
HOME SAFETY ASSESSMENT

Checklist

In using this checklist, keep in mind the following points:

Some features of your home may be safe for you, but not for other members of your household.

Some home modifications or changes you make may be beneficial to one person, but may not be appropriate for another.

If you have Medicare, you can ask your primary doctor for a prescription for a home safety evaluation from an occupational therapist who has the skills and knowledge to evaluate the safety of your home for you. You can also pay out of pocket for this consultation.

Any home modifications you decided to make should be conducted by licensed and bonded contractors that are familiar with Universal Design principles.

As physical abilities change with age, it may become more difficult to manage at home safely. It is very important to evaluate your home for its safety, and whether it supports your ability to carry out everyday activities efficiently.

This easy-to-use checklist provides a guide to the features of your home that may be an increased risk to your safety.

To use this checklist, walk through your home and consider each of the features listed. Also, use the checklist to help you develop a plan to modify your home, as needed. To learn about possible home modifications that can make your home safer, you may want to consult with a health professional such as an occupational therapist. This checklist is a recommendation; there may be other things to consider.

Questions to consider when thinking about home safety:

- 1 How are you managing at home?
- 2 Are you able to do the things you want to do safely?
- 3 Would you consider making changes to your home to keep you independent and safe?

The first step is for you to evaluate whether your home is safe for you now. Use this checklist, and also seek a home evaluation from a health professional such as an occupational therapist.

Release from liability: Any modifications the individual or family makes to the home are the sole responsibility of the homeowner. The Financial Advisor, Legg Mason, and The Center for Innovative Care in Aging at the Johns Hopkins University School of Nursing are held harmless and released from any liability that may occur from making a home modification.

INVESTMENT PRODUCTS: NOT FDIC INSURED • NO BANK GUARANTEE • MAY LOSE VALUE

Entry to the home

Lighting

Is there adequate lighting in the following areas?

	Yes	No	If no, plan of action
Driveway	<input type="checkbox"/>	<input type="checkbox"/>	
Garage	<input type="checkbox"/>	<input type="checkbox"/>	
Walkways	<input type="checkbox"/>	<input type="checkbox"/>	
At all doors	<input type="checkbox"/>	<input type="checkbox"/>	
Near the trash area	<input type="checkbox"/>	<input type="checkbox"/>	
Any other areas of the yard that are used after dark?	<input type="checkbox"/>	<input type="checkbox"/>	

Driveway

	Yes	No	If no, plan of action
Is the driveway smooth and evenly paved?	<input type="checkbox"/>	<input type="checkbox"/>	
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?	<input type="checkbox"/>	<input type="checkbox"/>	
Is the slope of the driveway low enough that it does not cause a problem?	<input type="checkbox"/>	<input type="checkbox"/>	

Walkways to and around home

	Yes	No	If no, plan of action
Are walkways smooth and level (no cracks, gaps or other tripping hazards)?	<input type="checkbox"/>	<input type="checkbox"/>	
Are steps along walkways clearly visible?	<input type="checkbox"/>	<input type="checkbox"/>	
Do they have handrails?	<input type="checkbox"/>	<input type="checkbox"/>	
Are transitions between different surfaces (a patio and sidewalk, concrete and asphalt, walkway and grass, etc.) even and level?	<input type="checkbox"/>	<input type="checkbox"/>	
If there are steeply inclined walkways, do they have sturdy, easy-to-grasp handrails?	<input type="checkbox"/>	<input type="checkbox"/>	
Are shrubs, bushes and grass trimmed back or removed so they do not infringe on or obstruct the walkway (potential tripping hazard)?	<input type="checkbox"/>	<input type="checkbox"/>	

Steps to the doors

	Yes	No	If no, plan of action
Do all steps (even single steps) have sturdy, easy-to-grasp (cylindrical) rails on both sides?	<input type="checkbox"/>	<input type="checkbox"/>	
Are the stairs and multiple steps of equal height?	<input type="checkbox"/>	<input type="checkbox"/>	
Are the stair treads sturdy, level and in good condition?	<input type="checkbox"/>	<input type="checkbox"/>	

Entry to the home (Continued)

Garage

	Yes	No	If no, plan of action
Are there adequate overhead lights in the garage?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a clear pathway to walk through?	<input type="checkbox"/>	<input type="checkbox"/>	
Do entry stairs or ramps to the house have railings?	<input type="checkbox"/>	<input type="checkbox"/>	

Ramps (if applicable)

	Yes	No	If no, plan of action
Are ramps rising at a minimum slope of 12:1 (12 inches of ramp length for every one inch of height is standard. However, 16:1 is recommended.)	<input type="checkbox"/>	<input type="checkbox"/>	
Do ramps have sturdy rails on both sides?	<input type="checkbox"/>	<input type="checkbox"/>	
Are the rails cylindrical for easy grasping?	<input type="checkbox"/>	<input type="checkbox"/>	
Do ramps have smooth transitions from ramp surface to ground surface?	<input type="checkbox"/>	<input type="checkbox"/>	
Do ramps have non-skid surfaces or have non-skid strips been added?	<input type="checkbox"/>	<input type="checkbox"/>	
Do ramp railings extend beyond the ramp to help people transition off the ramp?	<input type="checkbox"/>	<input type="checkbox"/>	
Do ramps have sufficient width of at least 36 inches between handrails?	<input type="checkbox"/>	<input type="checkbox"/>	

Entry porches/decks/landings

	Front		Rear		If no, plan of action
	Yes	No	Yes	No	
Have all potential tripping hazards, such as clutter and overgrown bushes, been removed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the landing wide and deep enough to safely open the door?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a clearly visible, easily reachable doorbell?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do porches and decks have railings or barriers to prevent someone from stepping or falling off?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are the railings securely fastened?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the decking have secure, even floorboards with no protruding nails?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a non-skid surface on the porch/deck/landing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do doormats have non-skid backing, with no upturned corners?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Entry to the home (Continued)

Exterior doors

	Front		Rear		If no, plan of action
	Yes	No	Yes	No	
If necessary, are doorways wide enough to accommodate wheelchairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is a lock or deadbolt present on interior of door?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are locks in good working order and easy to use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are latches and door handles in good condition and easy to use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If someone has trouble turning a doorknob, are there lever handles?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do the doors open and close easily without sticking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do doors on springs close slowly enough (so they don't close on someone going through the door)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the threshold at the door less than one inch high?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do glass sliding doors have decals at eye level?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are the doors easy to open?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Other outdoor area concerns

	Front		Rear		If no, plan of action
	Yes	No	Yes	No	
If there is a patio or deck, is it level, smoothly surfaced and free of tripping hazards?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are garbage and recycling areas well lit?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do these areas have safe, accessible stairs and railings?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Have working chimneys been professionally inspected and cleaned within the last year?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Inside the home

Entryways and vestibules

	Front		Rear		If no, plan of action
	Yes	No	Yes	No	
Have throw rugs (potential tripping hazards) been removed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a clear pathway (devoid of clutter) through the entry hall?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are all cords and wires out of the pathway?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are thresholds low enough (less than 1 inch) so someone does not trip over them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there adequate lighting?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the light switch at the entrance to the room?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If necessary, is the entryway wide enough for a wheelchair/walker?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Inside the home (Continued)

Hallways

	#1		#2		#3		If no, plan of action
	Yes	No	Yes	No	Yes	No	
If people need support, are there handrails along the hall?	<input type="checkbox"/>						
Are halls free of clutter and other tripping obstacles?	<input type="checkbox"/>						
Are carpet runners tacked down or do they have anti-skid backing?	<input type="checkbox"/>						
Are thresholds less than one inch, so they are not tripping hazards?	<input type="checkbox"/>						
If necessary, are halls wide enough for a wheelchair/walker?	<input type="checkbox"/>						
Is there adequate lighting?	<input type="checkbox"/>						
Is there a light switch at both ends of the hall?	<input type="checkbox"/>						

Doors/doorways

	Yes	No	If no, plan of action
Do all doors open easily?	<input type="checkbox"/>	<input type="checkbox"/>	
Are thresholds less than one inch?	<input type="checkbox"/>	<input type="checkbox"/>	
Are latches and door handles in good condition and easy to use?	<input type="checkbox"/>	<input type="checkbox"/>	
If someone has trouble turning a doorknob, are there lever handles?	<input type="checkbox"/>	<input type="checkbox"/>	

Interior stairs

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

Inside the home (Continued)

Living room (LR) and dining room (DR)

	LR		DR		If no, plan of action
	Yes	No	Yes	No	
Is the lighting adequate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a light switch at the entrance to the room?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a clear, unobstructed path through the room (no clutter, cords, wires, baskets or other things to trip over)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are thresholds minimal and carpet binders tacked down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are carpets in good condition (not frayed or turned up, torn, or with worn spots that someone could trip over)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are plastic runners/carpet protectors tacked down (not folded or turned up at edges)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do throw rugs have anti-skid backing and no upturned corners?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is tile/linoleum free of chips or tears, and not slippery?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are bare wood floors slip resistant?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there at least one comfortable chair people can get in and out of safely and easily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is furniture stable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do tables have rounded edges that are clearly visible (no sharp edges, not made of glass)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do windows open easily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are shades and blinds easy to open and securely attached?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are electrical cords run behind furniture and not across the floor or under the rug?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Family room (FR) and other room(s)

	FR		Other		If no, plan of action
	Yes	No	Yes	No	
Is the lighting adequate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a light switch at the entrance to the room?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a clear, unobstructed path through the room (no clutter, cords, wires, baskets or other things to trip over)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are thresholds minimal and carpet binders tacked down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are carpets in good condition (not frayed or turned up, torn, or with worn spots that someone could trip over)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Inside the home (Continued)

Family room (FR) and other room(s) (continued)

	FR		Other		If no, plan of action
	Yes	No	Yes	No	
Are plastic runners/carpet protectors tacked down (not folded or turned up at edges)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do throw rugs have anti-skid backing and no upturned corners?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is tile/linoleum free of chips or tears, and not slippery?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are bare wood floors slip resistant?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there at least one comfortable chair people can get in and out of safely and easily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is furniture stable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do tables have rounded edges that are clearly visible (no sharp edges, not made of glass)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do windows open easily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are shades and blinds easy to open and securely attached?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are electrical cords run behind furniture and not across the floor or under the rug?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Bathrooms

	Bath #1		Bath #2		If no, plan of action
	Yes	No	Yes	No	
General considerations					
Is there a light switch at the entry?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there adequate lighting overall?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
... At the sink?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
... Over the tub/shower?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a night-light?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the door threshold less than one inch?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the room free of clutter and tripping hazards?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the flooring non-slip/non-skid (including throw rugs), even when wet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there grab bars in other areas of the room as needed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the room kept warm during bathing (heat lamp, towel warmers, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sinks					
Are sink faucets easy to reach?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is it easy to determine where the hot and cold areas of the faucet are?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is it easy to mix the temperature?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If necessary, have anti-scald devices been installed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the sink wheelchair accessible or can someone sit at the sink?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are mirrors at an appropriate height?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Inside the home (Continued)

Bathrooms (Continued)

	Bath #1		Bath #2		If no, plan of action
	Yes	No	Yes	No	
Tub/shower					
Are there sturdy grab bars in the tub and/or shower, if needed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the shower curtain bottom out of the way, so it is not a tripping hazard?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are toiletries in the tub easily reached from sitting and standing positions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a non-skid bathmat in the bathtub?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a hand-held shower head?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are tub/shower faucets easy to use and read (hot & cold clearly marked)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If needed, is there a tub or shower seat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If shower/tub doors are present, are they made of a non-shattering material?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Toilet					
Are there sturdy grab bars at the toilet (or toilet arms and a raised seat)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is toilet paper easily reachable from the toilet seat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the toilet seat in good condition and securely fastened?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Kitchen

	Yes	No	If no, plan of action
Are frequently used items visible and easily reached (front of pantry and refrigerator)?	<input type="checkbox"/>	<input type="checkbox"/>	
Are sink faucets easy to reach?	<input type="checkbox"/>	<input type="checkbox"/>	
Is it easy to determine where the hot and cold areas of the faucet are?	<input type="checkbox"/>	<input type="checkbox"/>	
Is it easy to mix the temperature?	<input type="checkbox"/>	<input type="checkbox"/>	
If necessary, have anti-scald devices been installed or the hot water temperature lowered?	<input type="checkbox"/>	<input type="checkbox"/>	
If necessary, have timers been installed on the oven and cooktop?	<input type="checkbox"/>	<input type="checkbox"/>	
Are burners and control knobs clearly labeled and easy to use?	<input type="checkbox"/>	<input type="checkbox"/>	
Are the controls on the front of the stove, not the back?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a close resting place nearby for hot vessels coming out of the oven?	<input type="checkbox"/>	<input type="checkbox"/>	
Is glass cookware being used so the person can see the food being cooked?	<input type="checkbox"/>	<input type="checkbox"/>	
Is the microwave easy to read, reach and operate?	<input type="checkbox"/>	<input type="checkbox"/>	
Are towels, curtains, potholders and other objects that might catch fire located away from the range?	<input type="checkbox"/>	<input type="checkbox"/>	

Inside the home (Continued)

Kitchen (Continued)

	Yes	No	If no, plan of action
Is there a step stool that is stable and in good repair?	<input type="checkbox"/>	<input type="checkbox"/>	
Is kitchen ventilation system or range exhaust functioning properly?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there good lighting over work areas?	<input type="checkbox"/>	<input type="checkbox"/>	

Laundry

	Yes	No	If no, plan of action
Is there a light switch at the entry?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there sufficient lighting?	<input type="checkbox"/>	<input type="checkbox"/>	
Is the route to the laundry safe (including any/all stairs and railings)?	<input type="checkbox"/>	<input type="checkbox"/>	
Are the appliances at the right height, so it is easy to get clothes in/out of the washer and dryer?	<input type="checkbox"/>	<input type="checkbox"/>	
Are the control knobs easy to reach, read and operate?	<input type="checkbox"/>	<input type="checkbox"/>	
Are laundry supplies easy and safe to reach?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a non-slip floor surface?	<input type="checkbox"/>	<input type="checkbox"/>	
Are tripping hazards off the floor (laundry basket or dirty clothes)?	<input type="checkbox"/>	<input type="checkbox"/>	

Bedroom(s)

	Bed #1		Bed #2		If no, plan of action
	Yes	No	Yes	No	
Is there a light at the entrance to the room?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is a light reachable from the bed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can bureau drawers be reached (height of the drawer) and opened easily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a clear, unobstructed path through the room (clutter and furniture are out of the way)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are cords and wires off the floor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do throw and area rugs have non-slip backing and no upturned corners?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are wood and linoleum floors non-skid?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is carpet smooth (no folds or holes) and tacked down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are curtains and bed coverings off the floor, so they are not tripping hazards?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there support for getting in and out of bed, if needed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a place to sit and get dressed, if needed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are windows easy to open and close?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are window blinds and shades working properly and easy to open?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are blinds and shades properly secured?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Inside the home (Continued)

Bedroom(s) (Continued)

	Bed #1		Bed #2		If no, plan of action
	Yes	No	Yes	No	
Is there a telephone within reach of the bed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are any assistive walking devices (cane, walker, wheelchair) within reach of the bed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a flashlight or some other form of non-electric lighting within reach of the bed in case of a power outage?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are electric blankets folded, covered by other objects or "tucked in" when in use? Is the power cord pinched or crushed by the bed, between a wall or the floor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Closet(s)

	Closet #1		Closet #2		If no, plan of action
	Yes	No	Yes	No	
Are shelves and clothes poles easy to reach?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Have closet organizers been installed to maximize use of space?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are closets organized so clothes are easy to find?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are clutter and other tripping hazards off the floor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do closets have lights that are easy to find and reach?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are closet doors easy to open?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If closet has sliding doors, do they stay on track?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

General home safety concerns

	Yes	No	If no, plan of action
Can an older adult contact someone in an emergency (medi-alert, names and numbers by phone, picture telephone, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	
Are smoke detectors installed and working on every level of the home, outside sleeping areas and inside bedrooms?	<input type="checkbox"/>	<input type="checkbox"/>	
Are carbon monoxide (CO) alarms installed and working on every level of the home, outside sleeping areas and inside bedrooms?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a fire extinguisher in the house?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a safe place outside to hide a key to the house for emergency entry?	<input type="checkbox"/>	<input type="checkbox"/>	
Are emergency numbers posted on or near all telephones?	<input type="checkbox"/>	<input type="checkbox"/>	
Are telephones positioned low enough so they can be reached if a fall occurs?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a fire extinguisher in the kitchen?	<input type="checkbox"/>	<input type="checkbox"/>	

Inside the home (Continued)

General home safety concerns (Continued)

	Yes	No	If no, plan of action
Are all portable space heaters and wood burning heating equipment at least three feet from walls, furniture, curtains, rugs, newspapers or other flammable materials?	<input type="checkbox"/>	<input type="checkbox"/>	
Are all medications in child-resistant containers clearly marked with the medication name and dose?	<input type="checkbox"/>	<input type="checkbox"/>	
Is the area where medications are kept well lit?	<input type="checkbox"/>	<input type="checkbox"/>	
Is the water heater set to no more than 120 degrees Fahrenheit?	<input type="checkbox"/>	<input type="checkbox"/>	
Are containers of flammable and combustible liquids stored outside of the house?	<input type="checkbox"/>	<input type="checkbox"/>	
Are portable generators not operating in the basement, garage, or anywhere near the house?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there an emergency exit plan?	<input type="checkbox"/>	<input type="checkbox"/>	
Are small appliances, such as hair dryers, toasters, etc. unplugged when not in use?	<input type="checkbox"/>	<input type="checkbox"/>	
Are electrical outlets or switches in good working order, and not unusually warm or hot to the touch?	<input type="checkbox"/>	<input type="checkbox"/>	
Do all electrical outlets and switches have cover plates installed so no wiring is exposed?	<input type="checkbox"/>	<input type="checkbox"/>	
Are all Ground-Fault Circuit Interrupter (GFCI) receptacles working properly?	<input type="checkbox"/>	<input type="checkbox"/>	

Specific safety considerations for people with Alzheimer's Disease or other dementias

	Yes	No	If no, plan of action
General considerations			
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)?	<input type="checkbox"/>	<input type="checkbox"/>	
Have poisonous plants and shrubs or plantings with berries been removed?	<input type="checkbox"/>	<input type="checkbox"/>	
Are there security locks on all exterior doors (double keyed and installed out of sight, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	
Is a key hidden outside in case the person locks out the caregiver?	<input type="checkbox"/>	<input type="checkbox"/>	
Are exterior and other doors to off-limit areas alarmed?	<input type="checkbox"/>	<input type="checkbox"/>	
Is access to stairwells, storage areas, basements, garages and other off-limit areas controlled (with locks, secure gates, Dutch doors, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	
Have access to home offices and computer/home finance areas been controlled?	<input type="checkbox"/>	<input type="checkbox"/>	

Inside the home (Continued)

Specific safety considerations for people with Alzheimer’s Disease or other dementias (Continued)

	Yes	No	If no, plan of action
If necessary, can all doors to off-limit areas be secured or disguised?	<input type="checkbox"/>	<input type="checkbox"/>	
Are there eye-level decals on all glass doors and large picture windows?	<input type="checkbox"/>	<input type="checkbox"/>	
Can all windows be securely locked?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a drawing, picture or short instruction list for tasks or daily schedule?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there use of colors or color contrast to highlight an object?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a safe, clear pathway through the house where the person can walk or wander safely without tripping, knocking into or damaging something?	<input type="checkbox"/>	<input type="checkbox"/>	
If necessary, are childproof plugs in all unused electrical outlets?	<input type="checkbox"/>	<input type="checkbox"/>	
Are radiators and hot water pipes that the person might touch covered?	<input type="checkbox"/>	<input type="checkbox"/>	
Are all prescription medications and over-the-counter medicines locked up?	<input type="checkbox"/>	<input type="checkbox"/>	
Have all poisonous plants been removed?	<input type="checkbox"/>	<input type="checkbox"/>	
Is alcohol out of sight and locked up?	<input type="checkbox"/>	<input type="checkbox"/>	
Are plastic/dry cleaner bags out of reach (could cause choking or suffocation)?	<input type="checkbox"/>	<input type="checkbox"/>	
Are all weapons locked up or removed from the house (guns, knives, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	

Complete the following checklist if orientation or getting lost in the house is a problem.

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

Complete the following checklist if hallucinations/misrecognition are problems.

Are light levels even so that shade and shadows are kept to a minimum?	<input type="checkbox"/>	<input type="checkbox"/>	
Has ominous looking artwork been removed (masks, distortions, abstract work)?	<input type="checkbox"/>	<input type="checkbox"/>	

Inside the home (Continued)

Specific safety considerations for people with Alzheimer’s Disease or other dementias (Continued)

Yes No If no, plan of action

If the person gets upset by his/her or another person’s image

Are windows covered at night so person cannot see his/her reflection?	<input type="checkbox"/>	<input type="checkbox"/>	
Are mirrors covered?	<input type="checkbox"/>	<input type="checkbox"/>	
Have portraits and large photographs of people been removed or covered?	<input type="checkbox"/>	<input type="checkbox"/>	

Bath #1 **Bath #2**

Yes No Yes No If no, plan of action

Bathroom safety checklist for people with dementia

Have all medicines and non-electric razors been put away?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Have all cleaning agents been put away?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are other harmful objects removed from the cabinets and fixtures?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are sink faucets easy to reach?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is it easy to determine where the hot and cold areas of the faucet are?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is a shower or bath seat accessible to allow a person to direct the flow of water desired?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is it easy to mix the temperature?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Have anti-scald devices been installed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does the color of the toilet fixture and/or seat contrast with the wall and floor for easy identification?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Have all trash cans been removed if the person uses them as a toilet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are there night-lights/signs giving directions to the bathroom and fixtures?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are instructions posted by the toilet, sink and shower/tub?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Kitchen safety checklist for people with dementia

Yes No If no, plan of action

Are all drawers and cabinets with safe objects labeled?	<input type="checkbox"/>	<input type="checkbox"/>	
Are childproof locks on drawers and cabinets that are or should be off limits?	<input type="checkbox"/>	<input type="checkbox"/>	
Has access to the stove been controlled (knobs removed, lock on oven door, stove connected to hidden circuit breaker or gas valve)?	<input type="checkbox"/>	<input type="checkbox"/>	
If necessary, has access to the refrigerator and freezer been controlled with a refrigerator lock?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a night-light in the kitchen (for safe midnight snacking)?	<input type="checkbox"/>	<input type="checkbox"/>	

Inside the home (Continued)

Specific safety considerations for people with Alzheimer’s Disease or other dementias (Continued)

	Yes	No	If no, plan of action
Have sharp knives and other dangerous implements been removed or locked up?	<input type="checkbox"/>	<input type="checkbox"/>	
Has excess clutter been removed from countertops and tables?	<input type="checkbox"/>	<input type="checkbox"/>	
Has the temperature for the hot water tap been reduced to avoid scalding?	<input type="checkbox"/>	<input type="checkbox"/>	
Have all vitamins, sweeteners, over-the-counter medicines and prescription drugs been removed (or left out in limited quantities only)?	<input type="checkbox"/>	<input type="checkbox"/>	
Have all poisonous cleaning agents and hazardous materials been removed or locked up?	<input type="checkbox"/>	<input type="checkbox"/>	
Have all “fake” foodstuffs been removed (wax/ceramic fruit, food shape magnets)?	<input type="checkbox"/>	<input type="checkbox"/>	
If necessary, has the kitchen been closed off?	<input type="checkbox"/>	<input type="checkbox"/>	

Bedroom safety checklist for people with dementia

	Yes	No	If no, plan of action
Are there night-lights (and signs, if necessary) along the path to the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>	
Is there a monitor/intercom between the person’s and the caregiver’s areas?	<input type="checkbox"/>	<input type="checkbox"/>	
Has clutter and other potentially dangerous items (cologne, after shave lotion, deodorant, etc.) been removed from dresser tops and floors?	<input type="checkbox"/>	<input type="checkbox"/>	
Are drawers organized simply and labeled?	<input type="checkbox"/>	<input type="checkbox"/>	
Are hazardous items removed, such as electric blankets and hot water bottles?	<input type="checkbox"/>	<input type="checkbox"/>	

About this checklist

This checklist was developed using the following process. A search was conducted on the following terms: “Home safety checklist for elderly,” “home safety evaluation,” and “CDC home safety checklist.” Based on the terms used, 18 checklists were identified and reviewed for content. Additionally, these sources were used as a starting point: Olsen & Hutchings, Home Safety Checklist, Clemson’s Westmead Safety checklist, and Gitlin et al’s “Home Environmental Assessment Protocol for People with Dementia.” Additional checklists were then examined to determine if additional items should be added.

For additional information, please refer to the References section.

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