



Safety & Independence — Home & Daily-Life Checklist

A conversation and observation tool for thinking through areas that may deserve attention — together.

If this is an emergency, don't use a checklist

Sudden confusion, a serious fall or injury, immediate danger, a person who is missing or has wandered, or suspected abuse or neglect may need prompt professional or emergency help right away. In an emergency, contact local emergency services.

This worksheet helps you notice and talk about everyday safety with respect — it does not decide whether someone is 'safe' or 'unsafe.' The aim is to protect independence, not remove it. Fill it in with the person wherever you can.

Areas to think about together

☐ Home environment (lighting, clutter, trip hazards, stairs)

☐ Falls & mobility (balance, getting up, walking aids)

☐ Cooking (stove safety, appetite, eating well)

☐ Medications (organizing, remembering, refills)

☐ Driving & transportation (confidence, alternatives)

☐ Getting lost or wandering concerns

☐ Financial vulnerability & scams

☐ Personal care (bathing, dressing, hygiene)

☐ Emergency contacts (reachable, up to date)

☐ Social connection (isolation, regular contact)

What feels most important to look at first?

What's already working well?

Noticing strengths matters as much as noticing concerns.

Next steps we agreed on

A tool, not a verdict

This checklist supports conversation and observation. For a formal safety evaluation, a qualified professional (such as a physician or occupational therapist) can help.

Prepared with Age Dignity · This Age Dignity worksheet offers general educational organization and conversation support. It is not a diagnostic tool, medical screening, or a substitute for advice from a qualified professional. Bring your notes to a trusted clinician, advisor, or counselor for guidance specific to your situation.