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6. □

7.

LAUNDRY

BASEMENT

Able to hand-wash and hang clothes to dry?

Are the basement stairs stable and well lit? Is there any storage of combustible materials?

Able to safely access washer/dryer?

Safe AT HOME Checklist

Rebuilding Together 1899 L Street NW, Suite 1000 Washington, DC 20036 800-473-4229 www. rebuildingtogether.org

Created in partnership with the Administration on Aging and the American Occupational Therapy Association

Rebuilding Together has long recognized that greater attention must be given our elderly population, so they may age-in-place and safely in their homes. We have also built lasting national partnerships with Area Agencies on Aging, AARP, American Occupational Therapy Association, National Association of Home Builders, National Council on Aging, and others.

Use this list to identify home safety, fall hazards and accessibility issues for the homeowner and family members. Home safety, fall prevention and accessibility modification interventions on the reverse side of this page can help prioritize your work. Underline or use a highlighter to note. broblems and add comments.

EXTERIOR ENTRANCES AND EXITS	•	TELEPHONE AND DOOR
	8.	TELEPHONE AND DOOR
Note condition of walk and drive surface; existence of curb cuts		Phone jack location near bed, sofa, chair?
Note handrail condition, right and left sides		Able to get phone, dial, hear caller?
Note light level for driveway, walk, porch		Able to identify visitors, hear doorbell?
Check door threshold height		Able to reach and empty mailbox?
Note ability to use knob, lock, key, mailbox, peephole, and		Wears neck/wrist device to obtain emergency help?
package shelf		Is there an answering machine?
Do door and window locks work easily?		Is there a wireless phone system?
Are the house numbers visible from the street?	_	CTODA CE CDA CE
Are bushes and shrubs trimmed to allow safe access?	9.	STORAGE SPACE
Is there a working door bell?		Able to reach closet rods and hooks, open bureau drawers?
		Is there a light inside the closet?
INTERIOR DOORS, STAIRS, HALLS		WINDOWS
Note height of door threshold, knob and hinge types; clear width		WINDOWS
door opening; determine direction that door swings		Opening mechanism at 42 inches from floor?
Note presence of floor level changes		Lock accessible, easy to operate?
Note hall width, adequate for walker/wheelchair		Sill height above floor level?
Determine stair flight run: straight or curved		Are storm windows functional?
Note stair rails: condition, right and left side		FLECTRIC QUITLETC AND CONTROL C
Examine stairway light level		ELECTRIC OUTLETS AND CONTROLS
Note floor surface texture and contrast		Sufficient outlets?
Note if clutter on stairway		Are there ground fault outlets in kitchen and bathroom?
,		Light switch at the entrance to each room
BATHROOM		Outlet height, wall locations
Are sink basin and tub faucets, shower control and drain plugs		Low vision/sound warnings available?
manageable?		Extension cord hazard?
Are hot water pipes covered?		Are there any uncovered outlets or switches?
Is mirror height appropriate, sit and stand?		LIEAT LIGHT VENTUATION CHOKE CARRON
Note ability reach shelf above, below sink basin	12.	HEAT, LIGHT, VENTILATION, SMOKE, CARBON
Note ability to step in and out of the bath and shower	_	MONOXIDE, WATER TEMP CONTROL
Can resident use bath bench in tub or shower?		Are there smoke/CO alarms and a fire extinguisher?
Note toilet height; ability to reach paper; flush; come from sit to		Are Thermostat displays easily accessible and readable?
stand posture		Note rooms where poor light level exists
Is space available for caregiver to assist?		Able to open windows; slide patio doors?
is space available for caregiver to assist.		Able to open drapes or curtains?
KITCHEN		Note last service date for heating/cooling system
Note overall light level, task lighting		Observe temperature setting of the water heater
Note sink and counter heights		
Note wall and floor storage shelf heights		
Are under sink hot water pipes covered?		
Is there under counter knee space?		
Is there a nearby surface to rest hot foods on when removed		
from oven?		
Note stove condition and control location (rear or front)	CC	DMMENTS:
Is there adequate counter space to safely prepare meals?		
is and a adequate counter space to safety propare means.		
LIVING, DINING, BEDROOM		
Chair, sofa, bed heights allow sitting or standing?		
Do rugs have non-slip pad or rug tape?		
Chair available with arm rests?		
Able to turn on light, radio, TV, place a phone call from bed, chair, and sofa?		
and sola:		

Safety enhancements, fall prevention and accessibility modification interventions that can help prioritize your work.

I.	EXTERIOR ENTRANCES AND EXITS		Use side bed rail or chairs with armrests
ı. □	Increase lighting at entry area		Enlarge lamp switch or install touch-control lamp at bedside
	Install stair rails on both sides		Install adjustable closet rods, shelving, and light source for better
	Install door lever handles; double-bolt lock		storage access
	Install beveled, no step, no trip threshold		Install vertical pole adjacent to chair and sofa
	Remove screen or storm door if needed		Raise furniture to appropriate height using leg extender products
	Create surface to place packages when opening door		Install uniform level floor surfaces using wood, tile, or low-pile
	Install peephole on exterior door		rugs
	Repair holes, uneven joints on walkway		Install telephone jack near bed and favorite chair
	Provide non-slip finish to walkway surface	_	
	Add ramp as needed	6.	LAUNDRY
	Trim bushes and shrubs to provide clear view from doors and		Build a counter for sorting and folding clothes
	windows		Adjust clothesline to convenient height
	Trim low hanging branches		Relocate laundry appliances
			Clean dryer vent or replace with metallic hose
2.	INTERIOR DOORS, HALLS, STAIRS	7.	BASEMENT
	Create clear pathways between rooms	/ .	Identify and eliminate sources of water in basement (usually
	Apply color contrast or texture change at top and bottom stair	ш	gutters our plumbing)
	edges		Add additional lighting as needed
	Install door lever handle		Remove combustible materials and hazardous waste
	Install swing-clear hinges to widen doorway. Minimum width: 32		Clear pathway to utilities
	inches		Groun patricky to admitted
	Install beveled thresholds (max 1/2 inch)	8.	TELEPHONE AND DOOR
	Replace or add non-slip surface on steps		Install wireless phone system near bed, sofa, and chair
	Repair or install stair handrails on both sides		Install peephole at convenient height
			Install flashing light or sound amplifier to indicate ringing doorbell
3.	BATHROOM		for those with visual or hearing problems
	Install swing-clear hinges to widen doorway. Minimum width: 32		Install mailbox at accessible height
	inches		
	Install secure grab bars at toilet, bath and shower	9.	STORAGE SPACE
	Install adjustable-height, hand held shower head		Install lights inside closet
	Install non-slip strips in bath/shower		Install adjustable closet rods and shelves
	Secure floor bathmat with non-slip, double-sided rug tape		Install bi-fold or pocket doors
	Adapt flush handle or install flush sensor		
	Adapt or relocate toilet paper dispenser		WINDOWS
	Round counter corners to provide safety		Install handles and locks that are easy to grip, placed at
	Insulate hot water pipes if exposed	_	appropriate heights
	Create sitting knee clearance at basin by removing vanity door and shelves underneath		Replace windows or storms that are not functional
			ELECTRICAL OUTLETS AND CONTROLS
	Install mirror for sitting or standing view		Install light fixtures or outlet for lamps
	Install good-quality non-glare lighting		Install switches at top and bottom of stairs
	Install shower with no threshold if bathing abilities are severely		Install Ground Fault outlets in kitchen and bathroom
	limited		Install wireless light switches where needed
	Elevate toilet height by adding under seat riser, portable seat, or		
	raising toilet at the base	12.	HEAT, AIR, LIGHT, SMOKE, CARBON MONOXIDE,
			WATER TEMP CONTROLS
4.	KITCHEN		Install smoke/CO alarms, fire extinguishers
	Increase task lighting at sink, stove, etc.		Replace thermostat with easy to read programmable type
	Install D-type cupboard door handles		Order service for heating/AC system
	Install adjustable shelving to increase access to upper cabinets		Install Compact Florescent lights where appropriate
	Increase access to under counter storage space by installing pull-		Reduce hot water temperature to 120 degrees
	out units		1 0
	Insulate hot water pipes if exposed		
	Install hot-proof surface near oven	CC	DMMENTS:
	Install switches and outlets at front of counter		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
	Install pressure-balanced, temperature-regulated, lever faucets		
	Expand counter surface		
	Create sitting knee clearance under work sites by removing doors		
_	or shelves	_	
	Improve color contrast of cabinet and counters surface edges for		
	those with low vision		
	Add tactile and color-contrasted controls for those with low vision		
	Provide sturdy step stool with hand rail Clean or install new range hood		
Ц	Clean Of Histail Hew Falige HOOG		
5.	LIVING, DINING, BEDROOM		
ɔ. □	Widen or clear pathways within each room by rear- ranging		
	furniture		
	Secure throw and area rug edges with double-sided tape		
	Improve access to and from chairs and beds by inserting risers		
_	under furniture legs		
	<u> </u>		