

Elder Home Safety & Environmental Assessment



*Promoting Elder Fall Prevention
Awareness & Safe Living in Our
Communities*

Welcome!

The purpose of the *Elder Home Safety & Environmental Assessment* tool is to provide you with an opportunity to evaluate safety in six (6) areas of your home or the home of someone who may be encountering safety issues. This tool is designed to bring to your attention some of the common safety hazards encountered in homes and encourage you to make corrections before injuries occur.

We hope you will use this information as a guide to planning and maintaining a safe home and healthy retirement in the City of Horseshoe Bay, TX.

The Horseshoe Bay Fire Department

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#1 - Home Entrance

Safe ✓	Issue ✓	N/A ✓	Area Reviewed	Comments
			The primary doorway is visible (it is not obstructed by plants or shrubs).	
			Railings are securely mounted.	
			Outside lighting is present and working.	
			Primary door entrance has “peep-hole” for outside viewing.	
			Door locks in good working order (extra keys have been provided to essential caregivers).	
			Doorbell is working (determine if the bell can be heard from all areas of the home).	
			Walking surfaces are in good repair (free from cracks that present trip hazards). No broken steps or boards in need of replacement.	
			Outside areas where garbage is placed are free of trip hazards.	
			If needed, the home is accessible by wheel chair and/or walker.	
			Outside walking surfaces are free of lubricants (oil, grease).	
			Essential pathways in the garage are unobstructed.	
			Garage lights are working and of proper intensity so as to permit night-time usage.	
			If present, the automatic garage door opener is in good working order.	
			Throw rugs are removed from garage floors.	
			Automatic sprinklers near doorways are in good working order (not flooding walking surfaces).	
			Yard surfaces where pets are taken are free of trip hazards (holes, hoses, sprinkler heads, etc).	

_____ Number of Potential Home Entrance Fall Issues

#2 - Living Areas

Safe Issue NA Area Reviewed
 Comments
 ✓ ✓ ✓

			Doorways permit access for a wheel chair and/or walker.	
			Pathways are clear. If not, furniture can be re-arranged to permit the opening of a pathway.	
			No electric or phone cords are present in the open walking areas.	
			Light switches are easily accessible upon entry into the room (IE. without having to walk through a dark room).	
			Chair seating permits easy sitting and rising.	
			Primary seating is secure to the floor (no casters or wheels on furniture).	
			Telephone access is available in each room.	
			A working smoke detector is on each floor of the residence.	
			Windows are easy to open (IE. can be unlocked without difficulty).	
			Blinds and curtains are easy to open and close.	
			In rooms where glare is a problem can it be reduced?	
			Heating and air conditioning thermostats are easy to reach (and read).	
			All carpets are secured (no loose edges or throw-rugs).	
			Hallways are free of trip hazards (especially note clearance for walkers, canes, or a wheelchair).	
			Adequate lighting is present in all rooms (consider touring the home in the day-time and evening to inspect lighting).	
			Wood flooring is even with no trip hazards entering or exiting a room.	
			Pet food/water located in an area where they present no trip hazard.	
			Furniture (in high traffic areas) should be secure enough to be leaned-on.	

_____ Total Number of Potential Living Area Fall Issues

#3 - Bathrooms

Safe ✓	Issue ✓	N/A ✓	Area Reviewed	Comments
			Will the doorway permit access by a walker* or wheelchair? **	
			Floor free of clutter (no throw rugs).	
			Toilet seat height appropriate for the primary resident (consider raising the seat if standing, sitting, or standing balance is a problem).	
			Grab bars installed in the shower, tub, and near the toilet.	
			Hot water temperature is safe (should be adjusted not to exceed 120 degrees Fahrenheit).	
			Shower bench seat is available.	
			Non-skid surface in the tub and shower.	
			Night light is present.	
			Towels, toilet paper, and personal supplies are easy to reach.	
			Hand-held shower wand available.	
			Examine opportunities to install a phone in the bathroom.	

* If the bathroom will not permit forward entry with the use of a walker, it may allow side-ways entry.

** If the bathroom is not wheel chair accessible, a bedside commode may be an option.

_____ Total Number of Potential Bathroom Fall Issues

#4 - Bedrooms

Safe ✓	Issue ✓	N/A ✓	Area Reviewed	Comments
			Pathways clear throughout room.	
			Light switch is available at doorway entrance.	
			Light available on bedside stands (IE. should be one for each bed in room).	
			Floor free of clutter (no throw rugs).	
			Bed is firm and height adjusted to align with back of knees.	
			Chair in the room (with arm-rests).	
			Bedroom nightlight is installed.	
			Telephone access is near the bed.	
			Flash-light is close-by in the event of a power failure.	
			No rolling furniture is present.	
			Closet permits easy access to daily clothing items.	
			No electrical or phone cords are present as trip hazards.	
			Grab bars installed in the shower, tub, and near the toilet.	

_____ Total Number of Potential Bedroom Fall Issues

#5 - Stairs

Safe ✓	Issue ✓	N/A ✓	Area Reviewed	Comments
			Steps are clean and free of objects.	
			Every step properly fastened and clearly visible (IE. the edge of each step can be seen).	
			Steps are equal in height and depth.	
			Light switches are available at the top and bottom of the stairs. Lighting should not produce a glare.	
			Carpet is securely fastened. Avoid the use of deep-pile, dark colored, and patterned carpeting on stairs.	
			If there is no carpeting present, steps have non-skid strips in place.	
			A sturdy handrail is installed (handrails on both sides of the stairway is HIGHLY recommended especially if walking difficulties or other medical problems are present). Elders tend to rely more on rails as they descend stairs.	
			Shoes are worn going up and down stairs (IE. avoid wearing socks or smooth soled slippers or shoes).	

_____ Total Number of Potential Stair Fall Issues

#6 - Kitchen

Safe ✓	Issue ✓	N/A ✓	Area Reviewed	Comments
			Floor free of clutter (no throw rugs or mats)	
			Floor clean and dry and produces no glare (IE. no evidence of grease or other liquids on floor surface).	
			Appliances in good working condition (IE. all on/off indicator lights work).	
			Smoke detector working.	
			Storage spaces are easily accessible (IE. the most commonly used kitchen supplies are located between eye and knee levels).	
			All flammables are located away from heat sources.	
			Electrical outlets are not over-loaded.	
			Lighting sufficient for all kitchen activities.	
			Lighting switches are located at the primary entrance to the kitchen.	
			Appliances are un-plugged when not in use.	
			Drawers open and close without difficulty and are closed when not in use.	
			A step ladder (or step stool) is used to reach over-head objects in cabinets. Chairs should not be used for standing-on.	

_____ Total Number of Potential Kitchen Fall Issues

Your Home Survey Results

The goal for most of us is to remain living in our home for as long as physically possible. The purpose of the review of your home is to identify six (6) areas where a potential hazard is present that could lead to a slip, trip, and fall.

The following is the summary of the six (6) areas inside or outside your home where potential fall risks were identified:

<u>Safety Topic</u>	<u>Potential Fall & Safety Issues</u>
1. Home Entrances	_____
2. Living Area	_____
3. Bathrooms	_____
4. Bedrooms	_____
5. Stairs	_____
6. Kitchen	_____

What to do With Your Home Survey Results

Now that you are aware of the potential safety issues inside and outside your home, it is time to take action. Undoubtedly some of the “issues” identified in your home are probably “quick fixes.” Other repairs may require the assistance of individuals who specialize in home repair or modification.