



Home Assessment:

Prevent Falls At Home



Aging & Disability
RESOURCE CENTER

Serving Calumet, Outagamie and Waupaca Counties

1-866-739-2372 (Toll Free)

www.yourADRCresource.org

Most falls that cause serious injury occur within the home. Use this home assessment checklist to assess the safety of your home and to identify areas that need improvement. By making some simple changes, you can reduce the likelihood of falling. Contact the ADRC for resources to help you with modifications you may need to stay safe in your home.

To prevent falls you should also:

- Have regular vision check-ups
- Be aware of your surroundings
- Stay Active! (i.e. walking, swimming, strength and balance exercises)
 - Wear appropriate footwear
- Get plenty of Calcium and Vitamin D in your diet

This Home Assessment Checklist includes the following areas of your home:

- Entrances
- Bathrooms
- Kitchen
- Bedrooms
- Basement
- Furniture / Living Area
- Stairs
- Lighting
- Telephone
- Garage
- Home Emergencies
- Home Repairs

- Medications

Entrances: Do you have...

1. Clear and level pathways?
2. Secure and highlighted outdoor steps?
3. Secure hand railings on both sides of the steps?
4. Easily managed doorknobs, locks, and storm doors?
5. Adequate lighting and motion detector lighting?
6. An easily accessible mailbox?

Bathrooms: Do you have...

7. Grab bars by the toilet and bath/shower area?
8. Anti-slip tape or anti-slip surface on shower/bath floor?
9. A secure toilet seat at a comfortable height?
10. Night lights with a cool burning bulb?
11. An available phone?
12. Is the doorway accessible?
13. Can you safely transfer into the tub/shower?
14. Will a tub bench or tub chair be needed?
15. Can you reach the outlets?
16. Can you manipulate the light switches?
17. Can you functionally use the sink?

Kitchen: Do you have...

18. Can you reach the dishes, pots, silverware, and food supply?
19. A non-slip floor and a non-slip mat by the sink?
20. Is the doorway accessible?
21. Are the appliances in working order?
22. Can you manipulate the faucets of the sink?
23. Can you open and close the refrigerator and freezer?
24. Is adequate workspace available?
25. Can you reach the stove controls?

26. Can you manage the oven door?
27. Can you reach the outlets?
28. Can you safely transport food to dining area?
29. Are sharp objects stored safely?
30. Are flammables kept away from the stove area?

Bedroom: Do you have...

31. A bed that allows your feet to touch the floor when sitting on edge?
32. Non-slip linens?
33. Cool burning night-lights?
34. A clear path to the bathroom?
35. A flashlight on bedside table with extra fresh batteries?
36. Is the doorway accessible?
37. Can you get up and down safely from the bed?
38. Is the light accessible from bed?
39. Can you reach the phone?
40. Can you reach your clothes in the closet and dresser?

Basement: Do you have...

41. A latched basement door?
42. Well-lit uncluttered stairs in good repair?
43. Highlighted stairs with secure railings on both sides?
44. Is there a phone accessible?
45. Is there a safe way for your laundry to be brought downstairs?
46. Is there a light switch at the top and bottom of the stairs?
47. A clear path to the hot water heater, furnace, circuit breaker, and water shut off valve?
48. Do you know what to do in case of emergencies for above-mentioned items?

Furniture/Living Area: Do you have...

49. Sturdy tables? (No three-legged tables)

- 50. Coffee tables that are not too low to be a tripping hazard?
- 51. Furniture that fits your body?
- 52. Is the doorway accessible?
- 53. Is there an uncluttered walking pathway?
- 54. Can you get up and down safely from the sofa and chair?
- 55. Can you open and close the windows?
- 56. Can you manipulate the light switches?
- 57. Are cords out from beneath carpeting and furniture?

Stairs: Do you have...

- 58. Highlighted steps?
- 59. Well-lit stairs?
- 60. A light switch at the top and bottom of the stairway?
- 61. Uncluttered stairs, no stored items on steps?
- 62. Is there a secure handrail present on both sides of the stairs?
- 63. Is the carpet secure? (no throw rugs at top or bottom of stairs)

Floors: Do you have...

- 64. Beveled thresholds or highlighted thresholds?
- 65. Slip resistant floors? Glare free floors?
- 66. Secured scatter rugs?
- 67. Carpets in good repair not frayed or buckled?
- 68. Electrical cords (not frayed) out of walkways and not under rugs?

Lighting: Do you have...

- 69. Light switches at all room entrances and outlets or switches that are not usually warm or hot to touch?
- 70. Even lighting in all rooms and throughout the house?
- 71. Use bulbs with the highest recommended wattage?
- 72. Night-lights that use a cool burning bulb?
- 73. A flashlight on all levels of your home?
- 74. A power failure safety light?

Telephone: Do you have...

- 75. An accessible phone in every room?
- 76. At least one cordless phone?
- 77. At least one landline/corded phone?
- 78. An answering machine?
- 79. A list of emergency numbers by your phone.
- 80. Are emergency numbers programmed into cell phones?
- 81. Do you have access to a telephone if you fall?

Garage: Do you have...

- 82. Stairs in good repair, highlighted with hand railings on each side?
- 83. Bright lighting?
- 84. Uncluttered Floors?
- 85. Automatic garage doors with emergency reverse?
- 86. To wipe up any oils spills/drippings?

Deck/Garden: Do you have...

- 87. Good body mechanics when you garden?
- 88. Deck stairs highlighted?
- 89. Secure hand railings on both sides of deck stairs?
- 90. Are you aware of uneven ground from tree roots or critter holes?
- 91. Is all of your equipment safely put away? (Like garden hose?)

Home Emergencies: Do you know...

- 92. How to turn off the main water supply?
- 93. Where your circuit breaker is?
- 94. A fire escape plan?
- 95. If your smoke alarm (on every floor)/carbon monoxide detector works?
- 96. Where to place a water alarm?
- 97. If your battery operated radio and flashlight work?
- 98. To place emergency phone numbers next to phone?
- 99. If the plumbing and utilities are working?

Home Repairs: Do you have...

- 100. An accessible fire extinguisher and know how to use it?
- 101. A contractor who is familiar with universal design?
- 102. A plan for your home repairs?
- 103. A budget for home repairs?
- 104. A timeline for home repairs?

Medications: Do you...

- 105. Know all the medications you take?
- 106. Know all the side-effects each may cause?
- 107. Have an "up-to-date" list of all of them?
- 108. Know if any cause drowsiness?
- 109. Know where to properly store them?

Start today by making your home modification list - projects for today, this week, this month, and this year.

Contact the ADRC to learn more about the resources available to help with home modifications and stay safe at home!



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