alert / phone / watch is worn, charged, and usable if relied upon.	■	■	■	
■	Family knows who receives alerts or calls and what they should do.	■	■	■	
■	A trusted person can enter if the resident cannot answer the door.	■	■	■	
■	Power outage plan accounts for heat, medical equipment, charging, and communication.	■	■	■	
■	Wildfire/evacuation plan includes destination, transportation, pets, and essential items.	■	■	■	
■	Medication list, ID, insurance, and emergency contacts can be found quickly.	■	■	■	

7 | WHAT DESERVES ATTENTION FIRST?

Not every item has the same urgency. Use this page to turn the walk-through into a short, realistic action list.

Priority	Concern / location	What should happen next?	Who will handle it?
1			
2			
3			
4			
5			

WHEN A CLOSER LOOK MAY BE WORTH IT

■	There has been a fall or repeated near-falls.
■	Getting into/out of the shower, toilet, bed, or stairs is becoming difficult.
■	Mobility has changed after a hospitalization, surgery, illness, or injury.
■	The family sees several issues but is unsure which modifications matter most.
■	The person lives alone and emergency access or ability to summon help is uncertain.
■	The home may need modifications and the family wants an independent review before hiring someone to do the work.

RDC Professional Home Safety Assessment: Red Desert Check-In offers an independent in-home assessment for families who want a trained second set of eyes, written priorities, and practical next steps. RDC does not sell remodeling or repair work.

This guide is educational and is not a building-code inspection, occupational-therapy evaluation, medical assessment, contractor inspection, or substitute for emergency services.