

Appendix A

Fall Prevention Home Safety Checklist

Please use this checklist to assess the home. Write Yes/No/NA in the boxes provided.

If you answer “No” (which indicates a problem) please provide details at the bottom as to the nature of the problem

		Bedroom	Entrance & Halls	Stairs & Floors	Kitchen	Bathroom	Living Area #1	Living Area #2	Other
LIGHTING	1. Are there light switches at entry?								
	2. Is the area well lit?								
	3. Are there any night lights?								
FLOORING	1. Is there level flooring? (tiles, carpet, linoleum, or hardwood)								
	2. Is the flooring secure? (free of scatter rugs)								
	3. Is there a slippery surface? (wet, wax, oil, soiled, etc.)								
	4. Is the flooring free of clutter? (hazards such as electrical cords exposed or unexposed, any other hazards)								
	5. Are stairs in good repair?								
	6. Is there a clear outline of the steps?								
RAILS & SUPPORTS	1. Are handrails properly installed and/or placed?								
	2. Are there any other supports present?								
	3. Are there non-slip adhesive surfaces, shower benches, elevated toilets or seats?								
	4. Is all furniture (including step stools) stable and secure?								

OTHERS	1. Has patient been evaluated for balance, strength, and overall well-being?	Yes No	4. Does the patient use an assistive device?	Yes No
	2. Have patient's medications been reviewed by a doctor/pharmacist within in the last 6 months?	Yes No	5. Has patient been trained in the use of the assistive device?	Yes No
	3. Is the patient able to take medicines appropriately?	Yes No	6. Is patient wearing appropriate clothing?	Yes No
	4. Has the patient had a comprehensive vision check within the last year?	Yes No	7. Is patient wearing proper shoes?	Yes No

NOTES: _____

Summary of Recommendations

Lighting

- ✓ Light switches should be located at the top and bottom of stairs, and three-way switches should be utilized.
- ✓ Outline of steps should be easily visible.

Flooring

- ✓ "Good repair" of the stairs - No broken or uneven steps/stairs.
- ✓ Carpet should not be loose, torn, or uneven.
- ✓ Pathway should be free of clutter (i.e. scatter rugs, exposed electrical cords, etc.).

Railing/Other Supports

- ✓ Ensure handrails are secure and not too big for gripping.
- ✓ Bedrails and/or other supports in other living areas should be properly installed.

Personal Risk Factors

- ✓ Clothing and shoes - Wear proper shoes that have non-skid soles and/or shoes with velcro or fabric fasteners; avoid lace-up shoes, heels, and flip-flops. Avoid pants or dresses that are too long.
- ✓ Keep cell phone or cordless phone on person at all times.
- ✓ Drink plenty of fluids to prevent dehydration. Assess the amount and frequency of alcohol use.
- ✓ Consider purchasing a personal monitoring device (i.e. Lifeline Medical Alert).
- ✓ Water testing – Ensure hot water thermostat is set at 120 degrees Fahrenheit.
- ✓ Test smoke detectors for functionality.