

Home risk assessment (family use)

A plain checklist for common risks at home: falls, medicines, fire, scams and more. This is for families and unpaid carers. It is not a professional or council risk assessment.

England first · Free printable template · Large text · Fill in by hand or in Word

Please read this first

Information only — not advice. This is a free blank template from Social Care Made Easy (socialcaremadeeasy.co.uk). It is not legal, medical or financial advice. It is not a substitute for a council care and support plan, a professional risk assessment, or advice from a GP, nurse or social care worker. It is not made by the NHS, DWP or any council. Fill it in yourself for personal use. Rules in England can differ from Scotland, Wales and Northern Ireland.

Urgent help

In an emergency, or if someone's life is at risk, call 999. For urgent medical help, call NHS 111 or go to 111.nhs.uk. For anything else about health, speak to a GP.

About this checklist

Walk around the home and tick what you find. Note what you will do next. If the person has a council or occupational therapist assessment, follow that too.

Person this is about: _____

Address: _____

Date checked: _____

Checked by: _____

1. Falls and moving around

- ☐ Loose rugs, trailing wires or clutter on the floor
- ☐ Poor lighting on stairs or at night
- ☐ Stairs without a secure handrail
- ☐ Bathroom slippery when wet / no grab rail where needed
- ☐ Chair or bed height makes standing hard
- ☐ Footwear that slips or does not fit

- ☐ Dizziness, weak legs, or recent falls

What we will do / who we will ask: _____

2. Medicines

- ☐ Medicines not clearly labelled or mixed up
- ☐ No up-to-date list of medicines
- ☐ Hard to open bottles or remember doses
- ☐ Medicines left where a child or visitor could take them
- ☐ Someone else giving medicines without clear instructions

What we will do / who we will ask: _____

3. Fire and kitchen

- ☐ No working smoke alarm on each floor
- ☐ No carbon monoxide alarm where there is gas / solid fuel
- ☐ Chip pan or deep fat frying in use
- ☐ Clothes or papers near heaters or cooker
- ☐ Person may leave cooker or candles on
- ☐ Exits blocked

What we will do / who we will ask: _____

Free fire safety visit: ask your local fire service (England) via
<https://www.gov.uk/firekills>

4. Scams and money safety

- ☐ Unexpected calls, texts or emails asking for money or codes
- ☐ Someone new offering “help” with finances
- ☐ PIN, passwords or bank cards shared with people who should not have them
- ☐ Large or unusual withdrawals the person does not remember

What we will do / who we will ask: _____

Report fraud: Action Fraud 0300 123 2040 or actionfraud.police.uk. If someone is in immediate danger, call 999.

5. Home security and visitors

- ☐ Door not secure / no spyhole or chain where useful
- ☐ Key safe code widely shared
- ☐ Unknown callers let in without checking ID
- ☐ Windows hard to lock

What we will do: _____

6. Health and wellbeing risks

- ☐ Not eating or drinking enough
- ☐ Feeling low, confused or very anxious
- ☐ Pressure on skin from sitting or lying too long
- ☐ Carer exhausted or unable to continue
- ☐ No plan if the main carer is ill

What we will do / who we will ask: _____

7. Action list

Risk	Action	Who	By when	Done?

Free help

- Council needs assessment / OT: ask adult social care via your council (find-local-care on our site).
- NHS: GP, 111, or <https://www.nhs.uk/social-care-and-support/>
- Age UK advice: 0800 678 1602
- Citizens Advice: citizensadvice.org.uk

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