



HOW SAFE IS YOUR HOME? USE THESE QUESTIONS AND CHECKLIST ITEMS TO ASSESS YOUR HOME'S SAFETY



ENTRANCES, EXTERIOR & EXITS

Are you able to enter and exit your home with ease?

Can you tell when visitors or deliveries arrive and know who may be at any of your doors?

INTERIOR DOORS, HALLS AND STAIRS

How many stairs are in your home?

Are your stairways safe and have you taken steps to make walking in hallways or through doors as safe as possible?

Have you ever slipped or even fallen on your stairs or in your hallways?



BATHROOM

Do you have difficulty getting in or out of the tub/shower?

Have you made any modifications to your bathroom(s) so they are updated and safe as you get older?



KITCHEN

What are the top two challenges you have with meal prep?

Is your kitchen modernized and set up for the best work space and flow?



LIVING, DINING AND BEDROOM

What about your furniture – is it easy to get on and off the couch and are pathways clear to every room?

And what about things you use every day, how might you better organize things?



LAUNDRY

Laundry time - where in your home are your washer and dryer located?

Do you have ample space and organization for doing laundry?



BASEMENT

Basements can be a challenging part of any home. Is your basement a living space or more for storage?

What improvements can be made to make it easier to get in, around and out of the basement?



TELEPHONE COMMUNICATION WITH OTHERS

Landline, mobile phone, smart speaker or other devices -- do you have any difficulty accessing the phone or hearing when you use it?



STORAGE SPACE

Closets often benefit from more organization. How could you improve the ability to reach or access them?



WINDOWS

How often do you open your windows?

How often do you have them cleaned?

Are there any "problem" windows or doors that you use regularly?



ELECTRICAL/OUTLETS AND CONTROLS

Many homes, especially older ones, may have less electrical outlets and light switches than newer homes.

Do you have enough outlets and switches within easy reach for your needs?



How did you answer these questions about your home? Is your home ready for aging in place, inside and out? Contact Friends Life Care today and find out more about how you can get a customized home safety assessment with modification recommendations from one of our Occupational Therapist Wellness Coordinators.

