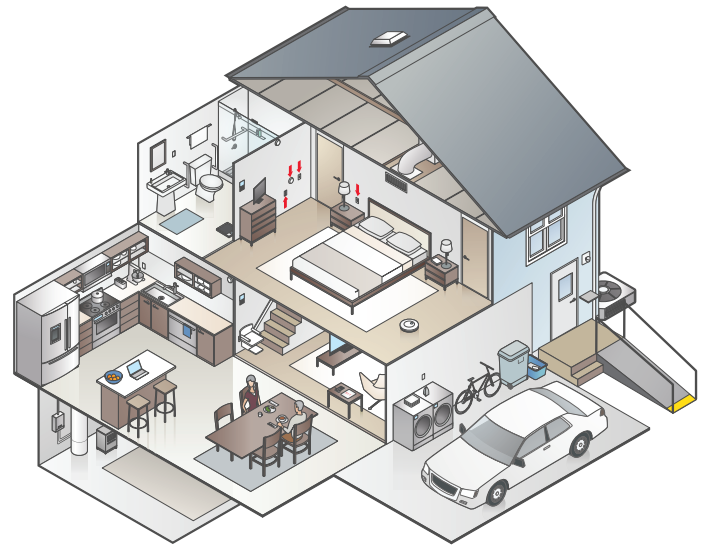




HOME SAFETY CHECKLIST



A report by the National Conference of State Legislatures and the AARP Public Policy Institute revealed that nearly 90 percent of surveyed seniors over age 65 want to stay in their current residence for as long as possible, and 80 percent believe that their current residence is where they will always live, but many of those homes are not equipped to let them “age in place”.

You may want to evaluate your home and determine what needs to be changed before there are any major health issues. You don’t want to be making remodeling decisions when you are in the middle of dealing with a health crisis – or have someone else making those decisions for you. You also don’t have to do everything at once. If you start planning now before any issues arise, you can space out the work and expense over a period of time.

Let’s take a look at the most common problem areas around the house:

STEPS, STAIRWAYS & WALKWAYS

- | ARE THEY IN GOOD SHAPE?
- | DO THEY HAVE A SMOOTH, SAFE SURFACE?
- | ARE THERE HANDRAILS ON BOTH SIDES OF THE STAIRWAY?
- | ARE LIGHT SWITCHES LOCATED AT THE TOP AND BOTTOM OF THE STAIRS?
- | IS THERE GRASPING SPACE FOR BOTH KNUCKLES AND FINGERS ON RAILINGS?
- | ARE THE STAIR TREADS DEEP ENOUGH FOR YOUR WHOLE FOOT?
- | WOULD A RAMP BE FEASIBLE IN ANY OF THESE AREAS IF IT BECAME NECESSARY?

DRIVEWAY & GARAGE

- | IS THERE ALWAYS SPACE TO PARK?
- | IS IT CONVENIENT TO THE ENTRANCE?
- | DOES THE GARAGE DOOR OPEN AUTOMATICALLY?

FLOOR SURFACES

- | IS THE SURFACE SAFE?
- | NONSLIP?
- | ANY THROW RUGS OR DOORMATS THAT MIGHT SLIP UNDERFOOT?
- | IS CARPETING LOOSE OR TORN?
- | ARE THERE CHANGES IN FLOOR LEVELS?
- | IF SO, ARE THEY OBVIOUS OR WELL MARKED?
- | HAVE TO STEP OVER ANY ELECTRIC, TELEPHONE OR EXTENSION CORDS?

OUTLETS, SWITCHES & ALARMS

- | TURN SWITCHES EASILY ON AND OFF?
- | ARE OUTLETS PROPERLY GROUNDED TO PREVENT SHOCK?
- | DO YOU HAVE SMOKE DETECTORS IN ALL KEY AREAS?
- | DO YOU HAVE AN ALARM SYSTEM?
- | IS THE TELEPHONE READILY AVAILABLE FOR EMERGENCIES?
- | CAN YOU HEAR THE DOORBELL RING ALL THROUGHOUT THE HOUSE?

LIGHTING & VENTILATION

- | ARE THERE ENOUGH LIGHTS, AND ARE THEY BRIGHT ENOUGH?
- | DO YOU HAVE NIGHT LIGHTS?

APPLIANCES, KITCHEN & BATH

- | IS THE ROOM ARRANGED SAFELY?
- | DOES OVEN AND FRIDGE OPEN EASILY?
- | ARE STOVE CONTROLS MARKED CLEARLY?
- | ARE COUNTERS THE RIGHT HEIGHT/DEPTH?
- | CAN YOU WORK SITTING DOWN?
- | ARE THE CABINETS AND DOORKNOBS EASY TO USE?
- | ARE FAUCETS EASY TO USE?
- | IS THERE A HAND-HELD SHOWER HEAD?
- | ARE THE ITEMS YOU USE OFTEN ON HIGH SHELVES?
- | CAN YOU EASILY GET IN AND OUT OF THE TUB OR SHOWER?
- | DO YOU HAVE A BATH OR SHOWER SEAT?
- | ARE THERE GRAB BARS WHERE NEEDED?
- | IS THE HOT WATER HEATER REGULATED TO PREVENT SCALDING OR BURNING?

WINDOW & DOORS

- | ARE WINDOWS AND DOORS EASY TO OPEN AND CLOSE?
- | ARE LOCKS STURDY AND EASY TO OPERATE?
- | DO DOORWAYS ACCOMMODATE A WALKER OR WHEELCHAIR?
- | CAN YOU WALK THROUGH THE DOORWAYS EASILY?
- | IS THERE SPACE TO MANEUVER WHILE OPENING AND CLOSING DOORS?
- | FRONT DOOR HAS A VIEW PANEL OR PEEPHOLE AT THE RIGHT HEIGHT?