

Room-by-room essentials

Entry & Living Areas

- ☐ Clear throw rugs/cords; wide walkways
- ☐ Sturdy chair with arms for sit-to-stand
- ☐ Motion nightlights for evening paths
- ☐ High-contrast tape on step edges
- ☐ Door chime/motion sensor if wandering risk

Kitchen

- ☐ Auto-shutoff kettle or induction cooktop
- ☐ Lock/relocate knives & cleaners
- ☐ Big labels on drawers/shelves (MUGS, PLATES)
- ☐ Hydration station (clear cups + measured pitcher)
- ☐ Weekly pill organizer (stored securely)

Bathroom

- ☐ Grab bars (stud-mounted) by toilet & in shower
- ☐ Raised toilet seat + non-slip mats
- ☐ Hand-held shower & shower chair
- ☐ Contrasting towels; toiletries within reach
- ☐ Nightlight path bed→bathroom; remove door locks

Bedroom

- ☐ Bed height ≈ knee level; clear path to bathroom
- ☐ Clothes laid out in simple sets; big drawer labels
- ☐ Avoid loose bedding; consider satin side panels
- ☐ Comfort item (soft blanket, familiar photo) nearby

Hallways & Stairs

- ☐ Even lighting; warm bulbs at night (reduce glare)
- ☐ Handrails on both sides where possible
- ☐ No throw rugs; clutter removed
- ☐ Stair edges marked with high-contrast tape

Exits & Outdoors

- ☐ Door chime/alerts; neighbors informed with contact
- ☐ Medical ID bracelet with 24/7 phone number
- ☐ Safe walking route; bench/shoe station at entry
- ☐ Non-slip mats at thresholds

Whole-Home Systems

- ☐ Big-label room signs; whiteboard with today's plan
- ☐ Evening routine: lights on before dusk, soft music
- ☐ Med safety: one pharmacy, organizer, RN teaching
- ☐ Emergency go-bag: meds list, insurance, directives
- ☐ Tech aids: video doorbell, stove shutoff, sensors