



# HOME SAFETY ASSESSMENT CHECKLIST

## ENTRY TO THE HOME

### Lighting

Is there adequate lighting in the following areas:

Y	N	Driveway?
Y	N	Garage?
Y	N	Walkways?
Y	N	At all doors?
Y	N	Near the trash area?
Y	N	Any other areas of the yard that are used after dark?

### Driveway

Y	N	Is the driveway smooth and evenly paved?
Y	N	Is the transition between the driveway and surrounding surfaces (such as the yard), smooth and even, free of ruts and other things (rocks) that could cause tripping?
Y	N	Is the slope of the driveway low enough that it does not cause a problem?

### Walkways

Y	N	Are walkways smooth and level (no cracks, gaps, or other tripping hazards)?
Y	N	Are steps along walkways clearly visible?
Y	N	Do they have handrails?
Y	N	Are transitions between different surfaces (a patio and sidewalk, concrete and asphalt, walkway and grass, etc.) even and level?
Y	N	If there are steeply inclined walkways, do they have sturdy, easy to grasp, handrails?
Y	N	Are shrubs, bushes, and grass trimmed back or removed so that they do not infringe on or obstruct the walkway (potential tripping hazard)?

### Steps to the Doors

Y	N	Do all steps (even single steps) have sturdy, easy to grasp (cylindrical) rails on both sides?
Y	N	Are the risers on stairs and multiple steps of equal height?
Y	N	Are the stair treads sturdy, level, and in good condition?
Y	N	Have small single steps (that could cause tripping) been mini-ramped?

### Garage

Y	N	Are there adequate overhead lights in the garage?
Y	N	Is there a clear pathway to walk through?
Y	N	Do entry stairs or ramps to the house have railings?

<b>Ramps (If Applicable)</b>		
Y	N	Are ramps rising at a minimum slope of 12:1 (12 inches of ramp length for every 1 inch of height is standard. However, 16:1 is recommended.)
Y	N	Do ramps have sturdy rails on both sides?
Y	N	Are the rails cylindrical for easy grasping?
Y	N	Do ramps have smooth transitions from ramp surface to ground surface?
Y	N	Do ramps have non-skid surfaces or have non-skid strips been added?
Y	N	Do ramp railings extend beyond the ramp to help people transition off the ramp?
Y	N	Do ramps have sufficient width of at least 36" between handrails?

<b>Entry Landings</b>				
<b>Front</b>		<b>Rear</b>		
Y	N	Y	N	Have all potential tripping hazards been removed?
Y	N	Y	N	Is the landing wide and deep enough to safely open the door?
Y	N	Y	N	Is there a clearly visible, easily reachable doorbell?
Y	N	Y	N	Do porches and decks have railings or barriers to prevent someone from stepping or falling off? (Are the railings secure?)
Y	N	Y	N	Does the decking have secure, even floorboards with no protruding nails?
Y	N	Y	N	Is there a non-skid surface on the porch/deck/landing?
Y	N	Y	N	Do doormats have non-skid backing with no upturned corners?

<b>Exterior Doors</b>				
<b>Front</b>		<b>Rear</b>		
Y	N	Y	N	If necessary, are doorways wide enough to accommodate wheelchairs?
Y	N	Y	N	Are locks in good working order and easy to use?
Y	N	Y	N	Are latches and door handles in good condition and easy to use?
Y	N	Y	N	If someone has trouble turning a doorknob, are there lever handles?
Y	N	Y	N	Do the doors open and close easily without sticking?
Y	N	Y	N	Do doors on springs close slowly enough (so they don't close on someone going through the door)?
Y	N	Y	N	Is the threshold at the door less than one inch high?
Y	N	Y	N	Do glass sliding doors have decals at eye level?

<b>Other Outdoor Area Concerns</b>		
Y	N	If there is a patio or deck, is it level, smoothly surfaced and free of tripping hazards?
Y	N	Are walkways around the house, smooth and free of obstacles and overgrown shrubbery, grass, and weeds that could cause tripping?
Y	N	Are garbage and recycling areas well lighted?
Y	N	Do these areas have safe, accessible stairs and railings?

## INSIDE THE HOME

Entry Ways and Vestibules					
Front		Rear			
Y	N	Y	N	Have throw rugs (potential tripping hazards) been removed?	
Y	N	Y	N	Is there a clear pathway (devoid of clutter) through the entry hall?	
Y	N	Y	N	Are all cords and wires out of the pathway?	
Y	N	Y	N	Are thresholds low enough so someone does not trip over them?	
Y	N	Y	N	Is there adequate lighting?	
Y	N	Y	N	Is the light switch at the entrance to the room?	
Y	N	Y	N	If necessary, is the entryway wide enough for a wheelchair/walker?	

Hallways						
#1		#2		#3		
Y	N	Y	N	Y	N	If people need support, are there handrails along the hall?
Y	N	Y	N	Y	N	Are halls free of clutter and other tripping obstacles?
Y	N	Y	N	Y	N	Are carpet runners tacked down or have anti-skid backing?
Y	N	Y	N	Y	N	Are thresholds less than one inch so they are not tripping hazards?
Y	N	Y	N	Y	N	If necessary, are halls wide enough for a wheelchair/walker?
Y	N	Y	N	Y	N	Is there adequate lighting?
Y	N	Y	N	Y	N	Is there a light switch at both ends of the hall?

Doors/Doorways		
Y	N	Do all doors open easily?
Y	N	Are thresholds less than one inch?

Interior Stairs						
2 <sup>nd</sup> Fl.		Base.		Other		
Y	N	Y	N	Y	N	Do stairs have sturdy rails on both sides?
Y	N	Y	N	Y	N	Do rails continue onto the landings?
Y	N	Y	N	Y	N	Are the stair treads sturdy, not deteriorating or broken?
Y	N	Y	N	Y	N	Are edges of stair treads clearly visible (no dark, busy patterns)?
Y	N	Y	N	Y	N	Are stair pads in good repair (tacked down, in one piece)?
Y	N	Y	N	Y	N	(If bare wood) Are stair treads slip-resistant?
Y	N	Y	N	Y	N	(If carpeted) Is carpet securely attached, not worn/frayed?
Y	N	Y	N	Y	N	Are top and bottom steps highlighted?
Y	N	Y	N	Y	N	Are stairs free of clutter?
Y	N	Y	N	Y	N	If stairs have a low, overhanging beam that people could bump their heads on, has it been padded?
Y	N	Y	N	Y	N	Are stairs and landings well lit, with light switches at both top and bottom?

<b>Living/Dining/Family/Other Rooms</b>								
<b>LR</b>		<b>DR</b>		<b>FR</b>		<b>Other</b>		
Y	N	Y	N	Y	N	Y	N	Is the lighting adequate?
Y	N	Y	N	Y	N	Y	N	Is there a light switch at the entrance to the room?
Y	N	Y	N	Y	N	Y	N	Is there a clear, unobstructed path through the room (no clutter, cords, wires, baskets, and other things to trip over)?
Y	N	Y	N	Y	N	Y	N	Are thresholds minimal and carpet binders tacked down?
Y	N	Y	N	Y	N	Y	N	Are carpets in good condition (not frayed or turned up, torn, or with worn spots that someone could trip over)?
Y	N	Y	N	Y	N	Y	N	Are plastic runners/carpet protectors tacked down (not folded or turned up at edges)?
Y	N	Y	N	Y	N	Y	N	Do throw rugs have anti-skid backing and no upturned corners?
Y	N	Y	N	Y	N	Y	N	Is tile/linoleum free of chips, tears, and not slippery?
Y	N	Y	N	Y	N	Y	N	Are bare wood floors slip resistant?
Y	N	Y	N	Y	N	Y	N	Is there at least one comfortable chair people can get in and out of safely and easily?
Y	N	Y	N	Y	N	Y	N	Do tables have rounded edges that are clearly visible (no sharp edges or made of glass)?
Y	N	Y	N	Y	N	Y	N	Do windows open easily?
Y	N	Y	N	Y	N	Y	N	Are shades and blinds easy to open?
Y	N	Y	N	Y	N	Y	N	Are they securely attached?

<b>Bathrooms</b>				
<b>General Considerations</b>				
<b>Bath1</b>		<b>Bath 2</b>		
Y	N	Y	N	Is there a light switch at the entry?
Y	N	Y	N	Is there adequate lighting overall?
Y	N	Y	N	.....At the sink?
Y	N	Y	N	.... Over the tub/shower?
Y	N	Y	N	Is there a night light?
Y	N	Y	N	Is the door threshold less than one inch?
Y	N	Y	N	Is the room free of clutter and tripping hazards?
Y	N	Y	N	Is the flooring non-slip/non-skid (including throw rugs)?
Y	N	Y	N	Are there grab bars in other areas of the room as needed?
Y	N	Y	N	Is the room kept warm during bathing (heat lamp, towel warmers, etc.)?

<b>Sinks</b>				
<b>Bath1</b>		<b>Bath2</b>		
Y	N	Y	N	Are sink faucets easy to reach and read?
Y	N	Y	N	Is it easy to determine where the hot and cold areas of the faucet are?
Y	N	Y	N	Is it easy to mix the temperature?
Y	N	Y	N	If necessary, have anti-scald devices been installed?
Y	N	Y	N	Is the sink wheelchair accessible or can someone sit at the sink?
Y	N	Y	N	Are mirrors at an appropriate height?

<b>Tub/Shower</b>				
<b>Bath1</b>		<b>Bath2</b>		
Y	N	Y	N	Are there sturdy grab bars in the tub and/or shower, if needed?
Y	N	Y	N	Is the shower curtain bottom out of the way so it is not a tripping hazard?
Y	N	Y	N	Are toiletries in the tub easily reached from sitting and standing positions?
Y	N	Y	N	Is there a non-skid bathmat in the bathtub?
Y	N	Y	N	Is there a hand-held shower head?
Y	N	Y	N	Are tub/shower faucets easy to use and read (hot & cold clearly marked)?
Y	N	Y	N	If needed, is there a tub or shower seat?

<b>Toilet</b>				
<b>Bath1</b>		<b>Bath2</b>		
Y	N	Y	N	Are there sturdy grab bars at the toilet (or toilet arms and a raised seat)?
Y	N	Y	N	Is toilet paper easily reachable from the toilet seat?
Y	N	Y	N	Is the toilet seat in good condition and securely fastened?

<b>Kitchen</b>		
Y	N	Are frequently used items visible and easily reached (front of pantry and refrigerator)?
Y	N	Are sink faucets easy to reach and read?
Y	N	Is it easy to determine where the hot and cold areas of the faucet are?
Y	N	Is it easy to mix the temperature?
Y	N	If necessary, have anti-scald devices been installed or the hot water temperature lowered?
Y	N	If necessary, have timers been installed on the oven and cook top?
Y	N	Are burners and control knobs clearly labeled and easy to use?
Y	N	Are the controls on the front of the stove, not the back?
Y	N	Is there a close resting place nearby for hot vessels coming out of the oven?
Y	N	Is glass cookware being used so person sees food is being cooked?
Y	N	Is the microwave easy to read, reach, and operate?

<b>Laundry Room</b>		
Y	N	Is there a light switch at the entry?
Y	N	Is there sufficient lighting?
Y	N	Is the route to the laundry room (stairs) safe?
Y	N	Are the appliances at the right height so it easy to get clothes in/out of the washer and dryer?
Y	N	Are the control knobs easy to reach, read, and operate?
Y	N	Are laundry supplies easy and safe to reach?
Y	N	Is there a non-slip floor surface?
Y	N	Are tripping hazards off the floor (laundry basket or dirty clothes)?

<b>Bedrooms</b>				
<b>BR1</b>		<b>BR2</b>		
Y	N	Y	N	Is there a light at the entrance to the room?
Y	N	Y	N	Is a light reachable from the bed?
Y	N	Y	N	Can bureau drawers be reached (height of the drawer) and opened easily?
Y	N	Y	N	Is there a clear, unobstructed path through the room (clutter and furniture are out of the way)?
Y	N	Y	N	Are cords and wires off the floor?
Y	N	Y	N	Do throw and area rugs have non-slip backing and no upturned corners?
Y	N	Y	N	Are wood and linoleum floors non-skid?
Y	N	Y	N	Is carpet smooth (no folds or holes) and tacked down?
Y	N	Y	N	Are curtains and bed coverings off the floor so they are not tripping hazards?
Y	N	Y	N	Is there support for getting in and out of bed, if needed?
Y	N	Y	N	Is there a place to sit and get dressed, if needed?
Y	N	Y	N	Are windows easy to open and close?
Y	N	Y	N	Are window blinds and shades working properly and easy to open?
Y	N	Y	N	Are blinds and shades properly secured?

<b>Closets</b>				
<b>Clo 1</b>		<b>Clo 2</b>		
Y	N	Y	N	Are shelves and clothes poles easy to reach?
Y	N	Y	N	Have closet organizers been installed to maximize use of space?
Y	N	Y	N	Are closets organized so clothes are easy to find?
Y	N	Y	N	Are clutter and other tripping hazards off the floor?
Y	N	Y	N	Do closets have lights that are easy to find and reach?
Y	N	Y	N	Are closet door easy to open?
Y	N	Y	N	If closet has sliding doors, do they stay on track?

<b>General Home Safety Concerns</b>		
Y	N	Can an older person contact someone in an emergency (medi-alert, names and numbers by phone, picture telephone, etc.)?
Y	N	Are smoke detectors and carbon monoxide alarms installed and working?
Y	N	Is there a fire extinguisher in the house?
Y	N	Is there a safe place outside to hide a key to the house for emergency entry?

## SPECIFIC CHECKLIST FOR ALZHEIMER'S DISEASE AND OTHER DEMENTIAS

### **If wandering is a problem, complete the following checklist:**

Y	N	Is there a safe outdoor area that the person with dementia can use without wandering away (escape proof porch or deck, fenced in yard with locked gate)?
Y	N	Have poisonous plants and shrubs or plantings with berries been removed?
Y	N	Are there security locks on all exterior doors (double key, installed out of sight, etc.)?
Y	N	Is a key hidden outside in case the person locks out the caregiver?
Y	N	Are exterior and other doors to off-limit areas alarmed?
Y	N	Is access to stairwells, storage areas, basements, garages, and other off-limit areas controlled (with locks, secure gates, Dutch doors, etc.)?
Y	N	Is access to home offices and computer/home finance areas controlled?
Y	N	If necessary, can all doors to off-limit areas be disguised?
Y	N	Are there eye-level decals on all glass doors and large picture windows?
Y	N	Can all windows be securely locked?
Y	N	Is there a safe, clear pathway through the house where the person can walk or wander safely without tripping, knocking into, or damaging something?

### **If orientation or getting lost in the house is a problem, complete the following checklist:**

Y	N	Are there signs, arrows, photographs, etc. pointing to the bathroom, bedroom, and other places the person needs to find?
Y	N	Are doors, that the person needs to use, highlighted (signs, color, etc.)?
Y	N	Is there a photo or memento on the door to help someone find his/her bedroom?
Y	N	Are there night lights or light strips leading to the bathroom from the bedroom?
Y	N	Is the bathroom door left open when not in use to serve as a visual cue?
Y	N	Are closets, drawers, and cabinets that hold things the person can use labeled?

### **If hallucinations/misrecognition are problems, complete the following checklist:**

Y	N	Are light levels even so that shade and shadows are kept to a minimum?
Y	N	Has ominous looking artwork been removed (masks, distortions, abstract work)?
<b>If the person gets upset by his/her or another person's image:</b>		
Y	N	Are windows covered at night so person cannot see his/her reflection?
Y	N	Are mirrors covered?
Y	N	Have portraits and large photographs of people been removed or covered?

<b>Bathroom checklist for dementia:</b>				
<b>Bath1</b>		<b>Bath2</b>		
Y	N	Y	N	Have all medicines and non-electric razors been put away?
Y	N	Y	N	Have all cleaning agents been put away?
Y	N	Y	N	Are other harmful objects removed from the cabinets and fixtures?
Y	N	Y	N	Are sink faucets easy to reach and read?
Y	N	Y	N	Is it easy to determine where the hot and cold areas of the faucet are?
Y	N	Y	N	Is it easy to mix the temperature?
Y	N	Y	N	Have anti-scald devices been installed?
Y	N	Y	N	Does the color of the toilet fixture and/or seat contrast with the wall and floor for easy identification?
Y	N	Y	N	Have all trash cans been removed if the person uses them as a toilet?
Y	N	Y	N	Are there night lights/signs giving directions to the bathroom and fixtures?
Y	N	Y	N	Are instructions posted by the toilet, sink, and shower/tub?

<b>Kitchen checklist for dementia:</b>		
Y	N	Are all drawers and cabinets with safe objects labeled?
Y	N	Are childproof locks on drawers and cabinets that are, or should be, off limits?
Y	N	Has access to the stove been controlled (knobs removed, lock on oven door, stove connected to hidden circuit breaker or gas valve)?
Y	N	If necessary, has access to the refrigerator and freezer been controlled with a refrigerator lock?
Y	N	Is there a night light in the kitchen (for safe midnight snacking)?
Y	N	Have sharp knives and other dangerous implements been removed or locked up?
Y	N	Has excess clutter been removed from counter tops and tables?
Y	N	Have all vitamins, sweeteners, over-the-counter medicines, and prescription drugs been removed (or left out in limited quantities only)?
Y	N	Have all poisonous cleaning agents been removed or locked up?
Y	N	Have all "fake" foodstuffs been removed (wax/ceramic fruit, food shape magnets)?
Y	N	If necessary, has the kitchen been closed off?

<b>Bedroom checklist for dementia</b>		
Y	N	Are there nightlights (and signs, if necessary) along the path to the bathroom?
Y	N	Is there a monitor/intercom between the person's and the caregiver's areas?
Y	N	Has clutter and other potentially dangerous items (cologne, after shave lotion, deodorant, etc.) been removed from dresser tops?
Y	N	Are drawers organized simply and labeled?



<b>General home safety checklist for dementia</b>		
Y	N	If necessary, are childproof plugs in all unused electrical outlets?
Y	N	Are radiators and hot water pipes that the person might touch covered?
Y	N	Are all prescription medications and over-the-counter medicines locked up?
Y	N	Have all poisonous plants been removed (including artificial ones that look real)?
Y	N	Is alcohol out of sight and locked up?
Y	N	Are plastic/dry cleaner's bags out of reach (could cause choking or suffocation)?
Y	N	Are all weapons locked up or removed from the house (guns, knives, etc.)?

Developed by Richard V. Olsen, Ph.D., and B. Lynn Hutchings, M. Arch., Health & Aging Division, Center for Architecture and Building Science Research (CABSR), New Jersey Institute of Technology, in collaboration with the New Jersey Department of Health and Senior Services, Division of Aging and Community Services.

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