

ROOTED CARE

Home Safety Walkthrough

A calm, practical way to decide what needs attention first - without trying to fix the whole home at once.

Rooted Care approach: Start with safety, dignity and one manageable next step. This checklist is not about judging the home or forcing a cleanout.

Name / household: _____ Date: _____

Who is completing this? _____ With client? Yes / No

1. Immediate Safety - check these first

- At least one main entrance/exit can open fully and be reached without climbing over items.
- Stairs and main walking paths are usable without stepping over belongings.
- Heating vents, baseboards, radiators and portable heaters are not buried or blocked.
- There are no active signs of fire, smoke, exposed wiring, sparking outlets or overloaded power bars.
- Emergency responders could reasonably enter the home and reach the person who lives there.

2. Walking Paths & Access

- There is a clear route from the main entrance to the bedroom, bathroom and kitchen.
- Floors are visible enough to reduce tripping and falling hazards.
- Doorways can open wide enough for safe movement.
- Mobility aids, if used, can move through the main areas of the home.

3. Kitchen

- At least one sink basin is accessible and usable.
- The stove or cooking area is clear of paper, fabric, boxes and other combustibles.
- There is enough clear counter space to safely prepare food.
- Spoiled food, leaking containers or strong odours are not creating an immediate sanitation concern.
- The refrigerator can open and food can be stored safely.

4. Bathroom

- The toilet is accessible and usable.
- The sink and/or bathing area can be reached safely.
- Wet floors, unstable piles or stored items are not creating a fall risk.
- Plumbing leaks, mould or sewage concerns are not creating an urgent health/safety issue.

5. Sleeping & Living Areas

- The bed or primary sleeping area is accessible and not surrounded by unstable piles.
- At least one chair or seating area can be used safely.
- Windows, where needed for emergency escape, are not completely blocked.
- Items are not stacked high enough to create an obvious falling/collapse risk.

6. Fire & Electrical Risk

- Smoke alarms are present and can be tested.
- Extension cords and power bars are not buried under belongings or heavily overloaded.
- Candles, smoking materials and heat sources are kept away from paper, fabric and clutter.
- Electrical panels, furnaces and water heaters can be accessed if service is needed.

7. Sanitation, Pests & Animals

- Garbage, food waste or animal waste is not creating an immediate health hazard.
- There are no major pest signs that need professional treatment (for example, rodents, cockroaches or bed bugs).
- Pet food, water and sleeping areas are accessible and reasonably clean.
- Strong odours or moisture suggest a hidden spill, rot, mould or other problem that needs follow-up.

8. Items That Need Special Handling

- Medications are stored where they can be found and used safely.
- Needles, sharps, chemicals or hazardous products are secured and not mixed into general clutter.
- Important documents, identification and valuables are separated before any disposal or donation begins.
- Sentimental items are given a slower decision process instead of being rushed.

Choose the First Priority - not the whole house

URGENT - today / very soon

Anything that affects exits, fire/electrical safety, falls, sanitation, access to toilet/bed/cooking, or emergency access.

SOON

Areas that interfere with daily routines, inspections, pest treatment, repairs, or basic use of the home.

LATER

Cosmetic clutter, storage improvements, sentimental sorting and areas that are inconvenient but not unsafe.

My first 3 priorities

1. _____
2. _____
3. _____

One manageable first step

If we could make just one part of the home safer or easier to use first, what would make the biggest difference in everyday life?

Important: This is a practical support tool, not a fire-code inspection, medical assessment, pest inspection or legal opinion. If there is immediate danger, fire, unsafe wiring, structural damage, sewage, violence, overdose risk or another emergency, contact the appropriate emergency or licensed professional service.