



Fall Prevention In-Home Assessment Checklist

CICOA's Home Safety & Accessibility service helps eligible seniors and people with disabilities continue living independently by enhancing safety and accessibility within the home. The first step is to assess the number of common falling and tripping hazards within the home. Below are a few things we look for during an in-home assessment that can increase the likelihood of falls.

Outdoors	Yes	No	Helpful Tips
Are there handrails at the front steps? Are they secure?	<input type="checkbox"/>	<input type="checkbox"/>	<p>Handrails provide stability and support in tough weather and for those with mobility challenges. Look for durable, maintenance friendly materials without sharp edges, installing them continuously along the stairs. Standard heights range from 34 to 38 inches.</p> <p>To ensure the safety of all residents and visitors, it is important to maintain exterior pathways by removing any hazards such as holes, uneven pavement, branches, and other potential tripping or slipping risks.</p>
Are there handrails at the side and back steps? Are they secure?	<input type="checkbox"/>	<input type="checkbox"/>	
Are steps steep and uneven?	<input type="checkbox"/>	<input type="checkbox"/>	
Are steps broken or crumbling?	<input type="checkbox"/>	<input type="checkbox"/>	
Are walkways around the home broken or uneven?	<input type="checkbox"/>	<input type="checkbox"/>	

<p>Are overgrown trees and shrubs obstructing walkways?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Overgrown plants can obstruct paths, decrease pathway width, and limit visibility. Keeping up with landscaping contributes to maintaining clear, unobstructed pathways.</p>
<p>Is the threshold at each entrance even with the porch or first step, or do you have to step up or down as you enter/exit the home?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Uneven thresholds may pose tripping hazards. Brightly colored tape or cones can draw attention to the hazard and serve as a temporary measure while a more permanent solution is being identified.</p>
<p>Are the house numbers visible from the street?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>A visible address number is essential for delivery personnel and first responders to find a residence. Opt for shiny, reflective, or glow-in-the-dark materials to make your numbers more visible at night.</p>
<p>Is there a working doorbell?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>A video doorbell can be connected to a smartphone app, allowing you to answer the door remotely even when not at home. This feature can help prevent accidents for those who may hurry to answer the door in time.</p>
<p>Are the door and window locks easy to use?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Properly functioning locks are crucial in keeping doors and windows securely closed. Easy-to-use locks enable occupants to exit the building swiftly during emergency situations.</p>
<p>Are the door handles easy to use?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Lever-style door handles are simpler to use than doorknobs and require minimal grip strength.</p>

Floors	Yes	No	Helpful Tips
Are all thresholds between rooms even?	<input type="checkbox"/>	<input type="checkbox"/>	Uneven thresholds may pose tripping hazards. A temporary fix, such as brightly colored tape or cones, to draw attention to the hazard can be a temporary measure while a more permanent solution is being identified.
Is the carpet secure and free of tears?	<input type="checkbox"/>	<input type="checkbox"/>	Loose edges or tears in the carpet can create uneven surfaces that pose tripping hazards and may obstruct the movement of mobility aids. To reduce the risk of falls, it is crucial to promptly fix or replace damaged carpeting and conduct routine inspections and maintenance of carpeted spaces.
Are all throw rugs taped, tacked down, or on non-skid backing?	<input type="checkbox"/>	<input type="checkbox"/>	Rugs on smooth floors such as hardwood, tile, or laminate can easily slide or move. As time passes, rug edges may curl up, leading to uneven surfaces that can be tripped over, especially if not easily visible. Remove unnecessary rugs and secure any remaining rugs to the floor using a nonslip mat or anti-slip rug tape to prevent accidents.
Are there only ceiling registers?	<input type="checkbox"/>	<input type="checkbox"/>	Check floor registers for damage, which can cause trips and snag mobility aids. Inspect them often for stability. Boost visibility with contrasting colors or reflective tape and opt for low-profile covers to minimize tripping hazards.
Are all cords (lamp, telephone, extension) appropriately managed and not running across walkways?	<input type="checkbox"/>	<input type="checkbox"/>	Secure cords with cable management systems and route cords behind furniture or along the room's edges to minimize their presence in walking areas.

Are all walkways tidy? Clear the floor of any objects that could cause you to trip. Arrange furniture and other items to ensure they do not obstruct your path.

Stairs and Steps	Yes	No	Helpful Tips
Do all interior steps have handrails?	<input type="checkbox"/>	<input type="checkbox"/>	<p>Regular inspection is crucial to verify that stair handrails are structurally sound and firmly fixed to the wall or railing posts. Having two handrails instead of one enhances stability, accessibility, and safety for people using the stairs. Handrails that run the entire length of the staircase offer consistent support for people as they go up or down the stairs.</p>
Do handrails go from the top of the steps all the way to the bottom?	<input type="checkbox"/>	<input type="checkbox"/>	
Are handrails securely fastened?	<input type="checkbox"/>	<input type="checkbox"/>	
Are there handrails on both sides of the steps?	<input type="checkbox"/>	<input type="checkbox"/>	
Are steps and stairways clear of items?	<input type="checkbox"/>	<input type="checkbox"/>	<p>Avoid leaving any items that need to be taken up or down the stairs on the stairs themselves. Gather these belongings nearby and transport them in a tote or basket that can be carried with one hand, allowing you to hold onto the handrail with the other.</p>
Are steps even and easy to navigate?	<input type="checkbox"/>	<input type="checkbox"/>	<p>Improving visibility and awareness of steps, especially uneven or steep ones, can significantly reduce fall risk. Seeking professional advice to adjust steps by decreasing rise or tread depth, or leveling them, can enhance usability.</p>
Are the steps contrasting enough?	<input type="checkbox"/>	<input type="checkbox"/>	<p>Sufficient contrast on stairs reduces tripping and enhances visibility. Increase it by painting step edges in contrasting colors or applying nonslip tape.</p>

Kitchen	Yes	No	Helpful Tips
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Are frequently used items on shelves or in cabinets easily accessible without a step ladder?	<input type="checkbox"/>	<input type="checkbox"/>	Storing commonly used items on lower shelves reduces the risk of overreaching or losing balance when reaching for them. When using a step stool to access higher shelves, choose one with grip handles and nonslip surfaces for added safety.
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Is the refrigerator stable and easy to open?	<input type="checkbox"/>	<input type="checkbox"/>	Forcing open a stubborn refrigerator door can cause balance loss or overextension. Maintain hinges, seals, and latches, and consider grip aids or lever-style handles to prevent accidents and falls.
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Are the stove controls located at the front?	<input type="checkbox"/>	<input type="checkbox"/>	Controls located at the front of a stove prevent users from reaching over hot burners and pots.
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Is there adequate counter space?	<input type="checkbox"/>	<input type="checkbox"/>	Adequate space reduces excessive reaching, lowering the risk of balance loss and falls. Nearby counter space facilitates easy placement of items without long carrying distances.
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Are handles and drawer pulls accessible?	<input type="checkbox"/>	<input type="checkbox"/>	D-shaped handles and drawer pulls are easier to grasp than knobs.
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Bathroom	Yes	No	Helpful Tips
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Is the bathroom entry wide enough for individuals using mobility devices to access?	<input type="checkbox"/>	<input type="checkbox"/>	Expanding the entryway or incorporating offset hinges can create more room, enabling the use of mobility devices.
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<p>Do bathroom doors swing into sinks or toilets?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>When a door swings into a sink or toilet in a bathroom, it reduces space, hindering movement and increasing the risk of falls. Use bathroom doors that swing outward or switch to pocket doors that slide into the wall when feasible.</p>
<p>Do sink faucets have lever handles?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Faucets with a lever-style design are the more user-friendly for sinks, showers, and tubs.</p>
<p>Are hot water pipes covered?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Insulating hot water pipes enhances bathroom safety by reducing the chances of burns or injuries from accidental contact with hot surfaces.</p>
<p>Does the bath or shower have a plastic mat or nonslip strips?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Nonslip mats or adhesive strips can be used on the bathtub floor and surrounding surfaces to enhance grip and prevent slipping.</p>
<p>Do bathmats outside the bath or shower have nonslip backing?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Bathroom rugs or mats should feature a rubber backing or be fastened with rug tape or a nonslip mat.</p>
<p>Is the shower or tub doorless?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Struggling with doors can cause imbalance, especially with glass ones prone to shattering. Swap glass doors for a shower curtain for safer access to the tub or shower.</p>
<p>Does the shower have a handheld showerhead?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>A handheld showerhead with adjustable height offers customization for users of varying heights and abilities. This feature makes it easier to access and manage the shower spray without needing to strain or stretch.</p>

Is the bathtub easy to step in and out of?

Installing grab bars or utilizing a tub transfer bench are easy methods to simplify stepping in. For more advanced changes, consider a tub cutout conversion or replacing the current tub with one that has a lower entry threshold.

Are there grab bars both inside and outside the tub and shower?

Grab bars offer users stable support for entering, exiting, or moving around in the shower.

Are there grab bars near the toilet?

Grab bars provide a secure and stable grip for users to assist them while sitting down on or standing up from the toilet. In cases where grab bars are not feasible, toilet safety frames, rails, or raised toilet seats can serve as suitable alternatives.

Is the toilet an acceptable height?

A comfort-height toilet stands taller at 17 to 19 inches from the floor to the seat top. Depending on an individual's height, it is generally easier to sit down on and stand up from than a standard 15-inch toilet. Consider using a portable toilet seat riser for a similarly effective yet more budget-friendly option.

Are you able to reach toilet paper while seated?

Ensuring easy access to toilet paper can help you avoid uncomfortable positions and movements that could lead to accidents. Furthermore, incorporating a bidet can also help reduce awkward or strenuous movements.

Rooms	Yes	No	Helpful Tips
Is there a light switch or lamp that's reachable from the bed?	<input type="checkbox"/>	<input type="checkbox"/>	Having a light within reach of the bed allows you to easily light your path when getting up at night. Since power outages can occur unexpectedly, it's wise to keep a functional flashlight near your bed or be familiar with using a smartphone flashlight as a precaution.
Do you have access to a telephone while in bed?	<input type="checkbox"/>	<input type="checkbox"/>	In the event of a fall or medical emergency, having a phone within reach allows you to call for help quickly and easily.
Is the bed easy to get in and out of?	<input type="checkbox"/>	<input type="checkbox"/>	The height of the bed impacts how easy it is to move in and out of bed. Having the right bed height enables safe and comfortable transfers, decreasing the chances of accidents. Adjustable bed frames or bed risers can help adjust the bed's height accordingly.
Is there an easily accessible pathway around your room?	<input type="checkbox"/>	<input type="checkbox"/>	Unobstructed pathways minimize the risk of tripping over objects such as furniture, rugs, or clutter.
Are items easy to reach in the closet?	<input type="checkbox"/>	<input type="checkbox"/>	Arrange shelves and storage units within the closet at accessible heights to minimize reaching or stretching. Store frequently used items within easy reach and avoid placing heavy objects on high shelves to prevent injuries from falling items.

Lighting	Yes	No	Helpful Tips
Are there lights over all porches and walkways outside the home?	<input type="checkbox"/>	<input type="checkbox"/>	Adequate lighting ensures you and visitors can see where you are going and navigate safely.
Is there lighting at the top and bottom of the stairs?	<input type="checkbox"/>	<input type="checkbox"/>	Stairway and hallway lights should have on and off switches at both ends of the hall and at the top and bottom of the stairs. Light switches that glow in the dark are beneficial in those areas.
Are there light switches at the top and bottom of the stairs and at each end of long hallways?	<input type="checkbox"/>	<input type="checkbox"/>	
Are there nightlights in bedrooms, hallways, and bathrooms?	<input type="checkbox"/>	<input type="checkbox"/>	Placing plug-in or battery-operated dusk-to-dawn or motion-sensor night lights in hallways, near steps, and staircases is a simple safety solution.
Are all light bulbs working?	<input type="checkbox"/>	<input type="checkbox"/>	Adequate lighting improves visibility, allowing you to see potential hazards, obstacles, and changes in elevation within the environment.
Are the light switches rocker-style?	<input type="checkbox"/>	<input type="checkbox"/>	A rocker-style "push" switch is better than a small toggle on a traditional up-and-down flip switch because it can be turned on or off by leaning against it, nudging it with an elbow, or pressing it with whatever is being carried.

Other	Yes	No	Helpful Tips
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Is there adequate doorway/hall width?	<input type="checkbox"/>	<input type="checkbox"/>	A wider hallway allows for easier maneuverability and should be clear of obstacles to allow for safe navigation.
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Pets	Yes	No	Helpful Tips
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If there are pets, are food/water bowls located out of walkways?	<input type="checkbox"/>	<input type="checkbox"/>	Placing pet food bowls out of the walkway helps minimize the risk of tripping over them.
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Are the floors clean of pet messes?	<input type="checkbox"/>	<input type="checkbox"/>	Try to wipe up spills immediately to prevent any slips. Use waterproof mats or trays underneath pet food and water bowls to help catch spills.
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Does the pet wear a bell on its collar?	<input type="checkbox"/>	<input type="checkbox"/>	The sound of the bell can help you anticipate the pet's movements and avoid accidentally tripping over or colliding with the pet.
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