



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?

Ramps (If Applicable)		
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?

Entry Landings				
Front		Rear		
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?

Exterior Doors				
Front		Rear		
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?

Other Outdoor Area Concerns		
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 nd 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?

Living/Dining/Family/Other Rooms								
LR	DR	FR	Other					
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?

Bathrooms				
General Considerations				
Bath1	Bath 2			
Y	N	Y	N	Is there a light switch at the entry?
Y	N	Y	N	Is there adequate lighting overall?
Y	N	Y	NAt 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.)?

Sinks				
Bath1	Bath2			
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?

Tub/Shower				
Bath1		Bath2		
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?

Toilet				
Bath1		Bath2		
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?

Kitchen		
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?

Laundry Room		
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)?

Bedrooms				
BR1		BR2		
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?

Closets				
Clo 1		Clo 2		
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?

General Home Safety Concerns		
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)?
If the person gets upset by his/her or another person's image:		
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?

Bathroom checklist for dementia:				
Bath1		Bath2		
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?

Kitchen checklist for dementia:		
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?

Bedroom checklist for dementia		
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?

General home safety checklist for dementia		
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.)?

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Funded by a grant from the US Department of Health & Human Services, Administration on Aging National Family Caregiver Support Program - Grant # 90-CG-2540

March 2006