

NEUROPATHY HOME SAFETY CHECKLIST

ROOM	WHAT TO CHECK	<input checked="" type="checkbox"/>
Bedroom	Clear walkways beside the bed	<input type="checkbox"/>
	Use a firm, supportive mattress	<input type="checkbox"/>
	Keep a lamp or flashlight within arm's reach	<input type="checkbox"/>
	Avoid throw rugs or slippery floor mats	<input type="checkbox"/>
	Use a bed rail if balance is an issue	<input type="checkbox"/>
Bathroom	Install grab bars by the toilet and in the shower	<input type="checkbox"/>
	Use a non-slip bath mat inside and outside the tub	<input type="checkbox"/>
	Keep toiletries easy to reach — no bending or stretching	<input type="checkbox"/>
	Use a raised toilet seat if needed	<input type="checkbox"/>
Kitchen	Store most-used items between waist and shoulder height	<input type="checkbox"/>
	Use non-slip mats near the sink and stove	<input type="checkbox"/>
	Keep a chair nearby if standing causes fatigue	<input type="checkbox"/>
	Avoid step stools or reaching overhead	<input type="checkbox"/>

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(CONTINUED)

ROOM	WHAT TO CHECK	<input checked="" type="checkbox"/>
Living Room	Remove cords, loose rugs, or furniture that blocks pathways	<input type="checkbox"/>
	Use bright lighting, especially near seating areas	<input type="checkbox"/>
	Choose sturdy chairs with arms for safer sitting and standing	<input type="checkbox"/>
Stairs	Install sturdy handrails on both sides	<input type="checkbox"/>
	Add non-slip treads to each step	<input type="checkbox"/>
	Keep stairs well-lit at all times	<input type="checkbox"/>
Entryway	Use a bench or sturdy chair for removing shoes	<input type="checkbox"/>
	Make sure welcome mats are flat and non-slip	<input type="checkbox"/>
	Check for good lighting both inside and outside	<input type="checkbox"/>