

HOME SAFETY SELF-ASSESSMENT CHECKLIST

A safe home will help keep you and the person you're caring for healthy. Use this checklist to make your home safer by placing a check mark in the "yes" or "no" column for each question. You can improve your home safety and help prevent accidents by addressing the questions you answered "no."

Yes	No	
		Are there sturdy handrails or banisters by all steps and stairs?
		Is there adequate lighting in all stairs and hallways?
		Is there a light switch at both the top and bottom of stairs?
		Is the house clear of clutter and simplified as much as possible?
		Are stairways and hallways clear of clutter and loose objects?
		Is there a light switch by the doorway of each room?
		Is there a flashlight, light switch, or lamp beside each bed?
		Are all electric cords placed close to walls, out of pathways?
		Are rugs secured around all edges?
		Are rugs smooth and flat with no folds or wrinkles?
		Is there a list of emergency phone numbers by the telephone? Fire, police, emergency, ambulance?
		Are all medicines marked clearly? Name of medicine, date purchased, how taken, when taken?
		Is there a non-skid surface on the floor of the bathtub or shower? Non-skid strips or rubber mat?
		Are there adequate hand holds for getting in and out of shower or bathtub?
		Are furnishings and often-used items always kept in the same place?
		Is constant noise and confusion avoided? Are the television and radio shut off when not in use?
		Does your loved one have Alzheimer's disease or a related disorder? If yes, please continue.
		Is the top of each stairway protected with a safety gate to prevent falls?
		Is there adequate space for the person to pace and otherwise move freely?
		Have all tools and appliances the person can no longer use safely been removed or locked up?
		Have all firearms been locked up?
		Are the car keys kept in a place where the person can't find them?
		Are all doors secured in such a way that the person can't get out without assistance?

Yes	No	Continued
		Are all windows secured in such a way that the person can't get out without assistance?
		Have all radiators been blocked off or covered with radiator guards?
		Are all exposed hot water pipes covered?
		Is the use of cigarettes and matches either prohibited or carefully supervised?
		Have interior doors been altered to prevent the person from accidentally locking him/herself in a room?
		Is the stove inoperable when not in use?
		Have detergents or similar materials been removed or locked up?

Suggestions:

- Organize space for orientation, information and safety.
- Present environmental messages through redundant cuing, landmarks and color coding.
- Clarify boundaries with color and/or textural differences.
- Provide more intensive illumination for specific activities without increased glare.

(Adapted from Mass.gov -Caregiving Resources)