



Preventive Care Checklist (For ages 55+)

Home safety

Your health and safety are important to us. Use this checklist to help increase safety in every room of your home.¹ From your bedroom to your living room, we've included suggestions to remove tripping and falling hazards, improve visibility and increase mobility.

Bathroom	
Install grab bars on walls, near the toilet or along bathtub / shower	<input type="checkbox"/>
Place a slip-resistant rug next to bathtub / shower	<input type="checkbox"/>
Put a sturdy plastic shower chair in bathtub / shower	<input type="checkbox"/>
Set nonskid adhesive textured strips on floor of bathtub / shower	<input type="checkbox"/>
Mount a liquid soap dispenser on wall of bathtub / shower	<input type="checkbox"/>
Bedroom	
Remove clutter off the floor to avoid walking hazards	<input type="checkbox"/>
Keep a lamp, flashlight and telephone within reach of your bed	<input type="checkbox"/>
Place night lights on path from bedroom to bathroom	<input type="checkbox"/>
Buy a raised mattress to get in and out of bed more easily	<input type="checkbox"/>
Living Room	
Arrange furniture for a clear walking path	<input type="checkbox"/>
Remove low-level coffee tables / ottomans from paths used by walkers or crutches	<input type="checkbox"/>
Install illuminating light switches	<input type="checkbox"/>
Keep electrical appliance cords out of the way	<input type="checkbox"/>
Check for loose wood floorboards	<input type="checkbox"/>
Kitchen	
Store food, dishes and cooking equipment at waist-level	<input type="checkbox"/>
Use nonskid floor wax to prevent slipping	<input type="checkbox"/>
Purchase a step stool with handrail for reaching into higher cabinets	<input type="checkbox"/>

¹ The information in these checklists include recommendations adapted from the U.S. Preventive Services Task Force, as of May 2021.