



HOME SAFETY & LIFESTYLE CHECKLIST

Provided by PR Home Care: Premium Companion Support

A safe home environment helps seniors remain active, confident, and independent. Use this checklist to identify simple environmental changes that may reduce fall risks and support safer daily routines.

Living Areas & Walkways

- Walking paths are free of furniture, cords, and clutter.
 - Area rugs are removed or secured with non-slip backing.
 - Hallways and entryways are bright and easy to navigate.
 - Books, shoes, and loose items are kept off the floor.
 - Frequently used items are easy to reach.
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Bathroom Environment

- Non-slip mats are placed inside and outside the tub or shower.
 - Grab bars are installed or available for balance support.
 - A nightlight is used for evening bathroom trips.
 - Towels, toiletries, and supplies are within easy reach.
 - Floors are kept dry and clear after use.
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Bedroom Setup

- Lamps, phones, and needed items are within reach of the bed.
 - The floor is clear of blankets, shoes, and loose items.
 - There is a safe path from the bed to the bathroom.
 - A way to call for help is kept near the bedside.
 - Night lighting is available.
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Kitchen & Daily Flow

- Daily items like dishes, snacks, and drinks are stored at counter level.
 - Spills are wiped up immediately.
 - Step stools are avoided unless stable and safe.
 - Walkways between kitchen areas are clear.
 - Frequently used items do not require overreaching.
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Outdoor & Entry Areas

- Entryways are well-lit.
 - Steps and walkways are even and clear.
 - Handrails are secure where needed.
 - Outdoor mats are flat and non-slip.
 - Shoes support balance and stability.
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When Extra Support May Be Helpful

Consider additional support if your loved one:

- Has had a recent fall or near fall.
 - Holds onto furniture while walking.
 - Avoids certain rooms or stairs.
 - Seems less confident moving around the home.
 - Has clutter building up in common areas.
 - Is isolated or less active than usual.
 - Needs reminders or support with daily routines.
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Professional Lifestyle Support

PR Home Care provides non-medical companion and lifestyle support for seniors in Raleigh and surrounding areas.

We help with:



- Safety supervision
 - Companion support
 - Light household support
 - Meal preparation assistance
 - Social engagement
 - Transportation support
 - A watchful presence focused on fall prevention awareness
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Need Help Reviewing Home Safety Concerns?

You do not have to figure this out alone.

PR Home Care can help families talk through concerns and explore whether companion or lifestyle support may be helpful.

PR Home Care

Non-Medical Companion & Lifestyle Support

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