



CURATED FOR
SENIORS
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FREE PRINTABLE GUIDE

Weekend Home-Safety Walkthrough

A room-by-room review for a safer weekend at home

Introduction. A fall-proofing review works best when it is practical rather than alarming. Small hazards are easier to spot when you walk the same routes an older adult uses every day.

How to use this guide. Work through the sections in order. Check the home in daylight and again after dark, and leave electrical, structural, and installation work to qualified professionals.

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Walk the home in daylight

A few practical points to keep in mind.

- ☐ Keep main walkways clear of boxes, cords, shoes, and small tables.
- ☐ Secure or remove loose rugs in frequently used routes.
- ☐ Check that stairs have usable handholds and clear steps.
- ☐ Make sure entry paths are visible and free of trip edges.

Walk it again after dark

A few practical points to keep in mind.

- ☐ Add or improve lighting at the entrance.
- ☐ Place a night light along the bedroom-to-bathroom route.
- ☐ Check that switches can be reached without crossing a dark area.
- ☐ Replace bulbs that leave stairs, thresholds, or corners in shadow.

Finish safely

A few practical points to keep in mind.

- ☐ Do not climb, drill, or move heavy objects if doing so could cause injury.
- ☐ Write down repairs that need a qualified professional.
- ☐ Recheck the highest-priority route after changes are made.

What to do next

Choose one next step you can complete this week. A small action is more useful than a perfect plan that never starts. Keep this guide with the notes or contact information needed for the next conversation.

Important note: This walkthrough is general information, not medical advice or a substitute for a professional home-safety assessment. Ask a doctor or pharmacist about personal fall risk, balance, vision, and medication questions; use a qualified professional for structural, electrical, or installation work.

This is general information for preparing a conversation or next step, not individualized professional advice.

Notes and what to buy
