



## Preparing the Home: Safety and Aids Check List

**Are the outside grounds clean and hazard free?** Look for objects that can easily trip someone such as: cords/wires, curbs, cracks, rugs, mats, ice, rocks, steps, etc. In the case where a wheelchair is used, or maybe anticipated, make sure the entrances are wide enough to accommodate same. In some cases, ramps will also be needed for easier access.

Sidewalks,  Curbs,  Driveway,  Walkways,  Drainage,  Entrances Date inspected: \_\_\_\_\_ By: \_\_\_\_\_

Summary of overall conditions, concerns and recommendations: \_\_\_\_\_

**Are inside floors clean and hazard free?** Remove loose rugs, clutter, raised ridges and any cords crossing a walkway. Stairways should be easily seen. Consider putting brightly colored non-skid adhesive strips on the edge of each step. Have sturdy hand railing, and something extra to mark the top and bottom step. (Most step related accidents happen on the first or bottom step.)

Rugs,  Cords,  Mats,  Stairways,  Floor surfaces Date inspected: \_\_\_\_\_ By: \_\_\_\_\_

Summary of overall conditions, concerns and recommendations: \_\_\_\_\_

**Is there adequate lighting?** Make sure there is proper lighting throughout the house. Use 100 watt bulbs or stronger and make sure dark spaces can be easily illuminated upon entering. Switches should be marked and/or lighted for easy recognition and placed at shoulder height and/or eye level for easy reach.

Summary of overall conditions, concerns and recommendations: \_\_\_\_\_

**How safe is the bedroom?** Beds should be at a proper height. A height that is low enough to sit on comfortably while getting into the bed, yet high enough as to allow for easy standing. For patients with mobility problems, there are bedside commodes or bedpans. Consider a solid table next to the bed to hold and store necessary items close by and to provide leverage if there is difficulty getting out of bed. Eliminate any sharp corners on the table by padding or covering them. For the person that has difficulty getting out of bed, there are a variety of aids such as an over-hanging grab bar, an electric hospital bed, and there are stands that slide over the bed. A phone next to the bed is highly recommended in case of emergency, preferably with large speed-dial buttons.

Bed  Floor  Lighting,  Proper aids,  Phone or call button Date inspected: \_\_\_\_\_ By: \_\_\_\_\_

Summary of overall conditions, concerns and recommendations: \_\_\_\_\_

**How safe is the bathroom?** The bathroom is a danger zone. This is possibly where most precautions have to be taken. The tub should have non-skid adhesive strips on the bottom and a non-skid mat or adhesive strips on the floor next to it. For those who still shower there are a variety of tub chairs and aids, plus grab bars to get in and out with. For the toilet there may be a need for grab bars to sit and stand, plus you might consider getting a toilet raiser so not to have to sit down as far. Also there are accessories such as a bathroom tray that goes across the tub, and bath pillows to support head and upper back.

Non-skid tub,  Non-skid floor,  Non-skid backed rugs,  Easy access,  Hand supports,  Toilet,  Sink,  Proper aids

Date inspected: \_\_\_\_\_ By: \_\_\_\_\_

Summary of overall conditions, concerns and recommendations: \_\_\_\_\_

**How safe is the living room?** This is an area that (if conditions allow) the person spends most of their waking hours. Most people have a specific chair they sit in. Make sure that the chair is stable and easy to get in and out of. It should provide proper posture support. Many health problems are contributed to poor posture. There are a variety of chairs that are suitable, even ones that have a lift for those who have a difficult time getting out of a chair. Consider a solid table next to the chair to hold and store necessary items close by and to provide leverage if there is difficulty getting out of the chair. A phone next to the chair is highly recommended in case of emergency, preferably with large speed-buttons.

Chair,  Floor,  Lighting,  Proper aids,  Phone or call button Date inspected: \_\_\_\_\_ By: \_\_\_\_\_

Summary of overall conditions, concerns and recommendations: \_\_\_\_\_

**How safe is the dining room?** As all other spaces, the dining room should be uncluttered. Select chairs that are light, sturdy, and not too low!

Chair,  Floor,  Lighting,  Proper aids Date inspected: \_\_\_\_\_ By: \_\_\_\_\_

Summary of overall conditions, concerns and recommendations: \_\_\_\_\_

**How safe is the kitchen?** Keep kitchen clean and uncluttered and roomy as possible and place items in low easily reachable shelves or cabinets to avoid bending, reaching, and standing for long periods. Transporting food from point A to point B can be difficult. A cart to wheel dishes, utensils and food is a great idea. Devices for extended reach and firmer grasp should be considered.

Stove,  Oven,  Refrigerator,  Non-skid floors,  Proper aids Date inspected: \_\_\_\_\_ By: \_\_\_\_\_

Summary of overall conditions, concerns and recommendations: \_\_\_\_\_

**Make sure the following systems and equipment is all in good working condition:**

Electrical systems,  Heating systems,  Cooling systems,  Plumbing systems,  Water heater Temp. \_\_\_\_\_ (110 degrees Fahrenheit or less is recommended to help prevent scalding) Date inspected: \_\_\_\_\_ By: \_\_\_\_\_

Summary of overall conditions, concerns and recommendations: \_\_\_\_\_

**Make sure there are no health hazards:**

Asbestos,  Natural gas,  Polluted water,  Toxic chemicals,  Loose wiring Date inspected: \_\_\_\_\_ By: \_\_\_\_\_

Summary of overall conditions, concerns and recommendations: \_\_\_\_\_

**What aids are needed to better assist with their activities of daily living?**

Mobility,  Eating aids,  Bathing,  Bed,  Health,  Medical equipment

Summary of overall conditions, concerns and recommendations: \_\_\_\_\_