

# Arthritis-Friendly Home Safety Checklist

*Simple adjustments for comfort, stability, and reduced joint strain*

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## How to Use This Checklist

Living with arthritis can make everyday household activities more physically demanding. Small adjustments to your home environment may help reduce joint strain, improve comfort, and support safer movement throughout the day.

Use this checklist as a general planning tool and adapt it to your personal needs.

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## 1. Walking & Movement Areas

- Remove loose rugs or trip hazards
- Keep walkways clear of clutter
- Ensure adequate lighting in hallways
- Arrange frequently used items within easy reach
- Avoid unnecessary bending or twisting
- Use stable, supportive footwear indoors

**Notes (optional):**

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## 2. Bathroom Safety & Comfort

- Use non-slip bath or shower mats
  - Keep toiletries easily accessible
  - Consider stable seating if standing is difficult
  - Ensure towels and essentials are within reach
  - Use supportive surfaces when entering/exiting the tub
  - Avoid rushed or awkward movements
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### 3. Kitchen Joint-Friendly Adjustments

- Store heavier items at waist height
  - Avoid overhead reaching when possible
  - Use easy-grip or ergonomic tools
  - Keep frequently used items nearby
  - Break longer tasks into shorter steps
  - Use seating during prep if helpful
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### 4. Bedroom Mobility & Ease

- Keep bedside items within easy reach
  - Maintain clear pathways for nighttime movement
  - Use supportive pillows or cushions if helpful
  - Choose easy-to-manage bedding
  - Use stable seating for dressing if needed
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### 5. Daily Task Simplifications

- Use wheeled carts or aids for carrying items
  - Distribute weight across multiple trips
  - Avoid carrying heavy or awkward loads
  - Pause tasks before discomfort increases
  - Ask for help when appropriate
  - Allow flexibility on difficult days
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### 6. Personal Comfort & Safety Notes

Adjustments that help me most:

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Areas I may need to modify:

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Early signs I should slow down:

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## Reminder

Home safety and joint protection often improve through small, gradual changes. Choose adjustments that feel practical and sustainable for your daily routines.

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## Disclaimer

This checklist is for general planning and personal support only. It does not replace medical advice. Always follow guidance from your healthcare provider.

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## About This Resource

Provided by **ArthritisWares.com**  
Practical tools. No hype.

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