



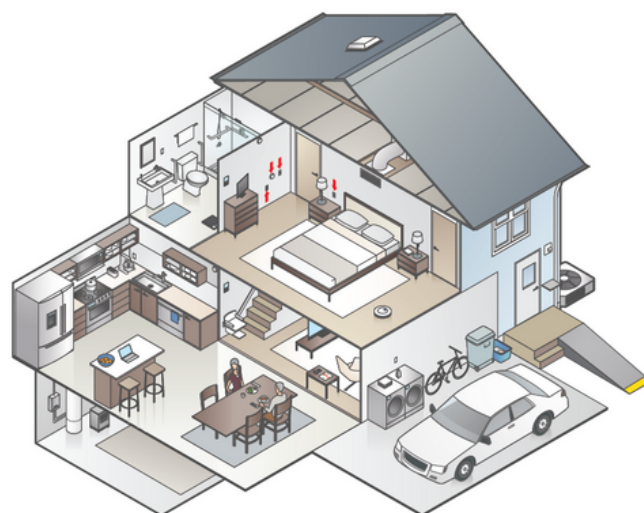
## HOME SAFETY CHECKLIST

A report from the National Conference of State Legislatures and the AARP Public Policy Institute indicates that nearly 90% of surveyed seniors aged 65 and older wish to remain in their current residences for as long as possible, and 80% of respondents believe their current homes will be their permanent home. However, many of these residences are not adequately equipped to facilitate "aging in place."

You should assess your home and identify necessary changes before any significant health issues arise. Making remodeling decisions during a health crisis can be overwhelming, and you may find yourself relying on others to make these choices for you.

Furthermore, there is no need to undertake all improvements at once. By planning proactively, you can distribute the work and associated costs over a manageable timeframe.

Here are the most common problem areas around the house to consider:



### 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?

### FLOOR SURFACES

- Is the surface safe and non-slip?
- Are there any throw rugs or doormats that could slip underfoot?
- If there is carpeting, is it loose or torn?
- Are there changes in floor levels?
- If so, are the transitions obvious or well-marked?
- Do you have to step over any electric, telephone, or extension cords

## DRIVEWAY & GARAGE

---

- Is there plenty of space to park?
- Is there a convenient path to your home entrance?
- Is there an automatic garage door opener?

## OUTLETS, SWITCHES & ALARMS

---

- Can you 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 there a telephone readily available for emergencies?
- Can you hear the doorbell ring all throughout the house?

## WINDOWS & DOORS

---

- Is it easy to open and close your windows?
- Are locks sturdy and easy to operate?
- Do doorways accommodate a walker or a wheelchair?
- Can you walk through the doorways easily?
- Is there space to maneuver while opening and closing doors?
- Does the front door have a view panel or peephole at the right height?

## APPLIANCES, KITCHEN & BATH

---

- Are the rooms arranged safely?
- Does the oven open easily?
- Does the refrigerator 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 the faucets easy to reach and use?
- Is there a hand-held shower head?
- Are the items you use often on an easy-to-reach shelf?
- Can you easily get in and out of the bathtub 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?

## LIGHTING

---

- Do you have enough lights?
- Are your lights bright enough?
- Do you have night lights?

## SPECIAL NOTES

---

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_