



# Safe AT HOME Checklist

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Created in partnership with the Administration on Aging and the American Occupational Therapy Association

Rebuilding Together has long recognized that greater attention must be given our elderly population, so they may age-in-place and safely in their homes. We have also built lasting national partnerships with Area Agencies on Aging, AARP, American Occupational Therapy Association, National Association of Home Builders, National Council on Aging, and others.

**Use this list to identify home safety, fall hazards and accessibility issues for the homeowner and family members. Home safety, fall prevention and accessibility modification interventions on the reverse side of this page can help prioritize your work. Underline or use a highlighter to note problems and add comments.**

## 1. EXTERIOR ENTRANCES AND EXITS

- Note condition of walk and drive surface; existence of curb cuts
- Note handrail condition, right and left sides
- Note light level for driveway, walk, porch
- Check door threshold height
- Note ability to use knob, lock, key, mailbox, peephole, and package shelf
- Do door and window locks work easily?
- Are the house numbers visible from the street?
- Are bushes and shrubs trimmed to allow safe access?
- Is there a working door bell?

## 2. INTERIOR DOORS, STAIRS, HALLS

- Note height of door threshold, knob and hinge types; clear width door opening; determine direction that door swings
- Note presence of floor level changes
- Note hall width, adequate for walker/wheelchair
- Determine stair flight run: straight or curved
- Note stair rails: condition, right and left side
- Examine stairway light level
- Note floor surface texture and contrast
- Note if clutter on stairway

## 3. BATHROOM

- Are sink basin and tub faucets, shower control and drain plugs manageable?
- Are hot water pipes covered?
- Is mirror height appropriate, sit and stand?
- Note ability reach shelf above, below sink basin
- Note ability to step in and out of the bath and shower
- Can resident use bath bench in tub or shower?
- Note toilet height; ability to reach paper; flush; come from sit to stand posture
- Is space available for caregiver to assist?

## 4. KITCHEN

- Note overall light level, task lighting
- Note sink and counter heights
- Note wall and floor storage shelf heights
- Are under sink hot water pipes covered?
- Is there under counter knee space?
- Is there a nearby surface to rest hot foods on when removed from oven?
- Note stove condition and control location (rear or front)
- Is there adequate counter space to safely prepare meals?

## 5. LIVING, DINING, BEDROOM

- Chair, sofa, bed heights allow sitting or standing?
- Do rugs have non-slip pad or rug tape?
- Chair available with arm rests?
- Able to turn on light, radio, TV, place a phone call from bed, chair, and sofa?

## 6. LAUNDRY

- Able to hand-wash and hang clothes to dry?
- Able to safely access washer/dryer?

## 7. BASEMENT

- Are the basement stairs stable and well lit?
- Is there any storage of combustible materials?

## 8. TELEPHONE AND DOOR

- Phone jack location near bed, sofa, chair?
- Able to get phone, dial, hear caller?
- Able to identify visitors, hear doorbell?
- Able to reach and empty mailbox?
- Wears neck/wrist device to obtain emergency help?
- Is there an answering machine?
- Is there a wireless phone system?

## 9. STORAGE SPACE

- Able to reach closet rods and hooks, open bureau drawers?
- Is there a light inside the closet?

## 10. WINDOWS

- Opening mechanism at 42 inches from floor?
- Lock accessible, easy to operate?
- Sill height above floor level?
- Are storm windows functional?

## 11. ELECTRIC OUTLETS AND CONTROLS

- Sufficient outlets?
- Are there ground fault outlets in kitchen and bathroom?
- Light switch at the entrance to each room
- Outlet height, wall locations
- Low vision/sound warnings available?
- Extension cord hazard?
- Are there any uncovered outlets or switches?

## 12. HEAT, LIGHT, VENTILATION, SMOKE, CARBON MONOXIDE, WATER TEMP CONTROL

- Are there smoke/CO alarms and a fire extinguisher?
- Are Thermostat displays easily accessible and readable?
- Note rooms where poor light level exists
- Able to open windows; slide patio doors?
- Able to open drapes or curtains?
- Note last service date for heating/cooling system
- Observe temperature setting of the water heater

## COMMENTS:

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