



10-MINUTE HOME SAFETY WALKTHROUGH

A quick checklist for families supporting hospice, home health, or palliative care at home.

How to use it: Walk room to room, check off what you can, and circle anything to ask your care team about. Small fixes count.

1. CLEAR THE PATH

- Move cords, shoes, baskets, and small rugs out of walkways.
- Make sure walkers, canes, oxygen tubing, and wheelchairs have room to move.
- Keep the route to the bathroom clear, especially at night.

2. LIGHT THE WAY

- Turn on lamps or add nightlights in halls, bedrooms, and bathrooms.
- Place a light switch, lamp, or flashlight within easy reach of the bed.
- Open curtains during the day to reduce shadows and dim corners.

3. MAKE THE BATHROOM SAFER

- Use non-slip mats inside and outside the tub or shower.
- Keep towels, soap, and toiletries within reach - no stretching required.
- Ask the care team about grab bars, a shower chair, or a raised toilet seat.

4. KEEP ESSENTIALS CLOSE

- Place water, phone, tissues, remote, medications, and comfort items nearby.
- Make sure the patient can call for help easily.
- Keep oxygen tubing, medical supplies, and equipment neat and untangled.

5. QUICK MEDICATION & COMFORT CHECK

- Check that medications are organized and taken as directed.
- Watch for dizziness, sleepiness, confusion, pain, or shortness of breath.
- Write down new concerns so they are easy to share with the care team.

6. KNOW WHEN TO CALL

- Call your care team for repeated falls or near-falls, sudden weakness, new confusion, uncontrolled symptoms, or equipment concerns.
- For urgent or life-threatening emergencies, call 911.

SOLARISFAMILY.COM | 888-376-5274

This checklist is educational and does not replace medical advice.
Your Solaris care team can help with patient-specific needs.