

## Curriculum thread addressed:

- Occupation centered practice

## Procedure:

1. Student will assess the needs of an elderly client within a **sociocultural context** and **physical context** by assessing their home environment. A report of findings will be submitted and presented. Use the Home evaluation checklist provided.
2. Role play the administration of an assessment and the results of assessments and evaluation (as allowed of an Occupational Therapy Assistant).
3. Develop ergonomic principles and safety procedures in order to facilitate the home modifications. List a total of 10 -15 environmental barriers or hazards that could contribute to fall and safety issues.



# HOME SAFETY ASSESSMENT CHECKLIST

## ENTRY TO THE HOME

### Lighting

Is there adequate lighting in the following areas:

|   |   |   |
|---|---|---|
| Y | N | Driveway? (dark) no light                             |
| Y | N | Garage?(any)  |
| Y | N | Walkways?   |
| Y | N | At all doors?(any)                                    |
| Y | N | Near the trash area?                                  |
| Y | N | Any other areas of the yard that are used after dark? |

### Driveway

|   |   |   |
|---|---|---|
| Y | N | Is the driveway smooth and evenly paved?  |
| Y | N | Is the transition between the driveway and surrounding surfaces (such as the yard), smooth and even, free of ruts and other things (rocks) that could cause tripping? |
| Y | N | Is the slope of the driveway low enough that it does not cause a problem?   |

### Walkways

|   |   |  |
|---|---|--|
| Y | N | Are walkways smooth and level (no cracks, gaps, or other tripping hazards)?  |
| Y | N | Are steps along walkways clearly visible?  |
| Y | N | Do they have handrails?  |
| Y | N | Are transitions between different surfaces (a patio and sidewalk, concrete and asphalt, walkway and grass, etc.) even and level?           |
| Y | N | If there are steeply inclined walkways, do they have sturdy, easy to grasp, handrails?   |
| Y | N | Are shrubs, bushes, and grass trimmed back or removed so that they do not infringe on or obstruct the walkway (potential tripping hazard)? |

### Steps to the Doors

|   |   |  |
|---|---|--|
| Y | N | Do all steps (even single steps) have sturdy, easy to grasp (cylindrical) rails on both sides? |
| Y | N | Are the risers on stairs and multiple steps of equal height?                                   |
| Y | N | Are the stair treads sturdy, level, and in good condition?                                     |
| Y | N | Have small single steps (that could cause tripping) been mini-ramped?                          |

### Garage

|   |   |  |
|---|---|--|
| Y | N | Are there adequate overhead lights in the garage?    |
| Y | N | Is there a clear pathway to walk through?            |
| Y | N | Do entry stairs or ramps to the house have railings? |

| <b>Ramps (If Applicable)</b> |   |  |
|------------------------------|---|--|
| Y                            | N | Are ramps rising at a minimum slope of 12:1 (12 inches of ramp length for every 1 inch of height is standard. However, 16:1 is recommended.) |
| Y                            | N | Do ramps have sturdy rails on both sides?  |
| Y                            | N | Are the rails cylindrical for easy grasping?   |
| Y                            | N | Do ramps have smooth transitions from ramp surface to ground surface?  |
| Y                            | N | Do ramps have non-skid surfaces or have non-skid strips been added?  |
| Y                            | N | Do ramp railings extend beyond the ramp to help people transition off the ramp?  |
| Y                            | N | Do ramps have sufficient width of at least 36" between handrails?  |

| <b>Entry Landings</b> |   |             |   |  |
|-----------------------|---|-------------|---|--|
| <b>Front</b>          |   | <b>Rear</b> |   |  |
| Y                     | N | Y           | N | Have all potential tripping hazards been removed?  |
| Y                     | N | Y           | N | Is the landing wide and deep enough to safely open the door?   |
| Y                     | N | Y           | N | Is there a clearly visible, easily reachable doorbell?   |
| Y                     | N | Y           | N | Do porches and decks have railings or barriers to prevent someone from stepping or falling off? (Are the railings secure?) |
| Y                     | N | Y           | N | Does the decking have secure, even floorboards with no protruding nails?   |
| Y                     | N | Y           | N | Is there a non-skid surface on the porch/deck/landing?   |
| Y                     | N | Y           | N | Do doormats have non-skid backing with no upturned corners?  |

| <b>Exterior Doors</b> |   |             |   |  |
|-----------------------|---|-------------|---|--|
| <b>Front</b>          |   | <b>Rear</b> |   |  |
| Y                     | N | Y           | N | If necessary, are doorways wide enough to accommodate wheelchairs?                               |
| Y                     | N | Y           | N | Are locks in good working order and easy to use?   |
| Y                     | N | Y           | N | Are latches and door handles in good condition and easy to use?                                  |
| Y                     | N | Y           | N | If someone has trouble turning a doorknob, are there lever handles?                              |
| Y                     | N | Y           | N | Do the doors open and close easily without sticking?   |
| Y                     | N | Y           | N | Do doors on springs close slowly enough (so they don't close on someone going through the door)? |
| Y                     | N | Y           | N | Is the threshold at the door less than one inch high?  |
| Y                     | N | Y           | N | Do glass sliding doors have decals at eye level?   |

| <b>Other Outdoor Area Concerns</b> |   |  |
|------------------------------------|---|--|
| Y                                  | N | If there is a patio or deck, is it level, smoothly surfaced and free of tripping hazards?  |
| Y                                  | N | Are walkways around the house, smooth and free of obstacles and overgrown shrubbery, grass, and weeds that could cause tripping? |
| Y                                  | N | Are garbage and recycling areas well lighted?  |
| Y                                  | N | Do these areas have safe, accessible stairs and railings?  |

# INSIDE THE HOME

## Entry Ways and Vestibules

| Front |   | Rear |   |  |
|-------|---|------|---|--|
| Y     | N | Y    | N | Have throw rugs (potential tripping hazards) been removed?           |
| Y     | N | Y    | N | Is there a clear pathway (devoid of clutter) through the entry hall? |
| Y     | N | Y    | N | Are all cords and wires out of the pathway?                          |
| Y     | N | Y    | N | Are thresholds low enough so someone does not trip over them?        |
| Y     | N | Y    | N | Is there adequate lighting?  |
| Y     | N | Y    | N | Is the light switch at the entrance to the room?                     |
| Y     | N | Y    | N | If necessary, is the entryway wide enough for a wheelchair/walker?   |

## Hallways

| #1 |   | #2 |   | #3 |   |   |
|----|---|----|---|----|---|---|
| Y  | N | Y  | N | Y  | N | If people need support, are there handrails along the hall?         |
| Y  | N | Y  | N | Y  | N | Are halls free of clutter and other tripping obstacles?             |
| Y  | N | Y  | N | Y  | N | Are carpet runners tacked down or have anti-skid backing?           |
| Y  | N | Y  | N | Y  | N | Are thresholds less than one inch so they are not tripping hazards? |
| Y  | N | Y  | N | Y  | N | If necessary, are halls wide enough for a wheelchair/walker?        |
| Y  | N | Y  | N | Y  | N | Is there adequate lighting?   |
| Y  | N | Y  | N | Y  | N | Is there a light switch at both ends of the hall?                   |

## Doors/Doorways

|   |   |                                    |
|---|---|------------------------------------|
| Y | N | Do all doors open easily?          |
| Y | N | Are thresholds less than one inch? |

| <b>Living/Dining/Family/Other Rooms</b> |   |    |   |    |   |       |   |  |  |
|---|---|----|---|----|---|-------|---|--|--|
| LR                                      |   | DR |   | FR |   | Other |   |  |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Is the lighting adequate?  |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Is there a light switch at the entrance to the room?   |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Is there a clear, unobstructed path through the room (no clutter, cords, wires, baskets, and other things to trip over)? |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Are thresholds minimal and carpet binders tacked down?   |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Are carpets in good condition (not frayed or turned up, torn, or with worn spots that someone could trip over)?          |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Are plastic runners/carpet protectors tacked down (not folded or turned up at edges)?                                    |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Do throw rugs have anti-skid backing and no upturned corners?  |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Is tile/linoleum free of chips, tears, and not slippery?   |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Are bare wood floors slip resistant?   |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Is there at least one comfortable chair people can get in and out of safely and easily?                                  |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Do tables have rounded edges that are clearly visible (no sharp edges or made of glass)?                                 |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Do windows open easily?  |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Are shades and blinds easy to open?  |  |
| Y                                       | N | Y  | N | Y  | N | Y     | N | Are they securely attached?  |  |

| <b>Bathrooms</b>              |   |        |   |  |  |  |  |  |  |
|-------------------------------|---|--------|---|--|--|--|--|--|--|
| <b>General Considerations</b> |   |        |   |  |  |  |  |  |  |
| Bath1                         |   | Bath 2 |   |  |  |  |  |  |  |
| Y                             | N | Y      | N | Is there a light switch at the entry?                                  |  |  |  |  |  |
| Y                             | N | Y      | N | Is there adequate lighting overall?                                    |  |  |  |  |  |
| Y                             | N | Y      | N | .....At the sink?  |  |  |  |  |  |
| Y                             | N | Y      | N | .... Over the tub/shower?  |  |  |  |  |  |
| Y                             | N | Y      | N | Is there a night light?  |  |  |  |  |  |
| Y                             | N | Y      | N | Is the door threshold less than one inch?                              |  |  |  |  |  |
| Y                             | N | Y      | N | Is the room free of clutter and tripping hazards?                      |  |  |  |  |  |
| Y                             | N | Y      | N | Is the flooring non-slip/non-skid (including throw rugs)?              |  |  |  |  |  |
| Y                             | N | Y      | N | Are there grab bars in other areas of the room as needed?              |  |  |  |  |  |
| Y                             | N | Y      | N | Is the room kept warm during bathing (heat lamp, towel warmers, etc.)? |  |  |  |  |  |

| Tub/Shower |   |       |   |   |
|------------|---|-------|---|---|
| Bath1      |   | Bath2 |   |   |
| Y          | N | Y     | N | Are there sturdy grab bars in the tub and/or shower, if needed?               |
| Y          | N | Y     | N | Is the shower curtain bottom out of the way so it is not a tripping hazard?   |
| Y          | N | Y     | N | Are toiletries in the tub easily reached from sitting and standing positions? |
| Y          | N | Y     | N | Is there a non-skid bathmat in the bathtub?                                   |
| Y          | N | Y     | N | Is there a hand-held shower head?   |
| Y          | N | Y     | N | Are tub/shower faucets easy to use and read (hot & cold clearly marked)?      |
| Y          | N | Y     | N | If needed, is there a tub or shower seat?                                     |

| Toilet |   |       |   |  |
|--------|---|-------|---|--|
| Bath1  |   | Bath2 |   |  |
| Y      | N | Y     | N | Are there sturdy grab bars at the toilet (or toilet arms and a raised seat)? |
| Y      | N | Y     | N | Is toilet paper easily reachable from the toilet seat?                       |
| Y      | N | Y     | N | Is the toilet seat in good condition and securely fastened?                  |

| Kitchen |   |  |  |  |
|---------|---|--|--|--|
| Y       | N |  |  | Are frequently used items visible and easily reached (front of pantry and refrigerator)?   |
| Y       | N |  |  | Are sink faucets easy to reach and read?   |
| Y       | N |  |  | Is it easy to determine where the hot and cold areas of the faucet are?                    |
| Y       | N |  |  | Is it easy to mix the temperature?   |
| Y       | N |  |  | If necessary, have anti-scald devices been installed or the hot water temperature lowered? |
| Y       | N |  |  | If necessary, have timers been installed on the oven and cook top?                         |
| Y       | N |  |  | Are burners and control knobs clearly labeled and easy to use?                             |
| Y       | N |  |  | Are the controls on the front of the stove, not the back?                                  |
| Y       | N |  |  | Is there a close resting place nearby for hot vessels coming out of the oven?              |
| Y       | N |  |  | Is glass cookware being used so person sees food is being cooked?                          |
| Y       | N |  |  | Is the microwave easy to read, reach, and operate?   |

| Laundry Room |   |  |  |  |
|--------------|---|--|--|--|
| Y            | N |  |  | Is there a light switch at the entry?  |
| Y            | N |  |  | Is there sufficient lighting?  |
| Y            | N |  |  | Is the route to the laundry room (stairs) safe?  |
| Y            | N |  |  | Are the appliances at the right height so it easy to get clothes in/out of the washer and dryer? |
| Y            | N |  |  | Are the control knobs easy to reach, read, and operate?  |
| Y            | N |  |  | Are laundry supplies easy and safe to reach?   |
| Y            | N |  |  | Is there a non-slip floor surface?   |
| Y            | N |  |  | Are tripping hazards off the floor (laundry basket or dirty clothes)?                            |

| <b>Bedrooms</b> |   |            |   |  |
|-----------------|---|------------|---|--|
| <b>BR1</b>      |   | <b>BR2</b> |   |  |
| Y               | N | Y          | N | Is there a light at the entrance to the room?  |
| Y               | N | Y          | N | Is a light reachable from the bed?   |
| Y               | N | Y          | N | Can bureau drawers be reached (height of the drawer) and opened easily?                          |
| Y               | N | Y          | N | Is there a clear, unobstructed path through the room (clutter and furniture are out of the way)? |
| Y               | N | Y          | N | Are cords and wires off the floor?   |
| Y               | N | Y          | N | Do throw and area rugs have non-slip backing and no upturned corners?                            |
| Y               | N | Y          | N | Are wood and linoleum floors non-skid?   |
| Y               | N | Y          | N | Is carpet smooth (no folds or holes) and tacked down?  |
| Y               | N | Y          | N | Are curtains and bed coverings off the floor so they are not tripping hazards?                   |
| Y               | N | Y          | N | Is there support for getting in and out of bed, if needed?                                       |
| Y               | N | Y          | N | Is there a place to sit and get dressed, if needed?  |
| Y               | N | Y          | N | Are windows easy to open and close?  |
| Y               | N | Y          | N | Are window blinds and shades working properly and easy to open?                                  |
| Y               | N | Y          | N | Are blinds and shades properly secured?  |

| <b>Closets</b> |   |              |   |   |
|----------------|---|--------------|---|---|
| <b>Clo 1</b>   |   | <b>Clo 2</b> |   |   |
| Y              | N | Y            | N | Are shelves and clothes poles easy to reach?                    |
| Y              | N | Y            | N | Have closet organizers been installed to maximize use of space? |
| Y              | N | Y            | N | Are closets organized so clothes are easy to find?              |
| Y              | N | Y            | N | Are clutter and other tripping hazards off the floor?           |
| Y              | N | Y            | N | Do closets have lights that are easy to find and reach?         |
| Y              | N | Y            | N | Are closet door easy to open?                                   |
| Y              | N | Y            | N | If closet has sliding doors, do they stay on track?             |

| <b>General Home Safety Concerns</b> |   |  |
|-------------------------------------|---|--|
| Y                                   | N | Can an older person contact someone in an emergency (medi-alert, names and numbers by phone, picture telephone, etc.)? |
| Y                                   | N | Are smoke detectors and carbon monoxide alarms installed and working?  |
| Y                                   | N | Is there a fire extinguisher in the house?   |
| Y                                   | N | Is there a safe place outside to hide a key to the house for emergency entry?  |