

Arthritis-Friendly Home Safety Checklist

Simple home checks to help identify hazards and support safer, more comfortable movement

How to Use This Checklist

Living with arthritis can make some household activities more challenging, particularly when joint stiffness, pain, or reduced mobility affects everyday movement.

Use this checklist to review your home and identify potential hazards or areas that may need attention. Check the items that are already addressed, and make notes about improvements you would like to consider.

You do not need to make every change at once. Start with the areas that concern you most.

1. Walking Areas & Movement

- ☐ Remove loose rugs or secure them appropriately to reduce tripping risks
- ☐ Keep walkways clear of clutter, cords, and other obstacles
- ☐ Ensure hallways and frequently used pathways have adequate lighting
- ☐ Keep frequently used items accessible without creating obstacles
- ☐ Arrange furniture to allow clear, comfortable passage
- ☐ Wear stable, supportive footwear indoors when appropriate

Notes:

2. Bathroom Safety

- ☐ Use secure, non-slip surfaces in the bath or shower
- ☐ Keep the bathroom floor as dry as practical
- ☐ Consider securely installed grab bars where support is needed
- ☐ Consider a stable shower seat if standing is difficult
- ☐ Keep towels and essential toiletries accessible
- ☐ Check that the route into and out of the bath or shower is manageable

Notes:

3. Kitchen Safety

- ☐ Keep floors and walking areas clear of spills and obstacles
- ☐ Store heavier cookware where it can be reached without unsafe lifting
- ☐ Avoid carrying heavy or awkward loads when possible
- ☐ Use suitable, easy-grip utensils or tools when they make tasks easier
- ☐ Break demanding kitchen tasks into manageable steps
- ☐ Use a stable chair for food preparation when appropriate

Notes:

4. Bedroom & Nighttime Movement

- ☐ Keep the pathway between the bed and doorway clear
- ☐ Ensure lighting is available for nighttime movement
- ☐ Keep essential bedside items within comfortable reach
- ☐ Check that bedding does not trail onto the floor or obstruct movement
- ☐ Use stable seating for dressing if needed
- ☐ Ensure the route to the bathroom is clear and adequately lit

Notes:

5. Everyday Tasks & Safer Habits

- ☐ Use a suitable cart or carrying aid when helpful
- ☐ Make several lighter trips rather than carrying an awkward load
- ☐ Avoid rushing when moving between rooms or completing tasks
- ☐ Pause or modify an activity when discomfort or fatigue increases
- ☐ Ask for assistance with tasks that feel unsafe or too difficult
- ☐ Allow flexibility for days when movement or energy is more limited

Notes:

6. Personal Safety Priorities

Areas of my home that may need attention:

Changes I want to make first:

1.

2.

3.

Tasks where I may need help or professional advice:

Reminder

Small, practical changes may help make everyday movement more manageable. Focus first on hazards that could cause an accident or make moving around difficult.

Some changes, including grab-bar installation or bathroom modifications, may require professional assessment or installation. If you are unsure what would be suitable for your needs, consider consulting an occupational therapist or another qualified professional.

Disclaimer: This checklist is for general awareness and planning only. It does not replace an individualized home-safety assessment, medical advice, or occupational therapy advice.

Provided by ArthritisWares.com

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