

☐INSPECT ALL LIGHT FIXTURES:

Yes No

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| ___ | ___ | Is lighting <u>adequate</u> and <u>equally distributed</u> throughout the home? Several light sources with lower- wattage light bulbs are better than one high-wattage bulb that may cause glare. |
| ___ | ___ | Are light bulbs the appropriate wattage for lamps? (Each lamp should have a sticker stating the maximum safe wattage). |
| ___ | ___ | Are light switches located so that any dark space can be illuminated before entry? Light switches should be located at both the top and bottom of a stairway. |
| ___ | ___ | Are night-lights used in the bathroom, bedroom and in the connecting hallway? |
| ___ | ___ | Are working flashlights kept by the bed and on all levels of the home in case of a power failure? |

INSPECT ALL ELECTRICAL CORDS AND OUTLETS:

Yes No

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| ___ | ___ | Are any outlets overloaded? |
| ___ | ___ | Are outlets easy to reach? Outlets can be moved higher on the wall, or furniture can be re-arranged to avoid blocking them. |
| ___ | ___ | Do any cords have frayed ends or cracked surfaces? |
| ___ | ___ | Are long cords gathered, tied back and kept away from traffic areas? |

INSPECT ALL PIECES OF FURNITURE:

Yes No

- ☐ ☐ **Is furniture arranged for a good traffic pattern?**
- ☐ ☐ **Are all pieces of furniture sturdy and not easily tipped?**
- ☐ ☐ **Are chairs easy to get in and out of? Avoid deep, soft chairs and those without arms. Consider a “lift “chair for a person with mobility problems.**
- ☐ ☐ **Are chair arms sturdy and easy to grasp for support?**

INSPECT APPLIANCES:

Yes No

- ☐ ☐ **Do irons and other appliances have automatic shut-off features to prevent overheating if mistakenly left on?**
- ☐ ☐ **Can heating pads and electric blankets be connected to light-timers to prevent overheating and to avoid burns from prolonged exposure?**
- ☐ ☐ **Are the washer and dryer located on the main floor to avoid trips up and down basement stairs? Small, stackable units often fit well in a kitchen or utility room.**
- ☐ ☐ **Are telephones located on each level of the home and in the bedroom to avoid falls while rushing to answer the phone? (Consider a carry-along cell phone).**
- ☐ ☐ **Do portable space heaters have screens to prevent contact with external objects? Space heaters should always be kept away from flammable objects.**
- ☐ ☐ **Do all fireplaces have spark-screens?**
- ☐ ☐ **Are smoke/carbon monoxide detectors located on each level of the home, including the basement and near the bedroom?**

- ___ ___ Are smoke/carbon monoxide detector batteries checked at six-month intervals and changed annually? A simple rule of thumb is to routinely test detectors and replace batteries in the Spring and Fall when clocks are adjusted forward/backward.
- ___ ___ Have the heating and cooling systems been inspected and serviced within the past year? Ask the technician to also test carbon monoxide detectors to insure they are still functioning.
- ___ ___ Is the water heater thermostat set no higher than 125 degrees to prevent scalding?

INSPECT ALL FLOOR SURFACES:

Yes No

- ___ ___ Are rooms filled with too much furniture to allow safe walking?
Can furniture be removed or re-arranged?
- ___ ___ Are items (boxes, books, etc.) piled inappropriately on floors, presenting a risk for falls?
- ___ ___ Are any floor tiles loose, broken, or missing?
- ___ ___ Are all carpet and linoleum edges firmly secured to the floor?
- ___ ___ Are all area and throw rugs secured to the floor with rubber backing or double-faced adhesive tape? (Throw rugs of any kind are strongly discouraged!)
- ___ ___ Is carpeting too thick or plush to walk on safely?

FOR VISUALLY IMPAIRED PERSONS:

- ___ ___ Do carpets have contrasting colors from one room to another, particularly where one must step up or down?
- ___ ___ Have all raised sills in doorways been eliminated or marked with color-contrast tape for better visibility?

INSPECT ALL STAIRWAYS:

Yes No

- ☐ ☐ **Are stairways well lighted? Light switches should be located at both the top and bottom of each staircase.**
- ☐ ☐ **Are any steps cracked, loose or sagging?**
- ☐ ☐ **Are banister rails easy to grasp, sturdy, and well anchored?**
- ☐ ☐ **Do banisters extend slightly beyond the top and bottom steps?**
- ☐ ☐ **Are stairways cluttered with boxes or other objects?**
- ☐ ☐ **Are stairways carpeted, or do they have non-skid vinyl/rubber treads in contrasting colors to increase visibility? Strips of florescent tape placed on the top and bottom steps are helpful.**

INSPECT THE BATHROOM(S):

Yes No

- ☐ ☐ **Would a raised toilet seat make it easier for the person to get on and off the commode?**
- ☐ ☐ **Are grab rails installed by the toilet and tub to provide assistance and prevent falls?**
- ☐ ☐ **Are non-skid strips or a mat used both inside and just outside the tub? Only use mats with a non-skid or rubber backing.**
- ☐ ☐ **Can a shower chair and a hand-held shower wand be used to make showering easier?**
- ☐ ☐ **Should a urinal or commode be considered for use in the bedroom when otherwise you would need help getting to and from the bathroom?**

INSPECT THE KITCHEN:

Yes No

- ☐ ☐ **Do deep or floor-level cabinets have slide-out shelves or storage baskets? Store frequently used items in easy-to-reach places. Use only a sturdy, wide-based step-stool to reach high shelves.**
- ☐ ☐ **Do you avoid wearing garments with loose-fitting sleeves while working around stove burners? If not, be sure to roll up or fasten sleeves with a rubber band.**
- ☐ ☐ **Do you use a cart with wheels to move heavy or bulky objects in and around the kitchen?**
- ☐ ☐ **Do you use an apron with pockets to hold/carry small objects?**
- ☐ ☐ **Is the kitchen arranged so that food preparation and cleanup can be done from a chair if prolonged standing is a problem?**
- ☐ ☐ **Are all toxic and flammable substances stored away from food products and the stove?**

INSPECT ALL DOORS:

Yes No

- ☐ ☐ **Can any unnecessary interior doors be removed?**
- ☐ ☐ **Are door knobs easy to grasp for arthritic hands? (Consider replacing round knobs with lever handles).**
- ☐ ☐ **Can raised door sills be eliminated?**
- ☐ ☐ **Can the bathroom door be installed to open outward to permit easy rescue in case of a fall?**
- ☐ ☐ **Does the garage door have an automatic opener?**

INSPECT THE HOME'S EXTERIOR:

Yes No

- ☐ ☐ Are concrete and brick areas free from large cracks and uneven surfaces? Textured concrete surfaces lessen the risk of falls.
- ☐ ☐ Are all wooden surfaces free from cracks, sagging or unstable surfaces; and exposed nail heads?
- ☐ ☐ Are all banister rails easy to grasp, sturdy, and well anchored?
- ☐ ☐ Do banister rails extend slightly beyond the top and bottom steps?
- ☐ ☐ Are gutter downspouts extended away from walks and driveway to avoid icy patches?

INSPECT FOR THE FOLLOWING SECURITY MEASURES:

Yes No

- ☐ ☐ Do all exterior doors have dead-bolt locks? Double Cylinder dead-bolts (opened with a key from both sides) should be installed on exterior doors with windows. Dead-bolt locks should also be placed on doors leading from the garage or basement into the house.
- ☐ ☐ Do all screen doors lock from the inside?
- ☐ ☐ Are basement/garage windows secured with "burglar-bars"?
- ☐ ☐ Do all first-floor windows have devices to prevent them from being raised high enough to permit entry from the outside?
- ☐ ☐ Are boards placed along the inside bottom tracts of sliding glass doors and windows to prevent them from being opened from the outside?
- ☐ ☐ Are "dusk-to-dawn" or "motion detector" lights installed on the exterior?