Home Balance Checklist for Families

Practical home-safety ideas and conversation prompts for adult children and caregivers. Wellness guidance only. Not medical advice.

1. Walk through the home together

- Clear walkways of cords, rugs that slide, and clutter in hallways and near beds.
- Check lighting: bright bulbs in stairs, bathrooms, and entryways; add night lights for overnight trips.
- Secure handrails on both sides of stairs if possible; mark the first and last step with contrast tape.
- In the bathroom: non-slip mat, grab bar near the toilet and tub/shower if your parent is open to it.
- Keep frequently used items between waist and shoulder height so reaching and bending are easier.
- Outdoor paths: even surfaces, clear of leaves or ice, and a sturdy rail where steps are steep.

2. Notice everyday mobility patterns (no diagnosis)

These are conversation starters, not a clinical assessment. If something feels off, talk with a clinician.

- Has walking speed slowed over recent months, or do they pause more often to steady themselves?
- Do they hold furniture or walls when moving through the house?
- Is getting up from a chair or sofa harder than it used to be?
- Any new hesitation on stairs, curbs, or uneven ground?
- Are they avoiding outings, evening walks, or rooms they used to use freely?
- Have shoes become worn unevenly, or do slippers lack a secure fit?

3. Simple daily habits that support steadiness

- Encourage well-fitting, closed-heel shoes indoors instead of loose slippers.
- Keep a phone or alert device within reach in the rooms they use most.
- Hydration and regular meals: lightheadedness from skipping meals is a common trip risk.
- Review medications with a pharmacist or clinician if dizziness or drowsiness is new.
- Short, regular walks and gentle balance practice (as a clinician recommends) beat occasional long efforts.

4. When to talk with a clinician

Reach out to a doctor, physical therapist, or other licensed clinician if you notice:

- A fall, near-fall, or unexplained bruise, even if they say they are fine.
- Sudden change in walking, speech, vision, or confusion (seek urgent care if sudden and severe).
- Ongoing dizziness, numbness, or weakness on one side.
- Fear of falling that is shrinking their daily life.
- You want a professional home-safety or balance evaluation.

Pedisteps and this checklist do not diagnose, treat, or cure any condition. They are for wellness awareness and family conversation only.

5. Caring from a distance

- Agree on a simple check-in rhythm that respects their independence.
- Share this checklist with siblings so everyone looks for the same practical signals.
- Ask what would feel helpful versus intrusive before buying gadgets or rearranging rooms.
- If you want objective walking and balance trends from home, Pedisteps smart insoles can send session data to a caregiver view. Learn more at the link below.

Pedisteps · Smart Balance Insoles $449 · Free shipping worldwide
www.vrsteps.io/product/pedisol-insoles/
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