

FREE PRINTABLE · 4 PAGES

The 10-Minute Parent Safety Check

The 15 checks that matter most in an older parent's home
— plus the emergency sheet paramedics look for first.

From **The Aging Parents Playbook** · @kyle.mindset
General information, not medical advice. In an emergency call 911.

The 15-point quick check

These are the highest-risk items from the full 100-point Home Safety Audit. Walk through the house with your parent and tick Yes or No.

YES / NO	CHECK	WHERE
☐ Y ☐ N	Handrails on both sides of every staircase, firmly attached	Entry, stairs & hallways
☐ Y ☐ N	Stairs are lit, with light switches at the top and bottom	Entry, stairs & hallways
☐ Y ☐ N	No loose throw rugs — removed, or secured flat with non-slip backing	Living areas
☐ Y ☐ N	Clear walking paths; no cords or cables crossing where people walk	Living areas
☐ Y ☐ N	Grab bars in the tub / shower (towel bars are not grab bars)	Bathroom
☐ Y ☐ N	Non-slip mat or strips inside the tub / shower	Bathroom
☐ Y ☐ N	Night lights along the whole path from bed to bathroom (motion lights are best)	Bedroom & the night path
☐ Y ☐ N	Smoke alarm on every level and outside every sleeping area	Fire, carbon monoxide & electrical
☐ Y ☐ N	CO alarm on every level if there is gas, a fireplace or an attached garage	Fire, carbon monoxide & electrical
☐ Y ☐ N	Steps and hallways are free of shoes, bags, piles of mail	Entry, stairs & hallways
☐ Y ☐ N	Outdoor steps / porch have a rail and are lit at night	Entry, stairs & hallways
☐ Y ☐ N	Everyday dishes and food can be reached without climbing	Kitchen
☐ Y ☐ N	Stove knobs are clearly marked; no scorched pots or pans	Kitchen
☐ Y ☐ N	A fire extinguisher is in the kitchen and they know how to use it	Kitchen
☐ Y ☐ N	Water heater set to 120°F (49°C) or lower to prevent scalds	Kitchen

3 or more "No"? Fix those first — they are the items most linked to serious falls and fires. The full Playbook scores all 59 checks out of 100 and gives you a fix-first plan with real prices.

Emergency information

Fill in, date, and put it on the fridge door in a clear sleeve marked "EMERGENCY INFO".
Paramedics are trained to look there. Keep a copy in the car and in your phone.

Full name _____	Blood type (if known) _____
Date of birth _____	Height / weight _____
Address _____	Hearing aids / glasses / dentures _____
Primary language _____	Pacemaker or implant _____
Lives alone? Y / N _____	DNR / POLST on file? Y / N _____
Pets in home _____	Where it is kept _____

Allergies (medicines, latex, foods, contrast dye)

Medical conditions

Current medications

Or write "see attached list" and keep the Part 4 medication list behind this sheet.

MEDICINE	DOSE	WHEN	MEDICINE	DOSE	WHEN

Emergency contacts

1. Name / relationship _____
 Phone _____

2. Name / relationship _____
 Phone _____

Last updated _____

Doctors & insurance

Primary doctor & phone _____
 Specialist & phone _____
 Preferred hospital _____
 Medicare / insurance ID (last 4 only) _____

WANT THE WHOLE SYSTEM?

The Aging Parents Playbook

This free check is page 1 of 66. The full Playbook covers everything families usually figure out too late.

- **100-point Home Safety Audit** with fix-first plan & prices
- **Warning Signs Decoder:** 911 vs. doctor today vs. next visit
- **Emergency Kit:** wallet cards, Medical ID, hospital go-bag
- **Medication system** & doctor-visit planners
- **7 word-for-word scripts** for the hard conversations
- **Papers & "where everything is"** inventory
- **Scam Shield**, care options compared, family care plan
- **Bonus:** Care Dashboard spreadsheet for siblings

66 pages + spreadsheet · \$9.99

Get it at agingparents-playbook.pages.dev