

Home Pathway Safety Check

Are the routes you use every day making walking unnecessarily difficult? Use this worksheet to review common home pathways and identify simple changes worth considering.

Use this as a home-observation tool, not a balance test. Walk your usual indoor routes normally and notice the environment. Do not create unsafe situations. Seek appropriate help for sudden major balance changes, repeated falls, severe dizziness, new weakness or numbness, confusion, chest pain, or unusual shortness of breath.

Walking area	Path clear?	Objects near feet?	Tight turns?	Lighting adequate?	Change to consider
Bed → bathroom					
Bedroom → hallway					
Living room → kitchen					
Sofa → front door					
Other: _____					

Things I noticed:

☐ Shoes or bags
 ☐ Electrical cords
 ☐ Small furniture
 ☐ Loose items
 ☐ Narrow pathway
 ☐ Poor nighttime lighting
 ☐ Something I regularly step around
 ☐ Furniture I regularly reach for
 ☐ Other: _____

The first pathway I want to make easier:
One simple change I can make:

Helpful reminder: The goal is not to remove everything from your home. It is to make the routes you use most often easier to navigate without unnecessary stepping, turning, or reaching.