

Fall Safety Checklist for Aging Parents

Things to Check Before Colder Weather Arrives

Use this checklist during a fall visit with an aging parent or loved one to identify potential safety concerns, notice changes in everyday needs, and prepare for the colder months ahead.

Outside the Home

- ☐ Are walkways clear and even?
- ☐ Are steps in good condition?
- ☐ Are railings secure and easy to grip?
- ☐ Is outdoor lighting adequate?
- ☐ Is there a plan for removing leaves, snow, and ice?

Inside the Home

- ☐ Are walkways free of clutter?
- ☐ Are loose rugs, cords, or other items creating tripping hazards?
- ☐ Are stairs and hallways well lit?
- ☐ Is the bathroom safe to navigate?
- ☐ Are frequently used items within easy reach?

Health & Medication

- ☐ Are medications being taken correctly?
- ☐ Are prescriptions current and available?
- ☐ Have seasonal vaccinations been discussed with a healthcare professional?
- ☐ Have there been recent falls or changes in mobility?
- ☐ Are medical appointments being kept?

Cold-Weather Preparation

- ☐ Is the heating system working properly?
- ☐ Can your parent comfortably operate the thermostat?
- ☐ Are warm clothing and appropriate footwear easy to access?
- ☐ Is there a plan for a power or heating outage?
- ☐ Does your parent know who to call in an emergency?

Daily Life

- ☐ Is there enough fresh and nutritious food in the home?
- ☐ Is your parent eating regular meals?
- ☐ Can they get groceries and prescriptions when needed?
- ☐ Do they have reliable transportation?
- ☐ Are they able to maintain personal hygiene and basic housekeeping?

Connection & Support

- ☐ Is your parent regularly interacting with other people?
- ☐ Does someone check in consistently?
- ☐ Have you noticed increasing confusion or memory changes?
- ☐ Does your parent appear safe living alone?
- ☐ Is the current caregiving arrangement still manageable?

Things to Follow Up On

A Few Concerns Don't Automatically Mean a Parent Needs to Move

Changes in mobility, memory, meals, medications, transportation, or everyday activities may simply mean it is time to consider additional support. Talk with your parent about what would help them continue living as safely, comfortably, and independently as possible.