

Senior Bathroom Safety Checklist

Name: _____ Date: _____

Home / Apartment: _____

Caregiver (optional): _____

Goal

Reduce slips, improve stability, and make daily bathroom routines safer for aging in place.

Section 1 — Floors & Slip Safety (Highest Priority)

- Non-slip mat placed **outside** the shower/tub where feet land first
- Mat lies flat (no curled edges) and does not slide when pushed by foot
- Non-slip surface inside shower/tub (mat or strips)
- Towel is easy to reach without dripping across the room
- Floor is kept dry and clear after shower/bath
- Soap film is cleaned regularly (tile traction can decrease over time)

Quick test: Push the mat firmly with your foot. If it moves → replace or reposition.

Section 2 — Shower/Tub Entry & Bathing Safety

- Entry/exit zone is clear (no baskets, stools, clutter)
- Stable support available where hand naturally reaches (grab bar/support plan)
- Shower products stored within easy reach (no twisting or stretching)
- Shower chair/transfer bench used if standing feels tiring or stepping over tub edge feels risky
- Handheld shower head (optional) to reduce reaching and turning
- Non-slip footwear available if needed

Section 3 — Toilet Safety (Sit-to-Stand)

- Can stand up without rocking or grabbing unsafe supports (towel rack/sink edge)
- Feet are flat on the floor when seated
- Toilet height feels manageable (consider riser if too low)
- Support plan in place (grab bar or stable support frame if needed)
- Toilet area floor kept clear and dry

Tip: “Nose over toes” — lean slightly forward before standing.

Section 4 — Lighting (Nighttime Safety)

- Bathroom light is easy to reach from the doorway
 - Night light or motion light helps for nighttime trips
 - Pathway to bathroom is clear and softly lit
 - Light is bright enough to see the floor without harsh glare
 - No cords or clutter along nighttime walking path
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Section 5 — Storage & Layout (No Reach-Strain)

- Everyday items stored between waist and shoulder height
 - Towels placed within easy reach (no stretching while wet)
 - Trash can placed where it won't be kicked or tripped over
 - Door opens smoothly (no sticking)
 - Bathroom rug/mat edges are flat and safe
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Section 6 — Quick Habits That Prevent Falls

- Stand slowly if you're prone to dizziness
- Avoid rushing (especially at night)
- Wear stable non-slip footwear if unsteady
- If dizziness/weakness is frequent, discuss with a clinician
- Keep phone nearby or consider an alert system if fall risk is high

My Top 3 Fixes This Week

1. _____
2. _____
3. _____

Target date to complete: _____

Monthly Re-check

- Mats still grippy and flat
 - Night lights still working
 - Grab bars still solid (no wobble)
 - No new clutter in entry/exit zones
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Safety note

This checklist is educational and not medical advice. If falls, dizziness, fainting, or sudden weakness are recurring, consult a qualified clinician.