

# Safety and Mobility Checklist



Use this list to identify home safety, fall hazards and accessibility issues for all family members.

## EXTERIOR ENTRANCES AND EXITS

- Condition of walk and drive surfaces.
- Are handrails or ramps needed?
- Check threshold height
- Ability to use knobs and keys
- Are house numbers visible at night and from the street?

## INTERIOR DOORS, STAIRS AND HALLS

- Are floors level at thresholds?
- Are halls wide enough and free of clutter to maneuver safely?

## TELEPHONE AND DOORS

- Are phone jacks near the bed, sofa and chair?
- Are you able to get to the phone, dial and hear caller?
- Are you able to identify visitors and hear the doorbell?
- Can you reach the empty mailbox?
- Is there a need for a wireless phone or answering phone?
- Can you easily turn all door knobs in your home?

## KITCHEN

- Check overall lighting levels for task lighting
- Sink and counter heights
- Are shelving and storage easily accessible?
- Is there adequate counter space?

## LIVING, DINING AND BEDROOMS

- Do chair, sofa and bed heights allow for easy standing and sitting?
- Are there area rugs or trip hazards?
- Are you able to turn on TV, light or make a phone call from bed or chair?

## LAUNDRY

- Are you able to easily access the washer and dryer?
- Can shut off valves be easily reached?

## BATHROOM

- Are all sink basin, tub faucets and shower controls manageable?
- Can you safely access the shower and tub?
- Are grab bars or a tub/shower seat needed?
- Note toilet height; ability to reach paper, flush and stand and sit easily.

## STORAGE SPACE

- Are you able to reach closet rods and hooks?
- Can you open bureau drawers?

## WINDOWS

- Are locks and opening mechanisms easy to operate?
- Are storm windows and screens functional?

## ELECTRICAL OUTLETS AND CONTROLS

- Are there sufficient outlets?
- Extension cord hazards?
- Are there ground fault outlets in kitchen and bathrooms?
- Are there light switches at the entrance to each room?
- Check outlet heights and wall locations

## HEAT, LIGHT, VENTILATION, SMOKE, CARBON MONOXIDE, WATER TEMP CONTROL

- Are there smoke/CO alarms and a working fire extinguisher?
- Are thermostat displays easily accessible and readable?
- Check all rooms for poor light levels
- Do all windows and patio doors slide open easily?
- Are drapes and curtains easily opened and not a trip hazard?
- Are heating and cooling systems serviced regularly?
- Check the temperature of hot water heater.

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