Senior Home Water, Moisture & Mold Safety Checklist

Evidence-based structural drying & mold prevention | Non-commercial educational printout

INTENDED AUDIENCE: Seniors, Adult Children, In-Home Caregivers, and Aging-in-Place Coordinators
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Document Overview & Purpose

A safety-first inspection guide tailored for older adults, caregivers, and family members to identify slip hazards, dampness risks, and manageable moisture controls.

Key Inspection Modules Included:

- Bathroom slip-and-fall prevention related to plumbing drips and condensation
- Simple, lever-style main water shutoff accessibility review
- Indoor humidity and respiratory comfort controls for sensitive lungs
- Low-maintenance leak detection devices for hard-to-reach under-sink areas
- Caregiver quarterly plumbing and moisture safety walkthrough steps

Checklist Action Items & Inspection Checkpoints:

Bathroom Fall & Slip Prevention

- [ ] Inspect bathroom floor tiles around tub, shower, and toilet for subtle weeping.
- [ ] Ensure all bath mats have secure, non-slip rubberized backing.
- [ ] Check shower curtain liners to ensure water is fully contained during bathing.
- [ ] Confirm grab bars are securely fastened into wall studs and wall is free of soft drywall.

Accessible Emergency Controls

- [ ] Verify main shutoff valve is reachable without climbing over clutter or steep basement stairs.
- [ ] Replace stiff multi-turn gate valves with an easy-to-turn quarter-turn lever ball valve.
- [ ] Ensure emergency phone numbers (family, trusted local plumber) are posted on refrigerator.

Indoor Air Quality & Caregiver Walkthrough

- [ ] Replace central HVAC filters every 60–90 days with appropriate pleated filters.
- [ ] Maintain indoor relative humidity between 35% and 50% with an automatic dehumidifier.
- [ ] Place battery-powered water sensor alarms under sinks and near the water heater.

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