

Home Safety Checklist

Name: _____

Phone Number: _____

Use this checklist to help identify any hazards that you may be experiencing in your home. Each "YES" answer indicates a potential risk.

	Yes	No
GETTING AROUND		
Do you have trouble regaining your balance when you sit up after lying down or when standing up after sitting?		
Do you avoid walking up/down stairs? Have difficulty with walking on uneven surfaces? Feel unsteady when going up/down curbs?		
Do you have difficulty seeing each step as you go up or down them?		
Do you have difficulty lifting/carrying bulky packages?		
Have you ever tripped when rushing to answer the phone or doorbell?		
Are you fearful of crossing streets?		
Do you ever steady you self by holding onto furniture as you move from place to place in your home?		
LIVING AREAS		
Do you need to walk into a dark room to turn on a light?		
Do you have difficulty getting up/down from any furniture?		
Do passageways in rooms have objects and clutter blocking the way?		
Are lamps, extension cords or phone cords in the flow of foot traffic?		
Are there uneven spots in the carpets or are the edges turned up, frayed or not secured?		
Do your small rugs and runners slide up or rollup when you push them with your foot or walker?		

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BEDROOM		
Is the light difficult to reach when you are in bed?		
Is it difficult getting to the bathroom at night?		
Do you have difficulty getting up/down from you bed?		
Do you have difficulty seeing or hearing your alarm clock?		
BATHROOM		
Have you ever slipped or lost your balance when in you shower or tub?		
Do you ever use the towel rack or push up from the sink to steady or balance yourself when getting on/off the toilet or in/out of the shower/tub?		
Do you become fatigue or have a fear falling when standing in the shower?		
Have you lost your balance getting in/out of the shower? Are you fearful of stepping up and over the tub?		
Do you use a towel or a rug without non-slip surface when stepping in/out of the shower?		
Do you have difficulty getting on/off the toilet?		
KITCHEN		
Are your stove/oven/microwave controls difficult to manipulate or see?		
When reaching/bending into cabinets or closets have you lost your balance? Experienced pain or discomfort?		
When working in the kitchen is it difficult to see due to glare or poor lighting?		
Do you ever become fatigued when standing to cook or wash dishes?		

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STAIRS		
Do you have difficulty clearly seeing the outline of each step? Have you ever misjudged the height or depth of steps?		
Are stair wells not sufficiently lighted? Access to light switch are not at both the top and bottom of the steps?		
Do you keep items on the stairs? Is there clutter?		
Is stair carpet or runners loose or not securely fastened? Are they worn?		
MISCELLANEOUS		
Do you have difficulty opening/closing doors or windows? Opening/closing your front door?		
Do you have difficulty manipulating or seeing any size controls such as phone? TV remote?		
Is reading labels on medicines, cleaners, and foods sometimes difficult?		
Are emergency phone numbers not readily accessible nor posted by your phone?		

HealthPRO Heritage therapists are trained to help identify potential risk factors and can assist you in both identifying and implementing modifications which will lessen these risks and allow for your continued safety within your home. Please contact us if you feel you would benefit from our services to maximize your safety and prevent potential unsafe occurrences within your home. Thank you!