

Use this checklist to ensure that your home is safe and easily accessible.

Throughout the house

- ☐ Floors are stable, non-skid surfaces without excessive patterns.
- ☐ There is good lighting throughout the home, with no dark or shadowy areas.
- ☐ Walking paths are wide, allowing easy access and/or use of a walker or wheelchair, if needed.
- ☐ Electrical/phone/computer cords do not pose a tripping/fall risk when walking or moving about.
- ☐ Stairs are in good shape, have railings, and can be blocked for safety, if needed.
- ☐ Chairs are stable, have arm rests and adequate seat height to make standing up easier.
- ☐ Dining area can be easily accessed.
- ☐ A communication system is in place to allow you to hear the person with Parkinson's in another area of the house.

To do:

- ☐ Remove any small area/throw/scatter rugs.
- ☐ Remove any clutter to decrease the risk of tripping or falls.
- ☐ Store medication in a safe place.

Bedroom

- ☐ Environment is quiet and relaxing.
- ☐ Bed height allows feet to touch the floor when seated at bedside.
- ☐ Half side-rail or bed pole is in place to assist in rolling and getting up.
- ☐ Nightlight is placed in easily accessible spot and bright enough to fully light the path to the bathroom.
- ☐ A bedside commode/urinal is available for nighttime use, if needed.
- ☐ A communication system or monitor is in place, so you can hear calls for help at night.

To do:

- ☐ Place slippery fabric or drawsheet on the middle third of the bed to make rolling easier.
- ☐ Remove the top sheet and instead use only a lightweight comforter on the bed.
- ☐ Avoid flannel sheets and nightwear, as they impede movement.

Bathroom

- ☐ Grab bars are installed near the toilet, tub, and shower so that towel racks, faucets, or soap dishes are not used or seen as substitutes.
- ☐ Toilet has an elevated seat and arm rests or grab bar within easy reach.
- ☐ Tub/shower has a sturdy bench with back support for bathing/shower safety.
- ☐ Seating is available when performing tasks like brushing teeth, shaving, and combing hair, if needed.
- ☐ A communication system or monitor is in place, if needed, so you can hear calls for help.

Adapted from *Caring and Coping: A Caregiver's Guide to Parkinson's Disease*, published by the Parkinson's Foundation, 2016.