



# Bathroom Safety Scan in 10 Minutes

A practical checklist for one of the smallest, busiest, riskiest rooms in the home.

## ENTRY AND PATH

- Can the door open easily from both sides, even if someone needs help?
- Clear laundry, cords, trash cans, scales, and loose mats from the walking path.
- Make sure a walker or helper can fit through the route without squeezing.

## TOILET AREA

- Is there something stable to hold, such as a properly installed grab bar?
- Can toilet paper, wipes, pads, and supplies be reached without twisting or standing?
- Check whether the toilet feels too low or difficult to stand from. Ask a care professional before adding equipment if you are unsure.

## BATH OR SHOWER

- Use a non-slip surface in the tub or shower and remove mats that slide.
- Check whether a shower chair, transfer bench, or handheld shower head would make bathing steadier.
- Put shampoo, soap, washcloths, and towels within reach from a seated position.

## LIGHTING AND TIMING

- Can the bathroom be found at night without bright, startling light?
- Add a night light in the bedroom, hallway, and bathroom if the path is dark.
- Would scheduled bathroom trips reduce rushing, especially before bed and before leaving the house?

## WATER, FLOOR, AND TEMPERATURE

- Keep the floor dry. Put towels where helpers can reach them without stepping away.
- Check for leaks, puddles, soap residue, and slippery lotions near the sink or shower.
- If water temperature is a concern, ask a qualified person about safer settings or anti-scald devices.

## PRIVACY AND DIGNITY

- Agree on a simple phrase before entering or assisting, such as, "I am here. Are you ready for help?"
- Keep a robe, towel, or blanket close enough to protect privacy.
- Offer choices when possible: washcloth or shower, morning or evening, sitting or standing.

Small bathroom changes can reduce stress for both the caregiver and the person receiving care.

## SOURCES CONSULTED

[MedlinePlus: Bathroom safety for adults](#)   [CDC STEADI: Check for Safety: A Home Fall Prevention Checklist](#)