

CAREGIVING CHECKLIST

Home Safety: How Well Does Your Home Meet Your Needs?

Steps/Stairways/Walkways

YesNo

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Are they in good shape? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do they have a smooth, safe surface? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are there handrails on both sides of the stairway? |
| <input type="checkbox"/> | <input type="checkbox"/> | How about light switches at the top and bottom of the stairs? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there grasping space for both knuckles and fingers on railings? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are the stair treads deep enough for your whole foot? |
| <input type="checkbox"/> | <input type="checkbox"/> | Would a ramp be feasible in any of these areas if it became necessary? |

Floor Surfaces

YesNo

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Is the surface safe? |
| <input type="checkbox"/> | <input type="checkbox"/> | Nonslip? |
| <input type="checkbox"/> | <input type="checkbox"/> | Any throw rugs or doormats that might slip underfoot? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is carpeting loose or torn? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are there changes in floor levels? |
| <input type="checkbox"/> | <input type="checkbox"/> | If so, are they obvious or well marked? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have to step over any electric, telephone, or extension cords? |

Driveway and Garage

YesNo

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Is there always space to park? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is it convenient to the entrance? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the garage door open automatically? |

Windows & Doors

YesNo

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Are windows and doors easy to open and close? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are locks sturdy and easy to operate? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do doorways accommodate a walker or wheelchair? |
| <input type="checkbox"/> | <input type="checkbox"/> | 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

YesNo

- ☐ ☐ Is the room arranged safely and conveniently?
☐ ☐ Do the oven and fridge open easily?
☐ ☐ Are stove controls clearly marked and easy to use?
☐ ☐ Is the counter the right height and depth?
☐ ☐ Can you work sitting down?
☐ ☐ Are cabinet doorknobs easy to use?
☐ ☐ Are faucets easy to use?
☐ ☐ Do you have a hand-held shower head?
☐ ☐ Are the items you use often on high shelves?
☐ ☐ Do you have a step stool with handles?
☐ ☐ 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?

Lighting/Ventilation

YesNo

- ☐ ☐ Are there enough lights, and are they bright enough?
☐ ☐ Do you have night lights where needed?
☐ ☐ Is area well ventilated?

Electrical Outlets/Switches/Alarms

YesNo

- ☐ ☐ Can you turn switches easily on and off?
☐ ☐ Are outlets properly grounded to prevent a shock?
☐ ☐ Are extension cords in good shape?
☐ ☐ Do you have smoke detectors in all key areas?
☐ ☐ Do you have an alarm system?
☐ ☐ Is the telephone readily available for emergencies?
☐ ☐ Does the telephone have volume control?
☐ ☐ Can you hear the doorbell ring all throughout the house?