

Home Assessment Checklist

Falls and fires are the two leading causes of unintentional injuries and death among adults 65 and older. By keeping your home safe and creating personal safety in order to avoid falls, you will also be creating quick exits to avoid falls in case of fire.

Do an assessment of your home and learn how you can make your home safer.

	Yes	No
Stairways:		
Are there handrails on both sides of all stairways, including outside steps?		
Do the stair rails extend the full length of the stairway?		
Are the steps, landings and floors clear of clutter?		
Lighting:		
Are there nightlights to help light your bathrooms, bedrooms and hallways?		
Bathrooms:		
Are there grab bars in the bath and shower stalls as well as on the sides of the toilet?		
Is there a non-slip mat or safety decals in the bath and shower?		
Is the tub clean and free of soap build-up to avoid slipping?		
Floors and Walkways:		
If there are area or throw rugs, do they have rug-liners underneath, dual-sided tape or non-skid backs?		
Are the telephone and electrical cords tucked out of the walkways?		
Are the floors clean of grease, water and other spills?		
Easy to reach:		
Are the things used most often on the easiest to reach shelves?		
Stoves and other sources of heat:		
Is there a clear area of at least three feet around all heat sources?		
Are all curtains tied back and out of range of the stove and other heat sources ?		
Exits:		
Are all exits clear and free of clutter?		



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