

The AARP logo is positioned in the top right corner of the image. It consists of the letters "AARP" in a bold, white, sans-serif font, with a registered trademark symbol (®) to the upper right of the "P". The logo is set against a background of a wooden house and trees.

AARP®

Home Safety:

How Well Does Your Home

Meet Your Needs?

**USE THE FOLLOWING CHECKLIST TO CREATE A
SAFE ENVIRONMENT FOR AGEING LOVED ONES.**

The logo for Exchange UR CARE is located in the bottom right corner. It features the word "Exchange" in a bold, black, sans-serif font, with "UR CARE" in a smaller, orange, sans-serif font below it. A stylized orange graphic, resembling a person with arms raised or a checkmark, is positioned to the left of the text.

Exchange
UR CARE

Impacting Our Community
with Exceptional Home Care

How Well Does Your Home Meet Your Needs?

Plan the work and then work the plan. Make sure the environment in which your ageing loved ones lives encourages their independence and autonomy, mitigates and risk of injury or harm, and feels like a personalized home environment. As they get older, they may become unaware of the dangers that exist. Use the following checklist to create a safe environment, which may prevent dangerous situations from occurring and help maximize the person's independence for as long as possible. **Please print this sheet.**

01 STEPS, STAIRWAYS, AND WALKWAYS

Yes | No

- ☐ ☐ Are they in good shape?
- ☐ ☐ Do they have a smooth, safe surface?
- ☐ ☐ Are there handrails on both sides of the stairway?
- ☐ ☐ How about light switches at the top and bottom of the stairs?
- ☐ ☐ Is there grasping space for both knuckles and fingers on railings?
- ☐ ☐ Are the stair treads deep enough for your whole foot?
- ☐ ☐ Would a ramp be feasible in any of these areas if it became necessary?

02 FLOOR SURFACES

Yes | No

- ☐ ☐ Is the surface safe?
- ☐ ☐ Nonslip?
- ☐ ☐ Any throw rugs or doormats that might slip underfoot?
- ☐ ☐ Is carpeting loose or torn?
- ☐ ☐ Are there changes in floor levels?
- ☐ ☐ If so, are they obvious or well marked?
- ☐ ☐ Do you have to step over any electric, telephone, or extension cords?

03 FLOOR SURFACES

Yes | No

- ☐ ☐ Is there always space to park?
- ☐ ☐ Is it convenient to the entrance?
- ☐ ☐ Does the garage door open automatically?

04 WINDOWS AND DOORS

Yes | No

- ☐ ☐ Are windows and doors easy to open and close?
- ☐ ☐ Are locks sturdy and easy to operate?
- ☐ ☐ Do doorways accommodate a walker or wheelchair?
- ☐ ☐ Can you walk through the doorways easily?
- ☐ ☐ Is there space to maneuver while opening and closing doors?
- ☐ ☐ Does the front door have a view panel or peephole at the right height?

05 APPLIANCES, KITCHEN, AND BATH

Yes | No

- ☐ ☐ Is the room arranged safely and conveniently?
- ☐ ☐ Do the oven and fridge open easily?
- ☐ ☐ Are stove controls clearly marked and easy to use?
- ☐ ☐ Is the counter the right height and depth?
- ☐ ☐ Can you work sitting down?
- ☐ ☐ Are cabinet door knobs easy to use?
- ☐ ☐ Are faucets easy to use?
- ☐ ☐ Do you have a hand-held shower head?
- ☐ ☐ Are the items you use often on high shelves?
- ☐ ☐ Do you have a step stool with handles?
- ☐ ☐ Can you easily get in and out of the tub or shower?
- ☐ ☐ Do you have a bath or shower seat?
- ☐ ☐ Are there grab bars where needed?
- ☐ ☐ Is the hot water heater regulated to prevent scalding or burning?

06 LIGHTING AND VENTILATION

Yes | No

- ☐ ☐ Are there enough lights, and are they bright enough?
- ☐ ☐ Do you have night lights where needed?
- ☐ ☐ Is area well ventilated?

07 LIGHTING AND VENTILATION

Yes | No

- ☐ ☐ Can you turn switches easily on and off?
- ☐ ☐ Are outlets properly grounded to prevent a shock?
- ☐ ☐ Are extension cords in good shape?
- ☐ ☐ Do you have smoke detectors in all key areas?
- ☐ ☐ Do you have an alarm system?
- ☐ ☐ Is the telephone readily available for emergencies?
- ☐ ☐ Does the telephone have volume control?
- ☐ ☐ Can you hear the doorbell ring all throughout the house?

PROBLEMS AND IDEAS:
