

HOME ASSESSMENT CHART

A safe home is in your hands! Take a walk through your home with this checklist. Make a note of everything you need. Taking a few extra minutes to improve your home could prevent a fall and add years to your life.

| | YES | NO |
|---|--------------------------|--------------------------|
| Do you have handrails on both sides of all stairways in your home—including your outside stairs? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do the stair rails extend the full length of the stairway? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are your stairways well lit with lights at the top and bottom of the stairs? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have nightlights to help light your bathrooms, bedrooms, and hallways during evening hours? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have grab bars in your bath and shower stalls as well as on the sides of the toilet? (Note: Never use towel racks or soap dishes as grab bars, they can easily come loose, causing a fall.) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have a non-slip mat or safety decals in your bath and shower? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you remove soap build-up in the tub and shower on a regular basis to avoid slipping? | <input type="checkbox"/> | <input type="checkbox"/> |
| If you have area rugs, do they have rug-liners underneath, dual-sided tape or non-skid backs? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are your steps, landings, and floors clear of clutter? (Always keep these areas clear, and don't forget to safely tuck telephone and electrical cords out of walkways.) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you keep floors clean by promptly wiping up grease, water, and other spills? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are things you use often stored on easy-to-reach shelves, so that you don't need to reach too high or bend too low to get them? | <input type="checkbox"/> | <input type="checkbox"/> |

MORE HELPFUL HINTS

- Get up slowly after you sit or lie down.
- Wear sturdy shoes with thin, non-slip soles.
- Make sure you always use a step stool with a bar for hard-to-reach items. Never use a chair as a step stool.

