



The Senior Dog Home Safety Checklist

Rebound



Canine Rehabilitation

Spot Hidden Hazards in Your Home Before Your Dog Does



Your Dog Is Counting on You to Notice

Dogs hide pain. It's instinct. By the time your dog refuses to climb the stairs or jump on the bed, they may have been hurting for weeks or months.

This checklist is designed to help you see your home the way your aging or recovering dog experiences it — through stiff joints, fading vision, and weakening muscles. Whether your dog is a senior slowing down, recovering from TPLO surgery, or managing a condition like IVDD, OA, or hip dysplasia, small changes in your home can prevent big injuries.

Walk through each room with fresh eyes. Check off what you've addressed. Circle what needs fixing. Then join our waitlist for personalized help.





About This Checklist

REBOUND CANINE REHAB

This checklist was created by Rebound Canine Rehab, a mobile canine rehabilitation service serving Ft. Meade to Eastern Annapolis. We specialize in helping senior dogs and post-surgical patients recover safely in their own homes.

Use this guide to walk through your home room by room, identifying and addressing the hidden hazards that put aging or recovering dogs at risk every day.



www.reboundcaninerehab.com

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The Stairway Audit

STAIRS — THE #1 DANGER ZONE IN MULTI-LEVEL HOMES

Stairs demand strength, balance, and confidence. For a dog with arthritis, IVDD, or post-surgical recovery, stairs aren't just hard - they're hazardous. Going down is especially dangerous, placing three times more force on the front legs and shoulders.

- ☐ Non-slip runners are secured on every stair (bare hardwood is a slip hazard)
- ☐ Risers are manageable - most residential stairs have 7-8 inch rises, which can feel like a wall to a dog with hip dysplasia or OA
- ☐ Motion-sensor lighting is installed at the top and bottom of the staircase
- ☐ Baby gates block stair access when you can't supervise - this prevents your dog from thundering downstairs to greet you and losing control on the way down
- ☐ Landing spaces allow your dog to rest mid-climb if needed
- ☐ You support the hind end when assisting your dog up stairs (lift gently under the belly - never pull by the collar or leash)



A senior dog walks confidently up a staircase fitted with non-slip tread pads on each step, providing secure footing on the climb.



A baby gate blocks unsupervised stair access while a non-slip bath rug at the base of the stairs prevents slipping during supervised trips.

QUICK WIN: Install a gate tonight. Even if you do nothing else, preventing unsupervised stair access eliminates the highest-risk scenario in your home.

Floors & Pathways

SLIPPERY FLOORS ARE SILENT INJURIES WAITING TO HAPPEN

Hardwood, tile, and laminate look beautiful. To a dog with weakened hindquarters or neurological conditions, they look and act like an ice rink. One slip can strain a recovering TPLO knee, aggravate IVDD, or shatter an older dog's confidence.

- ☐ Non-slip runners or rugs cover the main pathways your dog walks daily - hallways, kitchen routes, and paths to the door
- ☐ All area rugs have non-slip backing or gripper pads underneath (a sliding rug is worse than no rug at all)
- ☐ Door thresholds are marked or ramped if they're raised enough to trip a stiff-legged walker
- ☐ Clutter is cleared from walkways - senior dogs with fading vision can't navigate around shoes, bags, or toys the way they used to
- ☐ You've done the barefoot test - walk your home in socks. Everywhere your foot slides is somewhere their paws will slide too



A senior dog struggles for traction on bare tile, hind legs splaying as they try to turn.



The same dog moves confidently toward the camera on non-slip runner rugs, with stable footing and a relaxed gait.

QUICK WIN: Roll out a bathroom runner along your dog's most-traveled hallway route tonight. It costs ten dollars and takes two minutes.

Furniture Access

BEDS, COUCHES, AND THE DANGER OF JUMPING

That joyful leap onto the couch? For a dog with OA or a healing TPLO, it's a loaded joint under full impact. And jumping off is even worse - the landing force can exceed three times your dog's body weight. Ramps and steps aren't luxuries. They're medical equipment.

- ☐ A ramp or pet stairs leads to every elevated surface your dog regularly accesses (bed, couch, favorite chair)
- ☐ The ramp or stairs have non-slip surfaces - carpet, grip tape, or textured rubber
- ☐ A thick, non-slip rug or mat sits at the base of furniture - if your dog jumps off despite the ramp, they need a safe landing zone, not a slick hardwood floor
- ☐ Ramp incline is gradual - steep ramps are just stairs in disguise. Your dog should be able to walk up comfortably without momentum
- ☐ Your dog has been trained to use the ramp - even the best ramp is useless if your dog bypasses it for a flying leap (use high-value treats and patience)



A senior dog carefully uses pet stairs to step down from a couch. He is demonstrating how ramps and steps provide safe, low-impact access to elevated furniture and protect joints from high-impact jumping.

QUICK WIN: Place a folded yoga mat or bathmat with rubber backing at the foot of your bed or couch. Instant landing pad.

Lighting, Visibility & Environmental Details

LIGHT THE WAY — BECAUSE FADING VISION MEETS FADING MOBILITY

Senior dogs often lose vision gradually. Dim hallways, dark stairwells, and shadowy corners become terrifying obstacles when your dog can't see where they're stepping - and their body can't recover from a misstep the way it used to.

- ☐ Nightlights or motion-sensor lights illuminate hallways, staircases, and the path to the door
- ☐ Contrast strips or tape mark the edges of steps if your dog has vision loss (bright tape on dark steps, dark tape on light steps)
- ☐ Food and water stations are on the main living level - senior dogs shouldn't have to navigate stairs just to drink
- ☐ Dog beds are available on every floor your dog spends time on - a ground-floor bed means no forced climbs on stiff mornings
- ☐ Temperature is comfortable - cold air worsens joint stiffness; warm bedding supports circulation in arthritic limbs



A dark, unlit hallway with no visible light source, showing how a senior dog with fading vision faces disorienting shadows and unseen obstacles at night.



The same hallway now illuminated by a motion-activated light, allowing a senior dog to clearly see the path ahead and navigate safely with confidence.

QUICK WIN: Plug in two motion-sensor nightlights — one at the top of the stairs, one near the back door. Done.



You Don't Have to Figure This Out Alone

Spot more than a few unchecked boxes? You're not failing your dog — you're just seeing how much there is to consider. Most owners miss these hazards until an injury happens.

At Rebound Canine Rehab, we come to your home in Ft. Meade or Eastern Annapolis, assess your dog's specific mobility challenges, and build a personalized plan around your actual living space — not a generic clinic environment.

Whether your dog is a senior slowing down, recovering from TPLO surgery, or managing IVDD, OA, hip dysplasia, or DM, we design rehab programs that fit your home, your schedule, and your dog's dignity.

Join the Waitlist

We're opening bookings in January 2027.
www.reboundcaninerehab.com

Join the Founding Members Waitlist

NOW AND RECEIVE:

Priority booking — secure your spot before we open to the public

Founding Member rate — lock in a reduced rate reserved exclusively for early subscribers (limited to the first 20 clients)

Free home safety mini-assessment at your first appointment — a personalized walkthrough of your biggest hazard areas



www.reboundcaninerehab.com/waitlist

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