CareNest HQ
FAMILY CARE. ORGANIZED.

PRINTABLE
FAMILY CARE TOOL

Home Safety Checklist

A room-by-room safety walkthrough for the first 72 hours after hospital discharge.

Practical steps to help prevent falls, reduce risks, and support a safer recovery at home.

ROOM-BY-ROOM CHECKLISTS
Cover every area of the home.

FALL PREVENTION FOCUSED
Reduce hazards and lower risk.

FIRST 72 HOURS FOCUS
Step-by-step recovery support.

FAMILY COORDINATION
Assign tasks and stay organized.

PRINTABLE & EASY TO USE
Take action with confidence.

Care is better when it's coordinated. We're here to help your family every step of the way.

VERSION 1.0
JULY 6, 2026

Why This Matters

The home environment plays a critical role in a safe recovery.

Many falls, medication errors, and emergency readmissions happen because homes are not prepared for recovery needs.

A few simple changes before discharge can make a big difference in comfort, confidence, and safety during the first 72 hours at home.

This checklist helps families:

PREVENT FALLS

Identify and remove common hazards room by room.

REDUCE CONFUSION

Simplify routines, medications, and the environment.

IMPROVE RECOVERY SAFETY

Create a home that supports healing and rest.

COORDINATE TOGETHER

Assign tasks and stay organized as a care team.

DOCUMENT CHANGES

Keep notes and update your plan as needs change.

Small steps today. Safer days ahead.

Use this checklist before your loved one comes home. Walk through each area, check what's ready, and make a plan for what needs attention.

You don't have to do it alone—you just need a plan.

Family Responsibility Assignment

Recovery is a team effort. Clear roles help prevent oversights and reduce stress.

Use this table to assign who will take the lead on each home safety task. Check off when complete.

TIP:
Choose one primary owner for each task and list any supporting family members in the notes.

TASK	PRIMARY OWNER	DUE DATE	SUPPORTING FAMILY MEMBERS	COMPLETE
Walk through the entire home				☐
Remove tripping hazards				☐
Install night lights				☐
Prepare the bathroom				☐
Review and set up medications				☐
Arrange safe sleeping and rest areas				☐
Review emergency plan and contacts				☐
Plan for the first 72 hours home				☐

Remember: Small steps today create a safer, more confident recovery tomorrow.

Keep this page visible and update as tasks are completed.

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Before Discharge Day

Prepare each area of the home before your loved one comes home.

Use this checklist to create a safer environment and prevent common hazards.

EXTERIOR

- [ ] Check front walkway for cracks or uneven surfaces
- [ ] Remove leaves, clutter, and tripping hazards
- [ ] Test porch and entry lighting
- [ ] Verify handrails are secure and in good condition
- [ ] Ensure steps are clear and non-slip

NOTES:

ENTRYWAYS

- [ ] Remove clutter, shoes, and furniture
- [ ] Secure or remove loose rugs and mats
- [ ] Create a clear path for walkers or canes
- [ ] Improve lighting inside and outside
- [ ] Ensure door locks and handles work easily

NOTES:

LIVING ROOM

- [ ] Remove electrical cords from walkways
- [ ] Remove loose rugs or secure with non-slip pads
- [ ] Arrange furniture to allow easy movement
- [ ] Add stable seating with arm support
- [ ] Keep frequently used items within easy reach

NOTES:

KITCHEN

- [ ] Move commonly used items to waist height
- [ ] Remove need for step stools
- [ ] Organize medications and label clearly
- [ ] Check lighting over work areas
- [ ] Ensure pathways are clear and dry

NOTES:

Remember: Small changes today can prevent falls, confusion, and emergency visits tomorrow.

Tip: Walk through the home with your loved one or a physical therapist if possible.

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Bedroom Safety

Create a Safe Recovery Space

The bedroom is where your loved one will spend most of their time during recovery. Set up the space to support safe movement, easy access to essentials, and restful sleep.

WALKING PATH

- [ ] Clear a wide path between the bed and bathroom
- [ ] Remove shoes, boxes, cords, and other trip hazards
- [ ] Secure or remove area rugs
- [ ] Ensure mobility equipment fits through the pathway

BED SAFETY

- [ ] Bed height allows both feet to rest flat on the floor
- [ ] Stable bedside table within easy reach
- [ ] Phone or emergency call device beside the bed
- [ ] Glass of water available
- [ ] Eyeglasses within reach
- [ ] Hearing aids available if used

NIGHTTIME SAFETY

- [ ] Install motion-activated nightlights
- [ ] Keep flashlight nearby
- [ ] Verify light switches are easy to reach
- [ ] Keep bathroom pathway illuminated

MEDICATION READINESS

- [ ] Today's medications organized
- [ ] Pill organizer filled
- [ ] Medication list nearby
- [ ] Water available for medications
- [ ] Emergency contact numbers accessible

Keep all medications in their labeled containers and stored as directed.

RECOVERY COMFORT

- [ ] Extra pillows available
- [ ] Blankets within reach
- [ ] Walker, cane, or wheelchair positioned safely
- [ ] Trash can and tissues nearby
- [ ] Comfortable chair available for dressing

Comfort supports rest. Rest supports recovery.

FAMILY OBSERVATION NOTES

Watch for changes during the first few nights.

FAMILY SIGN-OFF

CHECKED BY	DATE	TIME

CareNestHQ Tip

The bedroom should support independent movement whenever possible. If your loved one struggles to get into bed, reach essential items, or safely walk to the bathroom, adjust the room before the next night rather than waiting for a fall or close call.

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Bathroom Safety

Reduce fall risks and create a safer bathing environment.

Bathrooms are one of the most common places for falls. Use this checklist to improve safety and accessibility.

BATHROOM SAFETY CHECKLIST

- Install grab bars in the shower/tub and next to the toilet
- Add non-slip mats inside and outside the shower
- Remove throw rugs and loose floor mats
- Test shower or tub access and adjust as needed
- Verify toilet height is comfortable and easy to use
- Place towels, soap, and personal items within easy reach
- Ensure faucet and shower controls are easy to use
- Keep frequently used items on lower shelves

NEVER USE AS GRAB BARS

Towel bars
They can pull away from the wall and cause falls.

Bath mats without backing
They can slide on wet floors and increase fall risk.

Unsecured shower chairs
They can tip or move if not properly anchored.

NOTES

Care Tip

A few simple changes can make a big difference. Test the bathroom with your loved one to ensure it feels safe and comfortable.

Work as a Team

Share any safety concerns with family members and update the care plan as needs change.

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Kitchen Safety

Make cooking and daily tasks safer and easier to manage.

The kitchen should support independence and prevent fatigue, confusion, and falls. Use this checklist to create a safer, more accessible kitchen.

- [ ] **Move items to waist height**
  Store everyday items between waist and shoulder height to avoid bending or stretching.

  NOTES:

- [ ] **Remove the need for step stools**
  Reorganize shelves and cabinets so step stools are not needed.

  NOTES:

- [ ] **Organize medications**
  Keep any medications stored in the kitchen in a labeled container, separate from food.

  NOTES:

- [ ] **Label important items**
  Label containers, drawers, and shelves for easier identification and safety.

  NOTES:

- [ ] **Check lighting**
  Ensure task areas, countertops, and walkways are well lit.

  NOTES:

QUICK SAFETY TIPS

- Use front burners on the stove. Keep handles turned inward.
- Use automatic shut-off appliances when available (coffee maker, toaster, kettle).
- Clean up spills immediately and keep floors dry.
- Use non-slip mats in front of the sink and stove.
- Consider motion-activated lights for early mornings or late nights.

Remember: A safe kitchen supports independence, confidence, and a smoother recovery at home.

Work as a Team: Involve family members in making these changes and reviewing them regularly.

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Living Room Safety

Create a comfortable space that reduces fall risks.

Small changes in the living room can help prevent falls and support daily independence.

LIVING ROOM SAFETY CHECKLIST

- ☐ **Remove tripping hazards**
  Remove loose rugs or secure them with non-slip backing.
- ☐ **Arrange for clear pathways**
  Keep walkways wide and free of clutter.
- ☐ **Use stable, supportive seating**
  Choose chairs with arms and firm cushions.
- ☐ **Improve lighting**
  Ensure all areas are well lit, especially at night.
- ☐ **Keep items within easy reach**
  Store frequently used items where they are easy to access.
- ☐ **Manage cords and wires**
  Secure cords along walls and out of walking paths.
- ☐ **Have a phone or call device nearby**
  Ensure help is always within reach.

QUICK SAFETY TIPS

Secure furniture
Anchor bookcases and large furniture to the wall to prevent tipping.

Reduce glare
Use curtains or blinds to reduce glare on floors and screens.

Wear proper footwear
Encourage non-slip, supportive shoes or slippers.

Consider pets
Keep pet items, beds, and toys out of walkways.

Comfort matters
Maintain a comfortable room temperature year-round.

NOTES

Remember: A safe, well-organized living room helps your loved one stay active, confident, and independent.

Work as a Team: Make safety a family project. Review and adjust as needs change.

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First 72 Hours Home

A step-by-step checklist to help your loved one recover safely and confidently.

The first 72 hours after discharge are the highest-risk window. Use this checklist to stay organized, reduce risks, and support a smooth transition home.

Day 1

Focus: Settle in and observe

- [ ] **Escort first shower**
  Assist or stand by during the first shower at home.
- [ ] **Review medications**
  Confirm all medications, doses, and schedules are correct.
- [ ] **Observe walking ability**
  Watch for unsteadiness, weakness, or balance issues.
- [ ] **Check fatigue level**
  Monitor energy level and encourage rest.

Day 2

Focus: Identify risks and monitor recovery

- [ ] **Perform hazard walk**
  Walk through the home and identify fall risks.
- [ ] **Review bathroom safety**
  Ensure grab bars, non-slip mats, and clear walkways are in place.
- [ ] **Monitor dizziness**
  Check for dizziness, lightheadedness, or confusion.

Day 3

Focus: Plan ahead and stay organized

- [ ] **Reassess home setup**
  Make any needed changes to improve safety and comfort.
- [ ] **Update family care notes**
  Document progress, concerns, and important information.
- [ ] **Assign ongoing responsibilities**
  Decide who will handle care tasks and when.

Remember: Recovery looks different for everyone. Take it one step at a time and ask for help when needed.

Work as a Team: Share updates, communicate openly, and support each other.

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Emergency Escalation Plan

Know when to call your care team and when to call 911.

Quick action can prevent small problems from becoming serious. Use this plan to respond with confidence.

Call the care team if:

For changes that are new, unusual, or getting worse.

- [ ] **New confusion**
  Sudden changes in thinking, memory, or behavior.
- [ ] **Increased weakness**
  More difficulty walking, standing, or doing daily tasks.
- [ ] **Falls**
  Any fall, even if there is no visible injury.
- [ ] **Medication issues**
  Missed doses, side effects, or new medication concerns.
- [ ] **Worsening pain**
  Pain that is new, severe, or not relieved by usual measures.

Call 911 if:

For severe symptoms or life-threatening emergencies.

- [ ] **Chest pain**
  Pressure, tightness, or pain in the chest.
- [ ] **Trouble breathing**
  Difficulty breathing, shortness of breath, or gasping.
- [ ] **Stroke symptoms**
  Face drooping, arm weakness, speech difficulty, or confusion.
- [ ] **Serious fall injury**
  Head injury, broken bone, or unable to move after a fall.
- [ ] **Loss of consciousness**
  Fainting, passing out, or unable to wake up.

Keep this plan visible.

Post emergency numbers on the refrigerator and keep phones charged and within reach at all times.

Communicate with your care team.

Share updates often so everyone knows how your loved one is doing.

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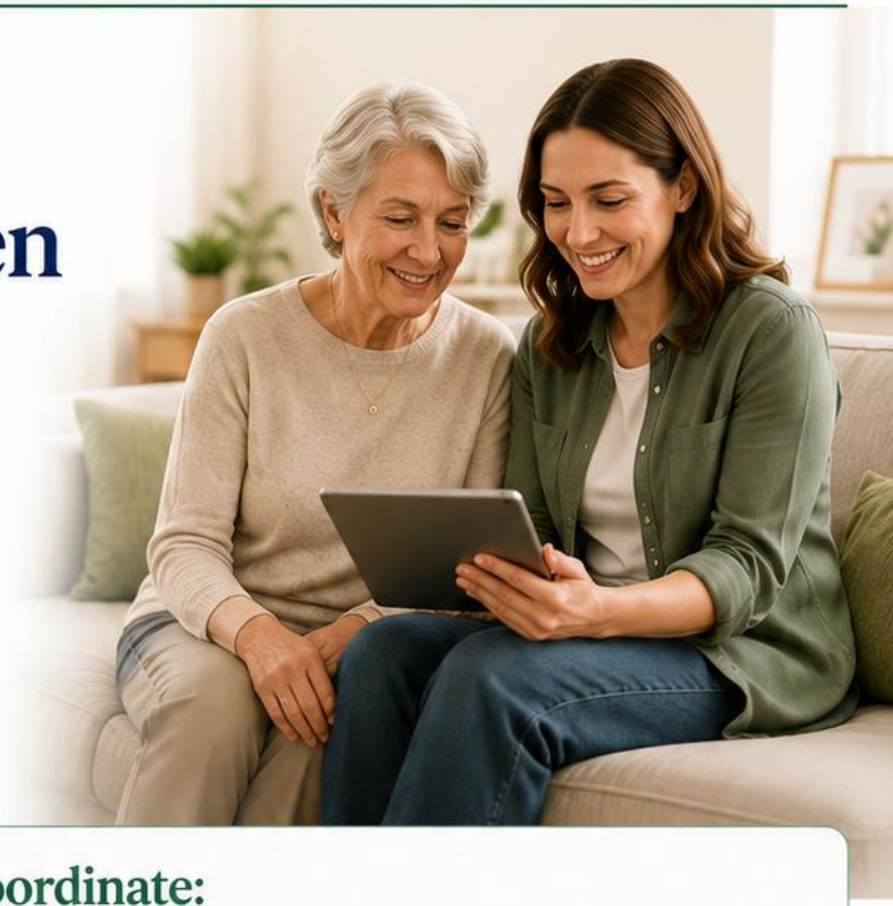
Caregiving shouldn't happen alone.



CareNestHQ helps families stay organized, communicate clearly, and make sure nothing important falls through the cracks.

One place for everything that matters.

Simplify care. Reduce stress.
Focus on what matters most—your loved one.

Coordinate:

Family members
Keep everyone informed and on the same page.

Medications
Track medications, doses, refills, and important notes.

Appointments
Manage upcoming appointments and never miss one.

Documents
Store important files securely and access anytime.

Care updates
Share updates, notes, and photos in real time.

Recovery plans
Follow recovery steps and track progress together.

Care, organized. Peace of mind, together.

Join families who are already using CareNestHQ to provide better care, together.

Start Your Care Space Today

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