

Home Safety Checklist for Limited Mobility

Room by room

A simple walk-through for people with limited mobility and their caregivers. Go room by room, tick what is already in place, and circle what to look at next. You don't need to renovate: a few well-chosen aids, set up in the right order, can make everyday tasks easier.

1. Walk it. Do the route you actually use: door, bathroom, bed, kitchen, sofa.

2. Tick it. Check what is done. Circle what needs a change.

3. Ask. Bring this list to an occupational therapist home assessment.

Entry and stairs

- ☐ Walkways and steps are **clear of shoes, cords and loose rugs**.
- ☐ Entry and stairs are **well lit**, with a light switch or motion-sensor light you can reach at the door and at the top and bottom of the stairs.
- ☐ **Sturdy handrails** are in place on the stairs and feel solid when you hold them.
- ☐ There is a **seat near the door** so you can sit down to put on shoes.
- ☐ A **long-handled shoe horn** and **elastic no-tie laces** remove most of the bending from putting on shoes.
- ☐ A **reacher with a magnet** is kept nearby for dropped keys and mail (light items only).
- ☐ Your **cane, walker or rollator** is kept within reach where you come and go.

Bathroom

- ☐ Weight-bearing **grab bars are screw-mounted into studs or approved blocking**, never drywall or tile alone. A textured finish is easier to hold when wet.
- ☐ Any **suction grab bar is for light balance only**. It can release without warning and must never hold your body weight.
- ☐ If stepping over the tub wall is hard: a **tub transfer bench** that fits your tub width, with all four legs level, rubber tips down, and a weight capacity that suits you.
- ☐ If you can step in but can't stand for long: a **shower chair with a back** (and arms for more support).
- ☐ A **handheld shower on a long hose** and a **long-handled sponge** so you can wash seated without twisting or bending.
- ☐ A **raised toilet seat** with arms, or a toilet safety frame, to push up from.
- ☐ **Non-slip mat inside the tub** and an absorbent non-slip mat outside it. Replace them when the suction cups or backing wear out.
- ☐ With a transfer bench, a **split curtain** or one tucked between the bench legs helps keep water in the tub.

Bedroom

- ☐ Sitting on the edge of the bed with feet flat, your **knees are about level with your hips**.
- ☐ **Bed risers**, if used, match your bed legs and weight and sit on a firm, level floor. Try the new height carefully before you commit.
- ☐ A **bed assist rail**, if used, is fitted exactly to the manufacturer's instructions, strapped to the frame, suits your mattress thickness and leaves **no gaps that could trap** the head, neck or chest.
- ☐ A **leg lifter strap** is within reach if lifting your legs onto the bed is hard.
- ☐ A **floor-to-ceiling security pole**, if used, sits between a solid floor and ceiling (not a drop ceiling or thick carpet), and you recheck the tension before each use.
- ☐ A **lamp or switch is within easy reach** of the bed.
- ☐ Clothes are laid out within reach the night before, and you **sit down to dress** your lower body, using a sock aid, dressing stick or button hook if they help.

Kitchen

- ☐ **Non-slip matting** stops bowls and plates from sliding.
- ☐ A **one-handed prep board** holds food still for cutting, peeling and grating.
- ☐ A **rocker knife** cuts with a rocking motion, so you don't need a fork to hold food.
- ☐ A **jar opener with a non-slip base** and an **electric can opener** make opening easier.
- ☐ **Thick, soft-handled utensils** and peelers are easier to hold with weak grip.
- ☐ A **utility cart on wheels** moves food and dishes so you carry less.
- ☐ A **perching stool** lets you work at the counter while partly seated.

Living areas and lighting

- ☐ **Motion-sensor or dusk-to-dawn night lights** light the route from bed to bathroom.
- ☐ The night-time path is **clear of shoes, cords and loose rugs**.
- ☐ A **reacher** is kept in the main living area for floor pick-ups and high shelves (light items only).
- ☐ A **long-handled dustpan and broom** lets you tidy up without bending to the floor.
- ☐ You have checked the **weight capacity and fit** of every seat, rail and pole, and follow the manufacturer's instructions.

Ask an occupational therapist for a home assessment

This checklist is general information, not medical advice. Ask an occupational therapist for a home assessment, especially if you need another person to help you transfer, feel faint when you stand, have movement precautions after surgery, or live with confusion or a high fall risk. An OT can check your bed and seat heights, grab bar positions and equipment fit, and teach a safe way to transfer.

Always follow the manufacturer's instructions and weight ratings. More help: ReachWell's free guides on bathroom safety, tub and bed transfers, kitchen tools, reachers and dressing aids.