

Bridge to Best Home Safety Checklist



A Simple Room-by-Room Guide to Help Older Australians Stay Safe, Independent and Confident at Home.



Purpose of this Checklist

As we age, small changes around the home can make a significant difference to safety, confidence, and independence. Falls are one of the leading causes of injury for older Australians, with many occurring in bathrooms, bedrooms, kitchens, and outdoor areas.

This checklist has been developed by Bridge to Best to help older adults and their families identify common home safety risks and simple changes that may reduce falls and support independent living. It can also be a valuable first step for the 200,000+ Australians currently waiting for approved care or support at home, helping individuals and families identify areas of concern while navigating assessment and approval processes.

Use this checklist as a practical starting point to assess your home environment. If multiple concerns are identified, a professional Occupational Therapy home assessment may help provide tailored recommendations to support you.

1. Entry & Outdoor Areas

- Paths are level, clear, and free from cracks or loose pavers
- Outdoor walkways are well lit at night
- Steps have secure handrails on at least one side
- Garden hoses, pots, and clutter are removed from walkways
- Non-slip surfaces are used near entrances
- Ramps (if installed) feel stable and safe
- Door thresholds are easy to step over and/or are wheelchair/walker friendly
- Outdoor furniture is stable and easy to get in and out of

2. Living Areas

- Rugs are secured to the floor beneath with non-slip backing or tape
- Walkways are free from cords, clutter, and furniture obstacles
- Chairs are firm, supportive and easy to stand from
- Frequently used items are within easy reach
- Lighting is bright enough throughout the room
- Light switches are easy to access
- Floors are even and non-slippery
- Mobility aids (walkers/sticks) fit safely through the room



3. Kitchen

- Frequently used items are stored between waist and shoulder height
- Heavy cookware is avoided or stored in easy-to-reach locations
- Floors are dry and non-slip
- Benches are uncluttered and easy to work from
- There is enough space to move safely while cooking
- Kettle cords and appliance cords do not create trip hazards
- Seating is available if standing for long periods is difficult
- Jars, cans, and utensils are manageable to use safely

5. Bedroom/s

- There is a clear path from the bed to the bathroom
- Night lights or sensor lights are installed
- The bed height allows easy transfers in and out
- A lamp or phone is within easy reach from bed
- Clothing and everyday items are easy to access
- Flooring is clear and non-slip
- Mobility aids fit safely beside the bed
- The bedroom remains cool and comfortable overnight

7. General Safety

- Smoke alarms are installed and working
- Emergency phone numbers are easy to access
- A mobile phone or personal alarm is accessible
- Medications are organised and labelled safely
- Medications have been reviewed recently for side effects such as dizziness or fatigue
- Footwear is supportive and non-slip indoors and outdoors

4. Bathroom & Toilet

- Non-slip mats are used inside and outside the shower and/or bath
- Grab rails are installed near the shower & toilet
- Towel rails are NOT being used for support
- The shower is easy to access safely
- Lighting is bright, particularly at night
- A handheld shower hose is available if needed
- Toiletries are within easy reach
- The toilet height feels safe and comfortable
- The bathroom floor drains well and does not become slippery
- A shower chair or stool is available if balance or fatigue is an issue

* Bathroom safety is one of the most important areas for falls prevention. Bridge to Best assessments frequently identify slippery flooring, poor lighting, and unsafe supports as key hazards in bathrooms

6. Laundry

- Floors are dry and non-slip
- Frequently used items are easy to reach
- Laundry baskets are not too heavy to carry safely
- Access to the clothesline is stable and well lit
- Steps or uneven surfaces are minimised



What Does Your Checklist Say?

- **0–5 concerns:** Your home may already be supporting safe independent living well.
- **6–10 concerns:** Small changes could significantly improve safety and confidence at home.
- **10+ concerns:** A professional home safety assessment is strongly recommended to reduce falls risk and support independent living.



When to Seek Additional Support

You may benefit from a professional Occupational Therapy home assessment if:

- You've experienced a recent fall or near miss
- Everyday tasks are becoming difficult
- You're recovering from surgery or illness
- You feel less confident moving around your home
- Family members are concerned about your safety
- You want to stay independent for as long as possible

At Bridge to Best, we help older Australians skip the waiting and avoid the red tape with practical private OT support designed to keep people safe, independent, and thriving at home.

Need Support?

Bridge to Best provides private Occupational Therapy home assessments focused on practical solutions for safer independent living.

Our assessments can help with:

- Falls prevention
- Equipment recommendations
- Recovery after illness or surgery
- Home modifications
- Bathroom and mobility safety
- Planning for ageing in place

Contact the team for a confidential discussion or to arrange an Initial Assessment Package .

