

# Fall Prevention: Home Safety Inventory<sup>1</sup>

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Homes you've lived in most of your life can cause problems as you age. Use this inventory to find possible problem areas. Skip any that don't apply to you. If you answer "no" to any of the questions, make the needed change(s) as soon as possible.



### Windows and Doors

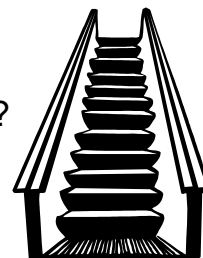
Are windows and doors easy to open and close?	Yes	No
Are door thresholds low and easy to step over?	Yes	No
Is there space to maneuver while opening and closing the door?	Yes	No
Does the front door have a peephole at the right height for you?	Yes	No

### Floor Surfaces

Are all surfaces non-slip?	Yes	No
Are rugs and doormats tacked down?	Yes	No
Are floor level changes well marked?	Yes	No

### Steps and Stairways

Do you have handrails on both sides of the stairway?	Yes	No
Are stair treads deep enough for your whole foot?	Yes	No



### Kitchen and Bath

Can you sit while working in the kitchen?	Yes	No
Can you get into and out of the tub or shower with ease?	Yes	No
Do you have a rubber mat in your bathtub or shower?	Yes	No
Do you have grab bars in the bathroom?	Yes	No

### Electrical Outlets and Switches

Are outlets and switches easy to turn on and off?	Yes	No
Are extension cords in good condition?	Yes	No
Is the telephone easily available in case of an emergency?	Yes	No



### Lighting

Do you have adequate lighting throughout the house?	Yes	No
Do you have nightlights where needed?	Yes	No

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