



NCBAM's

Home SAFE Home

checklist can make your home
safer for aging in place!

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General Safety

- Medications stored in one area or according to instructions on label
- Traffic areas free of clutter and throw rugs
- Alarms present and working (smoke/carbon-monoxide/security)
- Working light bulbs of appropriate wattage
- Nightlights in bedroom, bathroom, hallway
- Electrical cords near walls (not under rugs)
- Home safety plan in place

Living Room

- Chairs and sofas are easy to sit in and rise from
- Passageways are clear

Kitchen

- Stored items easily reached
- Grease or liquid spills wiped up at once

Bedroom

- Lamp or flashlight within reach of bed
- Sturdy chair available for dressing

Bathroom

- Rubber mats in tub or shower
- Grab bars near toilet and tub/shower
- Bathroom rug has non-skid backing

Stairways & Halls

- Steps have non-skid strips or secure carpeting
- Sturdy handrails on both sides of stairs
- Adequate lighting

Outdoors

- Steps and walkways in good condition
- Sturdy handrails
- Adequate lighting
- Shrubs do not hide view of street

Call **877.506.2226** or visit
ncbam.org/downloads
for more ways to age in place
in the sweetest place!



North Carolina Baptist Aging Ministry

877.506.2226 www.ncbam.org

A ministry of Baptist Children's Homes of North Carolina