

HOME SAFETY CHECKLIST

02



WHY CONDUCT A HOME SAFETY AUDIT?

Family members who are suffering physical limitations, mental deficiencies, function losses, or social deficits can benefit from some level of home modification. A Home Safety Checklist is used to assess the severity of patient losses and determine the suitability of a home regarding safety and comfort.

During a Home Safety Evaluation, it is necessary to assess each section of the house and identify potential hazards or tasks that may be difficult or dangerous to perform. With each red flag that is identified, a contingency plan should be made to address said hazard or task. Such an assessment may require asking difficult questions and having open dialogue between you and those you care for.

Although this checklist is not all inclusive, it provides a good start to dialogue between you and those you care for to include plans for future modifications or discussions with a physician.

FREE Home Modifications Assessments by our Certified Aging in Place (CAPS) and Certified Environmental Access Consultant (C.E.A.C.). More than just a contractor, these two special distinctions signify that our Expert has been specially trained and tested on the ability to identify and address mobility and safety concerns within your home.



We Can Help

Aging in Place is a goal for many of us, but can come with unique challenges.

We understand your goals and want to help you achieve them. Our products and services are designed to provide the safety you need with the flexibility you want.

Home Medical Equipment designed to complement your lifestyle, not define it.

That's how we design your independence.

GET IN TOUCH

10000 W. 10th Avenue, Suite 100
Denver, CO 80202
Tel: (303) 733-1234
Fax: (303) 733-1235

10000 W. 10th Avenue, Suite 100
Denver, CO 80202
www.independence.com



Independence



Safety Integrity



Community

11

BEDROOM

	YES	NO
5. Is the person at risk to fall out of bed at night?	☐	☐
• Do they have night tremors or sleepwalk?	☐	☐
• Do they have to reach out of bed to a nightstand?	☐	☐
• Do they need a full guard rail to keep them in bed?	☐	☐

Contingency Plans for All "No" Answers

10

BEDROOM

YES

NO

- | | | |
|---|--------------------------|--------------------------|
| 1. Is the bedroom located near a bathroom? | ☐ | ☐ |
| • Is there an alternative bedroom closer to a bathroom? | ☐ | ☐ |
| • Are there obstacles to get to the nearest bathroom? | ☐ | ☐ |
| 2. Is the bedroom located on a separate floor than living spaces? | ☐ | ☐ |
| • Is there an alternative bedroom on the main floor? | ☐ | ☐ |
| • Do you need a stair lift or stair lift alternative? | ☐ | ☐ |
| 3. Are walking aids/wheelchairs going to be used in the bedroom? | ☐ | ☐ |
| • Can the person transfer from the bed to the aid? | ☐ | ☐ |
| • Is there clutter that might impede the use of an aid? | ☐ | ☐ |
| • Are there loose cords/wires on the floor? | ☐ | ☐ |
| 4. Can your loved one get in and out of bed by themselves? | ☐ | ☐ |
| • Is the bed an appropriate height? | ☐ | ☐ |
| • Do they need a bed handle to get out of bed? | ☐ | ☐ |
| • Do they need bed stairs to get into bed? | ☐ | ☐ |

Contingency Plans for All "No" Answers

09

LIVING ROOM

	YES	NO
1. Are the couches and chairs at an appropriate height?	☐	☐
• Are furniture risers needed?	☐	☐
• Is there a lift chair available?	☐	☐
2. Can the person easily sit or stand from couches or chairs?	☐	☐
• Are the arm rests worn or cushioned?	☐	☐
• Are standing aids needed on chairs?	☐	☐
• Will ample time be spent in the chair?	☐	☐
• Will they require a TV dinner tray?	☐	☐
3. Will walking aids/wheelchairs be used in the living room?	☐	☐
• Is the furniture arranged to allow ease of movement?	☐	☐
• Are there any cords/wires across the floor?	☐	☐
• Is there ample space to turn around with the aid?	☐	☐
4. Are there loose rugs or mats on the floor?	☐	☐
• Are they wrinkled or have curled edges?	☐	☐
• Do they have slip-resistant backing?	☐	☐

Contingency Plans for All "No" Answers



KITCHEN

	YES	NO
1. Can the person reach necessary items without climbing?	☐	☐
• Are the countertops at appropriate levels?	☐	☐
• Is the microwave at a lower level?	☐	☐
• Can items be safely stored in lower cabinets?	☐	☐
2. Is the kitchen floor and countertops free of clutter?	☐	☐
• Is there anything in danger of falling off counters?	☐	☐
• Are there any tripping hazards on the floor?	☐	☐
• Are there unnecessary items on/in counter/cabinets?	☐	☐
3. Are there loose rugs or mats on the floor?	☐	☐
• Are they wrinkled or have curled edges?	☐	☐
• Do they have slip-resistant backing?	☐	☐
4. Are walking aids/wheelchairs going to be used in the kitchen?	☐	☐
• Can the aid navigate around the countertops?	☐	☐
• Is there ample space to turn around with the aid?	☐	☐
• Is there anything on the floor impeding the aid?	☐	☐

Contingency Plans for All "No" Answers

07

BATHROOM

	YES	NO
7. Is there a risk of falling while in the shower or bathtub?	☐	☐
• Do they need a shower chair or bench?	☐	☐
• Do grab bars need to be installed in the tub or shower?	☐	☐
• Do they need a bathmat?	☐	☐
8. Are walking aids/wheelchairs going to be used in the bathroom?	☐	☐
• Can the aid easily get through the doorway?	☐	☐
• Is there ample space to turn around with the aid?	☐	☐
• Is there anything on the floor impeding the aid?	☐	☐

Contingency Plans for All "No" Answers

06

BATHROOM

	YES	NO
1. Is the bathroom free of clutter?	☐	☐
2. Are the flooring and tub/shower surfaces slide resistant?	☐	☐
3. Is the toilet seat too low?	☐	☐
• Are grab bars needed next to the toilet?	☐	☐
• Do they need a lifted toilet seat?	☐	☐
4. Are there loose mats or rugs on the floor?	☐	☐
• Are they wrinkled or have curled edges?	☐	☐
• Do they have slip resistant backing?	☐	☐
• Do they present a risk of slipping and falling?	☐	☐
5. Is there a walk-in shower?	☐	☐
• Do grab bars need to be installed?	☐	☐
• Can they safely step over the shower/bathtub lip?	☐	☐
6. Is the bathroom well lit?	☐	☐

Contingency Plans for All "No" Answers

05

HOME ENTRY

	YES	NO
1. Can the person enter the home on their own?	☐	☐
• Are emergency/contact numbers posted?	☐	☐
• Are speed dials set on the phones?	☐	☐
2. Is the landing large enough to allow the door to open easily?	☐	☐
3. Are there handrails when entering the home?	☐	☐
• Would handrails assist the person while entering the home?	☐	☐
4. Is the pathway free of clutter?	☐	☐
• Are they at risk of tripping and falling?	☐	☐
• Is the pathway free of uneven surfaces or broken concrete?	☐	☐
5. Is there a plan to maintain pathway condition in the winter?	☐	☐
6. Are there rugs or mats at the entry?	☐	☐
• Are they wrinkled or have curved edges?	☐	☐
• Do they have slip-resistant backing?	☐	☐
7. Are entryways well lit?	☐	☐

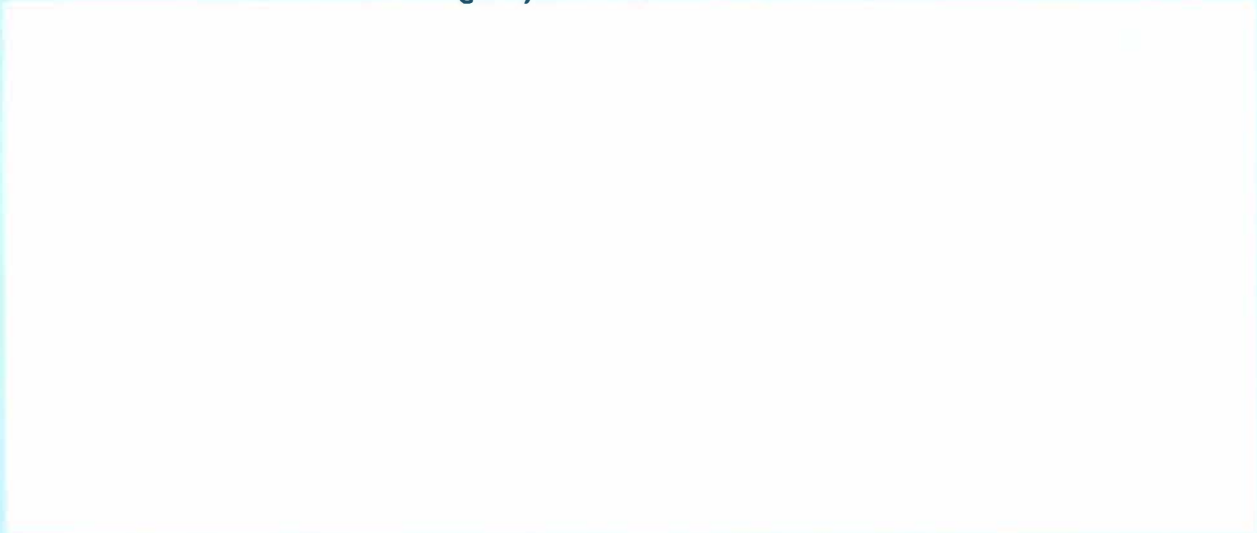
Contingency Plans for All "No" Answers

04

HOME BASICS

	YES	NO
1. Is there adequate lighting throughout the house?	☐	☐
• Do additional lights need to be added?	☐	☐
• Do nightlights need to be added to walkways?	☐	☐
2. Is there appropriate heating and cooling in the house?	☐	☐
• Is the thermostat readable and accessible?	☐	☐
• Is the water temperate appropriate?	☐	☐
• Are safe guards in place to prevent scalding?	☐	☐
3. Is the person in need of walking assistance?	☐	☐
• Do they need a walking aid with a seat?	☐	☐
• Will they be using the aid outside the home?	☐	☐
• Are there sharp edges on furniture or counters?	☐	☐

Contingency Plans for All "No" Answers



03

HOME BASICS

	YES	NO
1. Are telephones available throughout the house?	☐	☐
• Are emergency/contact numbers posted?	☐	☐
• Are speed dials set on the phones?	☐	☐
2. Do thresholds in doorways have proper coverings?	☐	☐
• Do threshold covers need to be installed?	☐	☐
3. Are sharp or dangerous objects stored properly?	☐	☐
• Are guns and knives stowed away appropriately?	☐	☐
• Are cleaning supplies properly stored/labeled?	☐	☐
• Are there sharp edges on furniture or counters?	☐	☐
4. Is there a plan in place in case of emergency?	☐	☐
• Do all fire and carbon monoxide alarms work properly?	☐	☐
• Are fire extinguishers accessible?	☐	☐
• Is there a fire escape plan for each room?	☐	☐
• Are flashlights easily accessible?	☐	☐
• Is there a first aid kit easily accessible?	☐	☐

Contingency Plans for All "No" Answers

