

## FALLPROOF Balance and Mobility Group Classes for Older Adult

### Home Safety Checklist

Date: \_\_\_\_\_

Participant \_\_\_\_\_

Center \_\_\_\_\_

Instructor \_\_\_\_\_

Have you checked your home for hazards that could cause falls? Any items checked "No" are potential hazards that require attention.

#### EXTERIOR

INSPECTION		
1. Are step surfaces non-slip?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are step edges visually marked to avoid tripping?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Are steps in good repair?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Are stairway handrails present?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Are handrails securely fastened to fittings?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Are walkways covered with a non-slip surface and free of objects that could be tripped over?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Is sufficient outdoor lighting available to provide safe ambulation at night?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

TIPS: \*Poor lighting may contribute to stairway tripping. Place light switches at top and bottom of stairway to avoid traveling up and down in the dark.

\*Place night-lights at top and bottom step to provide visual cueing of steps. Use of colored non-slip adhesive strips will help define stair edges.

\*Paint doorsills a different color to prevent tripping.

#### INTERIOR (general and living area/entrance)

INSPECTION		
1. Are lights bright enough to compensate for limited vision?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are light switches accessible before entering rooms?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Are lights glare free?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Are stairways adequately lit?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Are handrails present on both sides of staircases?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Are handrails securely fastened to walls?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Are step edges outlined with colored adhesive tape and slip resistant?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. Are throw rugs secured with non-slip backing?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9. Are carpet edges taped or tacked down?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10. Are rooms uncluttered to permit unobstructed mobility?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11. Are chairs throughout home strong enough to provide support during transfers?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12. Are telephones accessible?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13. Are electrical and telephone cords taped down securely?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

## Interior (general and living area/entrance) continued ...

### TIPS:

- Improve the lighting in your home. Use brighter light bulbs (at least 60 watts). Use lampshades or frosted bulbs to reduce glare.
- Thick pile carpets may lead to tripping. Carpets of uncut, low pile are preferable.
- Use polarized window glass or application of tinted material to windows to eliminate glare without reducing light. Reduce floor glare by repositioning light sources.
- Chair height should be at least 14-16 inches (from seat edge to floor) with armrests to provide leverage during sitting/rising for safer transfers.

### KITCHEN

INSPECTION		
1. Are step stools strong enough to provide support? Are stool treads in good repair and slip resistant?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are commonly used items within easy reach? Are storage areas easily reached without having to stand on tiptoe or a chair?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Are chairs wheel free, armrest equipped, and of proper height to allow for safe transfers?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Are tables secure enough to provide support if leaned on?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Are low-lying objects (coffee tables, step stools, etc.) that present a tripping hazard out of the way?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Are linoleum floors non-slip?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Is there a non-slip mat in the sink area to soak up spilled water?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. If the pilot light goes out on the gas stove, is the gas odor strong enough to alert the individual?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

### TIPS:

- On linoleum floors use slip-resistant floor wax with minimal buffing; use nonskid floor mat by kitchen sink to guard against wet floor.
- A well-organized kitchen area will make cooking and cleaning easier and prevent falls. Rearrange frequently used kitchen and closet items to avoid excessive reaching /bending. Use a hand-held reaching tools for hard-to-reach objects.

## BATHROOM

INSPECTION		
1. Are doors wide enough to provide unobstructed entering with or without a device?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are door thresholds safe so that they don't present tripping hazards?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Are floors slippery, especially when wet?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Are skid-proof strips or mats in place in the tub or shower	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Are tub and toilet grab bars available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Are grab bars securely fastened to the walls?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Is toilet seat height elevated at least 24" for easy transfers?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. Is there sufficient, accessible, and glare-free light available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

### TIPS:

- If you are on strong medication or in a frail condition, do not take a bath or shower by yourself
- Do not use towel racks for support.
- Check water temperature by hand before entering bathtub or shower.

## BEDROOM

INSPECTION		
1. Is adequate and accessible lighting available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are night-lights and/or bedside lamps available for nighttime bathroom trips?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Is the pathway from the bed to the bathroom clear to provide unobstructed mobility (especially at night)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Are beds of appropriate height to allow for safe on and off transfers?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Are floors covered with a non-slip surface and free of objects that could be tripped over?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Can individual reach objects from closet shelves without standing on tiptoes or chair?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Is there a telephone with reach from the bed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

### TIPS:

- Stand up slowly when rising from bed. Wait until your circulation adjusts to an upright position.
- Do not wear loose clothing that can get hooked on doorways or furniture as you walk.
- Pathway from the bed to bathroom should be unobstructed.
- Avoid stacking newspapers, books, and magazines on floor.
- Bed height of approximately 18 inches (from top of mattress to floor) allows for safe to transfer

- Bed mattress edge should be firm enough to support a seated person without sagging.

### **Other Things You Can Do to Prevent Falls**

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Wear sturdy shoes with thin, non-slip soles. Avoid slippers and running shoes with thick soles.

### **NOTES:**

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