

## **Home Safety Checklists for Aging in Place**

A Consumer's Guide to Home Adaptation [[link](#)]

{no citation available}

AARP: The Room-by-Room HomeFit To-Do List [[link](#)]

{no citation available}

An Online, Self-Report Version of the Home Falls and Accidents Screening Tool (HOME FAST-SR) to Identify Fall-Related Hazards in the Homes of Older People [[link](#)]

Mackenzie L, DuToit S, McGrath M, Fang Y, Loton C. An Online, Self-Report Version of the Home Falls and Accidents Screening Tool (HOME FAST-SR) to Identify Fall-Related Hazards in the Homes of Older People. Home Health Care Management & Practice. 2024;36(2):112-119. doi:10.1177/10848223231208025

Assessing and Adapting the Home Environment to Reduce Falls and Meet the Changing Capacity of Older Adults [[link](#)]

Pynoos, Jon & Steinman, Bernard & Nguyen, Anna & Bressette, Matthew. (2012). Assessing and Adapting the Home Environment to Reduce Falls and Meet the Changing Capacity of Older Adults. Journal of Housing for The Elderly. 26. 137-155. 10.1080/02763893.2012.673382.

CDC Check for Safety: A Home Fall Prevention Checklist for Older Adults [[link](#)]

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Challenges to Aging in Place: Understanding Home Maintenance Difficulties [[link](#)]

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Aging with Disabilities in Need of Home Modifications. OTJR: Occupational Therapy Journal of Research. 2007;27(4):140-148. doi:10.1177/153944920702700404

Comprehensive Assessment and Solution Process for Aging Residents (CASPAR) [[link](#)]

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Evaluation of a Fall Prevention Program to Reduce Fall Risk and Fear of Falling Among Community-Dwelling Older Adults and Adults with Disabilities [[link](#)]

Hawkins M, Goldhammer T, McClave R, Jenkins-Smith E. Evaluation of a Fall Prevention Program to Reduce Fall Risk and Fear of Falling Among Community-Dwelling Older Adults and Adults with Disabilities. Clin Interv Aging. 2024 Mar 6;19:375-383. doi: 10.2147/CIA.S448196. PMID: 38464599; PMCID: PMC10924894.

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Home Hazard Removal Program (HARP) [[link](#)]

Stark, S., Somerville, E., Keglovits, M. et al. Protocol for the home hazards removal program (HARP) study: a pragmatic, randomized clinical trial and implementation study. BMC Geriatr 17, 90 (2017). <https://doi.org/10.1186/s12877-017-0478-4>

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Informed Consumer Guide to Accessible Housing [\[link\]](#)

{no citation available}

InterNACHI's AGING-IN-PLACE INSPECTION CHECKLIST [\[link\]](#)

{no citation available}

NCOA Home Safety for Older Adults: A Comprehensive Guide 2024 [\[link\]](#)

{no citation available}

Non-OT Home Falls and Accidents Screening Tool (Home FAST) [\[link\]](#)

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Protocol for the home hazards removal program (HARP) study: a pragmatic, randomized clinical trial and implementation study [\[link\]](#)

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Rebuilding Together Safe at Home Checklist [\[link\]](#) [distributed by AOTA]

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## **AARP: The Room-by-Room HomeFit To-Do List** ([link](#))

### **ENTRANCES AND EXITS**

Establish a zero-step entry into the home

Install outdoor lights

Make the house or apartment number fully visible

Add a bench, table or small piece of furniture near the exterior door for placing packages while the door is being locked or unlocked?

Create a spot inside the entry for storing shoes; hanging coats; placing bags, keys, etc.

Install handrails on both sides of all staircases

Install a light fixture to illuminate the entire staircase

Install sensors on outdoor light fixtures to automatically turn lights on at dusk and off at dawn and/or when motion is detected

Repair holes, loose bricks or uneven pavement on exterior walkways

Clear paths so they're free of leaves, moss, mold or other slipping hazards Install a no-step, no-trip threshold

Add a second handrail if the stairs only have one

Install lever-style door handles

Install deadbolt locks and/or slide latches or chain locks on exterior doors Install a security peephole or viewing panel on the exterior door at a suitable height for residents

Install a camera, video doorbell or other electronic system for seeing who's at the door

Remove scatter or throw rugs from the front stoop and inside the foyer and replace with sturdy doormats and/or floor mats

Remove clutter from hallways

Widen doorways to at least 32" by replacing traditional door hinges with swing-away or swing-clear types

### **STEPS AND STAIRWAYS**

Repair or renovate stairways that are unstable, have open backs, raised nail heads, missing treads, loose steps, etc.

Cover steps with a tightly woven, low-pile carpet with thin padding

Apply nonslip adhesive strips to uncarpeted steps

Install handrails on both sides of all staircases

Install a light fixture to illuminate the entire staircase

Add light switches at the top and bottom of the stairs

Plug automatic nightlights into outlets near steps and staircases

Clear the stairs of clutter

Place a tote or basket with a handle at both the top and bottom of the staircase to use while carrying items up or down the steps

### **KITCHEN**

Install task lighting for the sink, stove and other work areas

Replace knobs on cabinets and drawers with easy-to-grasp, D-shaped handles

Install a stove or cooktop with controls near the front of the device

Place a lightweight, ABC-rated fire extinguisher in an easy-to-reach location

Purchase a step stool that has nonslip steps and a grip handle

Install adjustable, pull-down or similar shelving for safe access to upper cabinets

Install pull-out cabinetry shelves beneath counters and place turntables in corner cabinets

Install a lever-, touch- or sensor-style kitchen faucet — ideally one that's pressurebalanced, temperatureregulated and kept at or below 120°F

Ensure that electrical outlets and switches near water are equipped with a GFCI (ground fault circuit interrupter)

Establish a kitchen surface for working while seated

Place or install bins for trash and recycling

#### BATHROOM

Change electrical outlets and switches near water to ones equipped with a GFCI

Install lever-, touch- or sensor-style faucets for the sink, bathtub and shower

Install pressure balanced faucets and/or thermostatic valves for the sink, shower and tub faucets

Install a nonskid mat or nonslip strips in the bathtub and/or shower

Purchase rubber-backed rugs (or mats secured with double-sided rug tape or rubber carpet mesh) for the bathroom floor

Install grab (or assist) bars in the bathtub, shower and adjacent to the toilet

Install a comfort-height toilet or toilet seat riser

Install a bidet or toilet based bidet attachment

Insulate exposed pipes beneath sinks to protect against hot pipes

Install a handheld or adjustable showerhead

Install a shower seat

Set the water heater at or below 120°F to avoid scalding

Install night-lights and/or illuminated light switches in the bathroom and the hallway leading to it

#### LIVING ROOM AND BEDROOM

Arrange furniture to allow for clear, wide passageways

Position beds to allow easy access to the bathroom

Use natural light to the fullest by opening curtains, blinds and shades during daylight hours

Remove scatter and throw rugs, and secure large area rugs to the floor with double-sided tape or nonslip mats

Install interior lights and adjustable rods and shelves in closets

#### THROUGHOUT THE HOUSE

Place flashlights in multiple rooms

Replace a top-loading washer with an easierto-use front loader and place the washer and dryer on a raised platform if additional height is needed

Check that the light bulbs used for fixtures are the proper rating, have the highest allowed wattage and do not produce excessive glare

Plug automatic nightlights into hallway and bathroom outlets, and near stairs too

Replace traditional toggle light switches with easier-to-use rocker-style switches

Install smoke and carbon monoxide detectors on every level of the home and ensure they can be heard in all bedrooms

Place telephones in or near multiple rooms

Purchase touch control lamps and devices that automatically turn lights on and off at set times

Place electrical cords out of the way and/or along the wall to prevent tripping

Choose a secure password or otherwise secure the home's internet network

Securely attach tall or easily tippable furniture to the wall with furniture straps

Reduce or eliminate excessive clutter throughout the home

#### OTHER TASKS

- Xxx

## **NCOA Home Safety for Older Adults: A Comprehensive Guide 2024 (link)**

### Exterior

#### Lighting

Motion detection lighting for use at night

Overhead lighting to illuminate the entryway

Security system to prevent home intrusion

Ramp installation (if needed)

Handrails along all steps

Clear walkway from the parking area to home entry

Front door and storm door is lightweight and easy to open

Mats should be low-profile and not create a fall risk

Doorknob is easy to turn

### Interior

- Hallways
  - Motion detection lights to illuminate hall
  - Handrailing throughout walkways (if needed)
  - No throw rugs that create fall hazards (replace with vinyl rugs if needed)
  - No wiring or cords crossing high-traffic areas
- Stairways
  - Stair lift (if needed)
  - Nonslip stair treads
  - Motion detection lights on steps
  - Handrailing
- Kitchen
  - Smoke and carbon monoxide detectors work and are present in kitchen (and throughout the home)
  - Appliances are working correctly (no frayed wires or error codes)
  - The phone number for poison control is accessible
  - Appropriate clothing is worn when cooking (short sleeves and fire-resistant material)
  - Cut-resistant protective gloves and rubberized cutting boards
- Living areas
  - Walkways are clear
  - No low-level tables or furniture that can cause tripping
  - Landline or cellphone charging station is next to the sitting area
- Bedroom
  - Bed is easy to get into and out of (keep a step stool nearby for bed access)
  - The room is clutter-free for more restful sleep
  - Charging station for devices near bed
- Bathroom
  - Mount grab bars near the toilet and in the shower or tub area
  - Install walk-in-tub/shower (if needed)
  - Add a nonslip mat on the tub or shower floor



- Use nonslip mats around the bathing area
- Replace faucet handles with ones that are easy to use
- Replace low toilets or toilet seats with higher ones to make it easier to get on and off

## **Rebuilding Together Safe at Home Checklist** ([link](#)) [distributed by AOTA]

Rebuilding Together has long recognized that greater attention must be given our elderly population, so they may age-in-place and safely in their homes. We have also built lasting national partnerships with Area Agencies on Aging, AARP, American Occupational Therapy Association, National Association of Home Builders, National Council on Aging, and others.

Use this list to identify home safety, fall hazards and accessibility issues for the homeowner and family members. Home safety, fall prevention and accessibility modification interventions on the reverse side of this page can help prioritize your work. Underline or use a highlighter to note problems and add comments.

### EXTERIOR ENTRANCES AND EXITS

- Note condition of walk and drive surface; existence of curb cuts
- Note handrail condition, right and left sides
- Note light level for driveway, walk, porch
- Check door threshold height
- Note ability to use knob, lock, key, mailbox, peephole, and package shelf
- Do door and window locks work easily?
- Are the house numbers visible from the street?
- Are bushes and shrubs trimmed to allow safe access?
- Is there a working door bell?

#### *Safety Enhancements*

- *Increase lighting at entry area*
- *Install stair rails on both sides*
- *Install door lever handles; double-bolt lock*
- *Install beveled, no step, no trip threshold*
- *Remove screen or storm door if needed*
- *Create surface to place packages when opening door*
- *Install peephole on exterior door*
- *Repair holes, uneven joints on walkway*
- *Provide non-slip finish to walkway surface*
- *Add ramp as needed*
- *Trim bushes and shrubs to provide clear view from doors and windows*
- *Trim low hanging branches*

### INTERIOR DOORS, STAIRS, HALLS

- Note height of door threshold, knob and hinge types; clear width door opening; determine direction that door swings
- Note presence of floor level changes
- Note hall width, adequate for walker/wheelchair
- Determine stair flight run: straight or curved
- Note stair rails: condition, right and left side
- Examine stairway light level
- Note floor surface texture and contrast

- Note if clutter on stairway

Safety Enhancements

- Create clear pathways between rooms
- Apply color contrast or texture change at top and bottom stair edges
- Install door lever handle
- Install swing-clear hinges to widen doorway. Minimum width: 32 inches
- Install beveled thresholds (max 1/2 inch)
- Replace or add non-slip surface on steps
- Repair or install stair handrails on both sides

BATHROOM

- Are sink basin and tub faucets, shower control and drain plugs manageable?
- Are hot water pipes covered?
- Is mirror height appropriate, sit and stand?
- Note ability reach shelf above, below sink basin
- Note ability to step in and out of the bath and shower
- Can resident use bath bench in tub or shower?
- Note toilet height; ability to reach paper; flush; come from sit to stand posture
- Is space available for caregiver to assist?

Safety Enhancements

- Install swing-clear hinges to widen doorway. Minimum width: 32 inches
- Install secure grab bars at toilet, bath and shower
- Install adjustable-height, hand held shower head
- Install non-slip strips in bath/shower
- Secure floor bathmat with non-slip, double-sided rug tape
- Adapt flush handle or install flush sensor
- Adapt or relocate toilet paper dispenser
- Round counter corners to provide safety
- Insulate hot water pipes if exposed
- Create sitting knee clearance at basin by removing vanity door and shelves underneath
- Install mirror for sitting or standing view
- Install good-quality non-glare lighting
- Install shower with no threshold if bathing abilities are severely limited
- Elevate toilet height by adding under seat riser, portable seat, or raising toilet at the base

KITCHEN

- Note overall light level, task lighting
- Note sink and counter heights
- Note wall and floor storage shelf heights
- Are under sink hot water pipes covered?
- Is there under counter knee space?
- Is there a nearby surface to rest hot foods on when removed from oven?

- Note stove condition and control location (rear or front)
- Is there adequate counter space to safely prepare meals?

Safety Enhancements

- Increase task lighting at sink, stove, etc.
- Install D-type cupboard door handles
- Install adjustable shelving to increase access to upper cabinets
- Increase access to under counter storage space by installing pullout units
- Insulate hot water pipes if exposed
- Install hot-proof surface near oven
- Install switches and outlets at front of counter
- Install pressure-balanced, temperature-regulated, lever faucets
- Expand counter surface
- Create sitting knee clearance under work sites by removing doors or shelves
- Improve color contrast of cabinet and counters surface edges for those with low vision
- Add tactile and color-contrasted controls for those with low vision
- Provide sturdy step stool with hand rail
- Clean or install new range hood

LIVING, DINING, BEDROOM

- Chair, sofa, bed heights allow sitting or standing?
- Do rugs have non-slip pad or rug tape?
- Chair available with arm rests?
- Able to turn on light, radio, TV, place a phone call from bed, chair, and sofa?

Safety Enhancements

- Widen or clear pathways within each room by rear-ranging furniture
- Secure throw and area rug edges with double-sided tape
- Improve access to and from chairs and beds by inserting risers under furniture legs
- Use side bed rail or chairs with armrests
- Enlarge lamp switch or install touch-control lamp at bedside
- Install adjustable closet rods, shelving, and light source for better storage access
- Install vertical pole adjacent to chair and sofa
- Raise furniture to appropriate height using leg extender products
- Install uniform level floor surfaces using wood, tile, or low-pile rugs
- Install telephone jack near bed and favorite chair

LAUNDRY

- Able to hand-wash and hang clothes to dry?
- Able to safely access washer/dryer?

Safety Enhancements

- Build a counter for sorting and folding clothes
- Adjust clothesline to convenient height
- Relocate laundry appliances

- Clean dryer vent or replace with metallic hose

#### BASEMENT

- Are the basement stairs stable and well lit?
- Is there any storage of combustible materials?

##### Safety Enhancements

- Identify and eliminate sources of water in basement (usually gutters or plumbing)
- Add additional lighting as needed
- Remove combustible materials and hazardous waste
- Clear pathway to utilities

#### TELEPHONE AND DOOR

- Phone jack location near bed, sofa, chair?
- Able to get phone, dial, hear caller?
- Able to identify visitors, hear doorbell?
- Able to reach and empty mailbox?
- Wears neck/wrist device to obtain emergency help?
- Is there an answering machine?
- Is there a wireless phone system?

##### Safety Enhancements

- Install wireless phone system near bed, sofa, and chair
- Install peephole at convenient height
- Install flashing light or sound amplifier to indicate ringing doorbell for those with visual or hearing problems
- Install mailbox at accessible height

#### STORAGE SPACE

- Able to reach closet rods and hooks, open bureau drawers?
- Is there a light inside the closet?

##### Safety Enhancements

- Install lights inside closet
- Install adjustable closet rods and shelves
- Install bi-fold or pocket doors

#### WINDOWS

- Opening mechanism at 42 inches from floor?
- Lock accessible, easy to operate?
- Sill height above floor level?
- Are storm windows functional?

##### Safety Enhancements

- Install handles and locks that are easy to grip, placed at appropriate heights
- Replace windows or storms that are not functional

#### ELECTRIC OUTLETS AND CONTROLS

- Sufficient outlets?
- Are there ground fault outlets in kitchen and bathroom?

- Light switch at the entrance to each room
- Outlet height, wall locations
- Low vision/sound warnings available?
- Extension cord hazard?
- Are there any uncovered outlets or switches?

Safety Enhancements

- Install light fixtures or outlet for lamps
- Install switches at top and bottom of stairs
- Install Ground Fault outlets in kitchen and bathroom
- Install wireless light switches where needed

HEAT, LIGHT, VENTILATION, SMOKE, CARBON MONOXIDE, WATER TEMP CONTROL

- Are there smoke/CO alarms and a fire extinguisher?
- Are Thermostat displays easily accessible and readable?
- Note rooms where poor light level exists
- Able to open windows; slide patio doors?
- Able to open drapes or curtains?
- Note last service date for heating/cooling system
- Observe temperature setting of the water heater

Safety Enhancements

- Install smoke/CO alarms, fire extinguishers
- Replace thermostat with easy to read programmable type
- Order service for heating/AC system
- Install Compact Florescent lights where appropriate
- Reduce hot water temperature to 120 degrees

### **University of Buffalo Home Safety Self Assessment Tool (HSSAT) v.3 ([link](#))**

HOME SAFETY SELF ASSESSMENT TOOL (HSSAT) v.3 Falls are the leading cause of injury, disability, nursing home placement, and death in adults over the age of 65 years. Yet in the United States one in every three older adults falls each year. In order to address this problem, the Occupational Therapy Geriatric Group at the University at Buffalo created the Home Safety Self Assessment Tool, as a part of combined effort with the Community Health Foundation of Western and Central New York to disseminate information regarding how to prevent falls in Erie County, NY. The HSSAT has been found to be useful in reducing the occurrence of falls at home through a study that was conducted at the Department of Rehabilitation Science, University at Buffalo. In Version 3, information on assistive devices and helpful products to prevent falls has been added to Home Safety Check List and Solution (V. 2). Use of this tool as instructed in this book helps to prevent future falls. An online version of this tool is available for download at [www.agingresearch.buffalo.edu](http://www.agingresearch.buffalo.edu).

The HSSAT (V.3) consists of six major sections:

1. The Home Safety Self Assessment Checklist and Solutions. Information on how to use this section can be found on page 3 of this manual.
2. Assistive Devices and Helpful Products to Prevent Falls. The products were selected based on their usability, quality, and rating by users. The products are categorized to correspond with the Solutions on the Home Safety Checklist. Picture credits for selected products are listed at the end of the Checklist on pages 31 and 32.
3. Home Modification Services, Stores Carrying Durable Medical Equipment, and Organizations to Provide Free Services in Erie County. This section lists service providers in Erie County who perform home modifications such as installing grab bars and railings or widening the doorway of a bathroom. They are insured and have experience in home modifications and remodeling and are willing to perform a small job at your home. Also listed are the stores that carry durable medical equipment and other products that are useful in preventing falls. Some stores do not have wheelchairs. Free services related to fall prevention in Erie County are also listed in this section. (Pages 34-38)
4. Tips for Fall Prevention. This one page list includes tips for fall prevention other than the risk factors discussed in the previous sections. (Page 33)
5. ADA Instructions for Home Environment. The Americans with Disabilities Act (ADA) sets guidelines for accessibility to public places and commercial facilities by individuals with disabilities. This is not applicable to single homes but may be applicable for commercial apartments. In this section, six guidelines are selected. (Pages 39-45)
6. Action Log. This section is provided to keep a record of your home hazard removal process. (Pages 46-47)

## HOW TO USE HSSAT CHECKLIST TO IDENTIFY HOME HAZARDS TO PREVENT FALLS

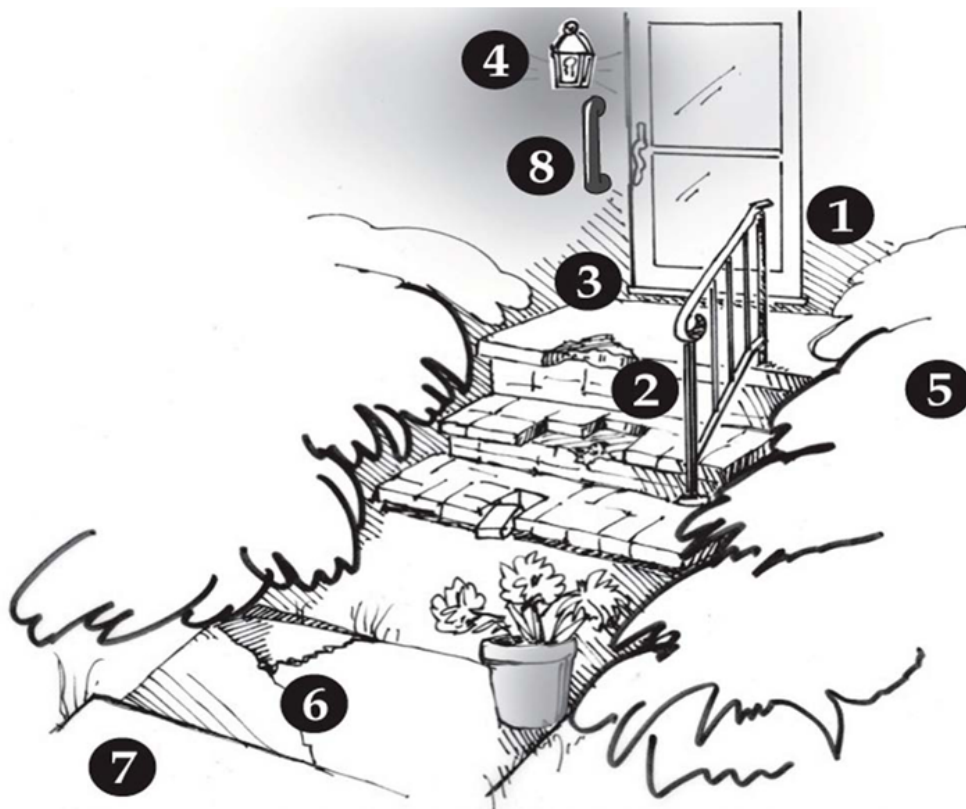
Use the checklist to find and correct/fix the hazards for every room/area in your home that could cause you to trip or fall. All items are potential risks for falls but if a wheelchair is not used, some items may not apply.

### Steps to use the checklist

1. Step 1: Go to each room/area of your home with this checklist. Look for the hazards/items that are listed below the picture on each page (Some items may not relate to your home).
2. Step 2: If the problem is present in your room/area, check off in the appropriate box. After checking all of the problems, add them up and write the total in the big box. (Each item that gets a checkmark is a potential hazard).
3. Step 3: Then go through the solutions and take the necessary action to fix those problems that are a potential hazard. Make sure that you look at assistive devices and helpful products that are indicated in the solutions section. Having them can make your home safer.
4. Step 4: Add the total number of hazards in all the rooms/areas to get a grand total.
5. Step 5: Write down what action you are planning to take and have already taken to prevent falls in the Action Log for your records.
6. Step 6: It may be a good idea for you to ask your family and friends for a home safety modification and assistive device for your birthday or holiday present. Also talk with your friends about home safety. It can be a great gift for them to know how to prevent future falls.



### Entrance to Front Door and Front Yard



The list identifies all of the potential home hazards that may cause a fall. If the item applies to your home, place a check in the box. Then add the total number of checks and enter it in the box below.

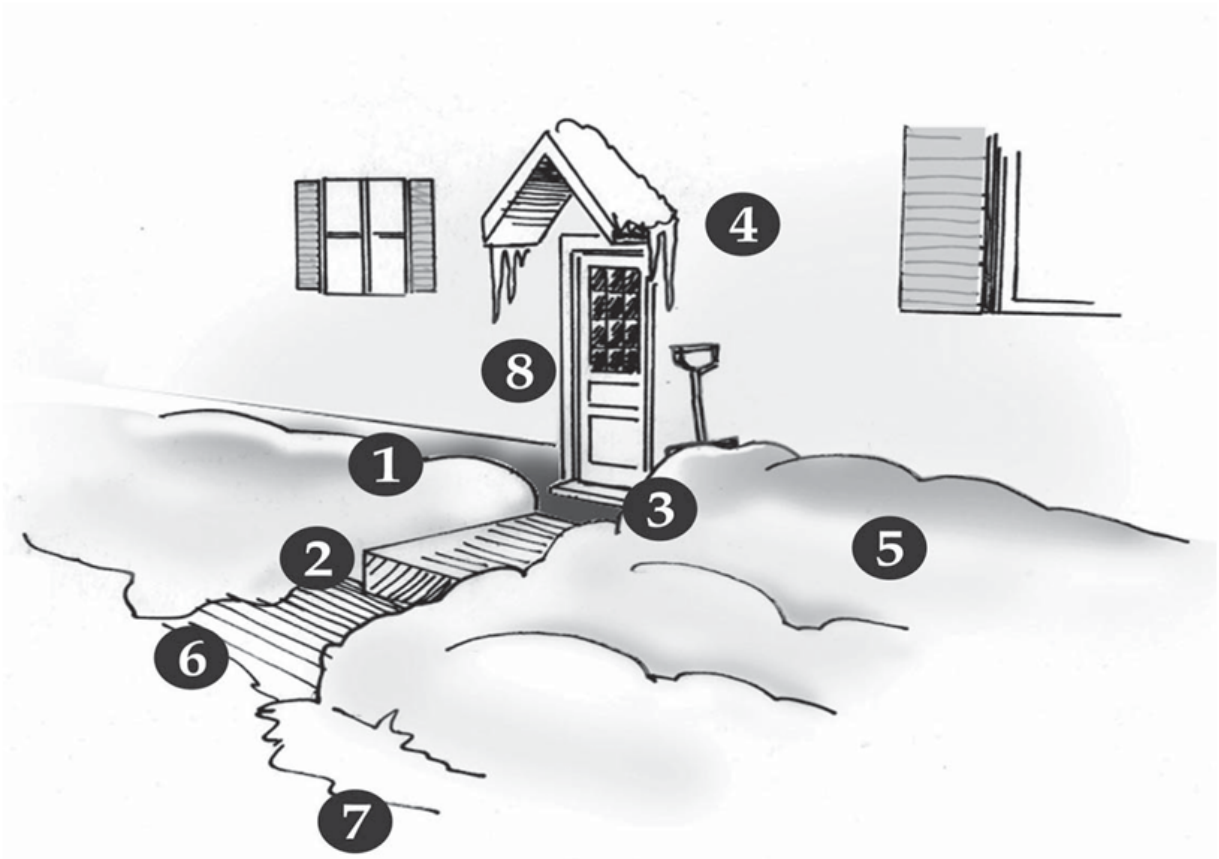
- |  |   |
|--|---|
| <input type="checkbox"/> 1. Lack of railings or unstable railing | <input type="checkbox"/> 5. Lack of a ramp for a wheelchair |
| <input type="checkbox"/> 2. Unsafe steps (too steep/cracked)     | <input type="checkbox"/> 6. Uneven/cracked pavement         |
| <input type="checkbox"/> 3. Unmarked or raised threshold         | <input type="checkbox"/> 7. Ice or snow on driveway/walkway |
| <input type="checkbox"/> 4. Lack of lighting at night            | <input type="checkbox"/> 8. Lack of an outdoor grab bar     |

Other \_\_\_\_\_

Total number of problems

\* The numbers correspond to the hazard in the picture and solutions on the following page

## Entrance to Back/Side Door



The list identifies all of the potential home hazards that may cause a fall. If the item applies to your home, place a check in the box. Then add the total number of checks and enter it in the box below.

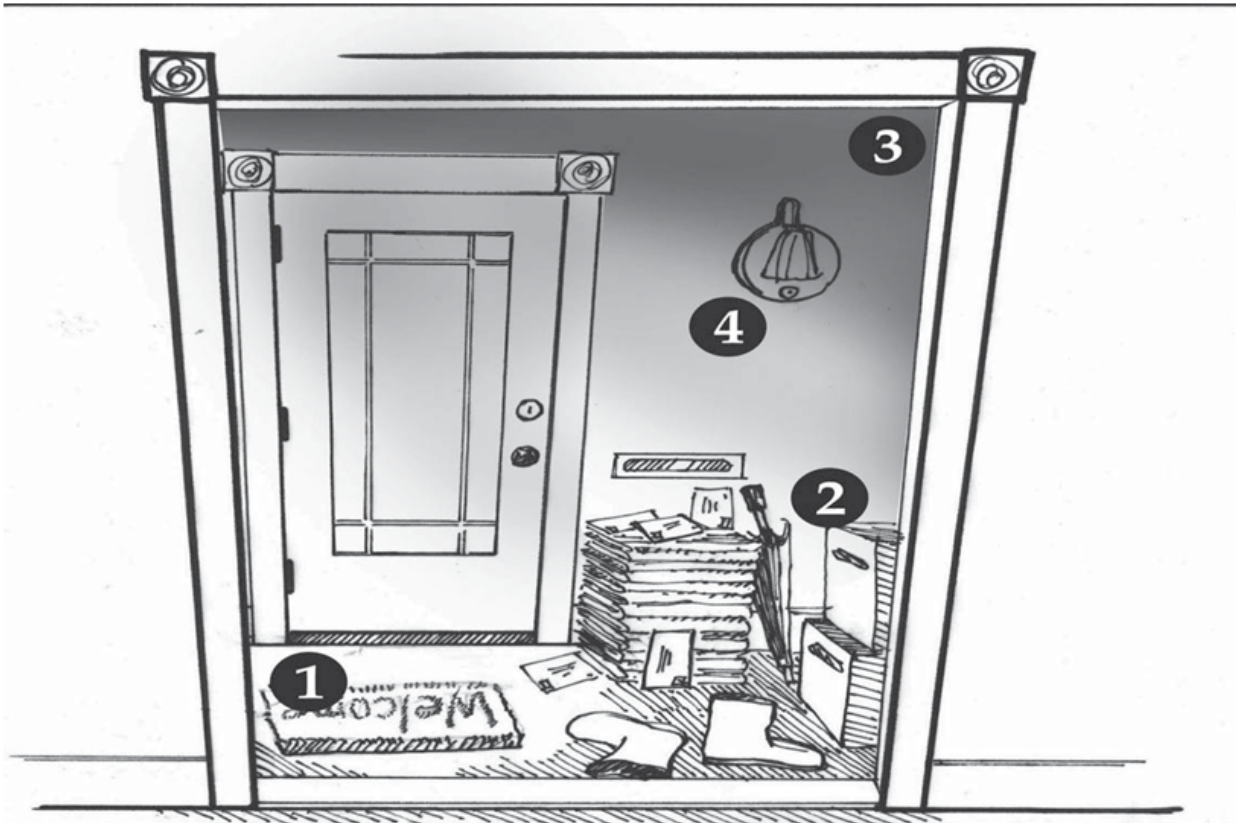
- |   |   |
|---|---|
| <input type="checkbox"/> 1. Lack of railings or unstable railing<br><input type="checkbox"/> 2. Unsafe steps (too steep/cracked/chipped)<br><input type="checkbox"/> 3. Unmarked or raised threshold<br><input type="checkbox"/> 4. Lack of lighting at night | <input type="checkbox"/> 5. Lack of a ramp for a wheelchair<br><input type="checkbox"/> 6. Uneven/cracked pavement<br><input type="checkbox"/> 7. Ice or snow on walkway<br><input type="checkbox"/> 8. Lack of an outdoor grab bar |
|---|---|

Other \_\_\_\_\_

Total number of problems

\* The numbers correspond to the hazard in the picture and solutions on the following page

## Hallway or Foyer



The list identifies all of the potential home hazards that may cause a fall. If the item applies to your home, place a check in the box. Then add the total number of checks and enter it in the box below.

1. Uneven or slippery flooring

3. Dark or poor lighting

2. Cluttered area

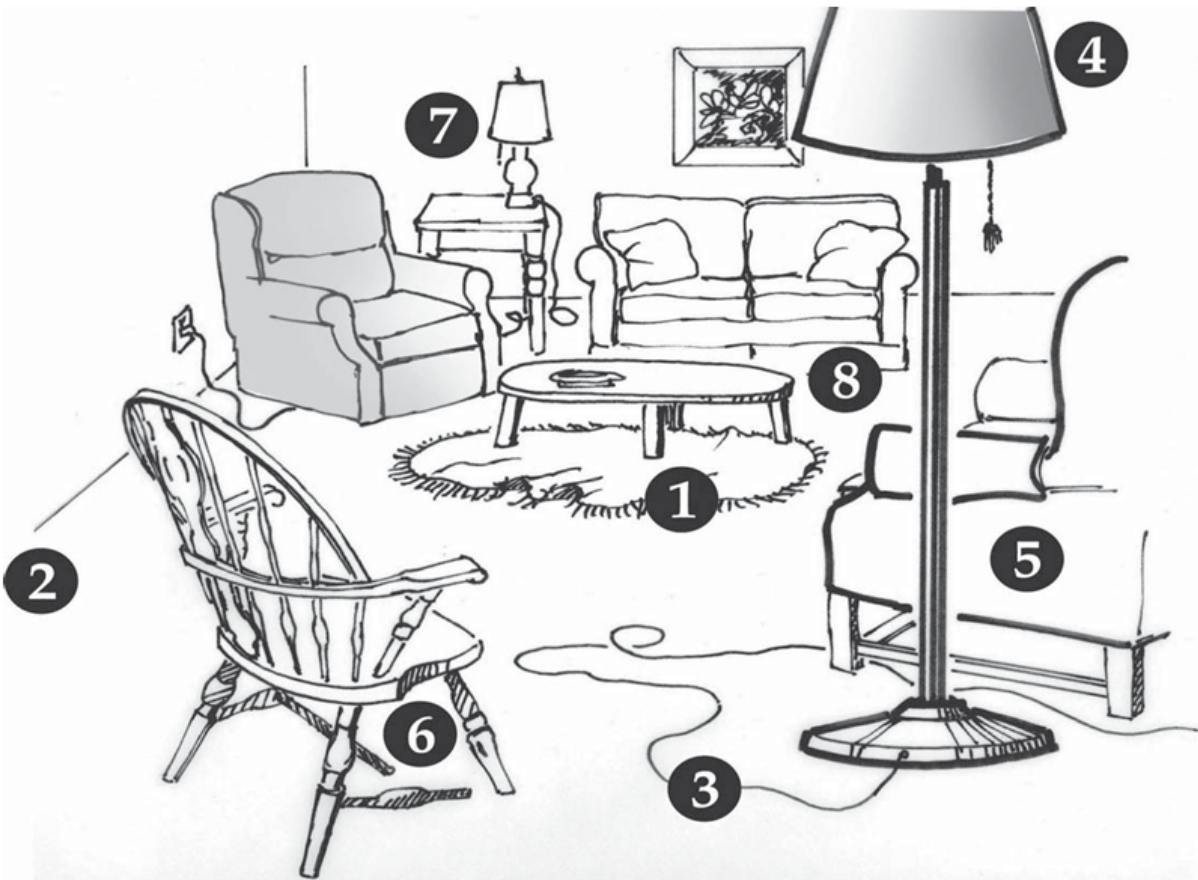
4. Lack of access to ceiling light

Other \_\_\_\_\_

Total number of problems

\* The numbers correspond to the hazard in the picture and solutions on the following page

## Living Room



The list identifies all of the potential home hazards that may cause a fall. If the item applies to your home, place a check in the box. Then add the total number of checks and enter it in the box below.

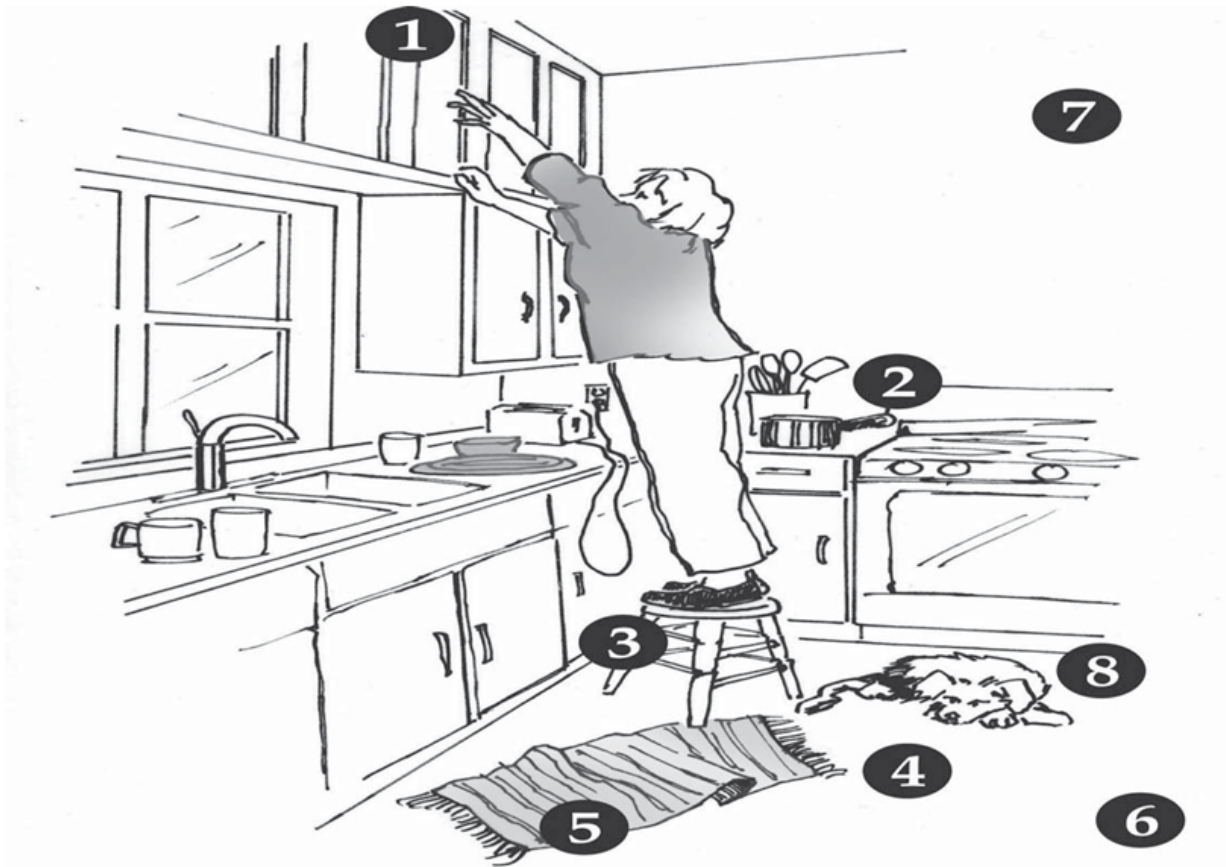
- |   |   |
|---|---|
| <input type="checkbox"/> 1. Presence of throw or scatter rug<br><input type="checkbox"/> 2. Presence of clutter<br><input type="checkbox"/> 3. Presence of electric cords across the floor<br><input type="checkbox"/> 4. Poor lighting | <input type="checkbox"/> 5. Presence of unstable furniture<br><input type="checkbox"/> 6. Presence of unstable chair<br><input type="checkbox"/> 7. Difficult to access light switches<br><input type="checkbox"/> 8. Not enough space to move around |
|---|---|

Other \_\_\_\_\_

Total number of problems

\* The numbers correspond to the hazard in the picture and solutions on the following page.

## Kitchen



The list identifies all of the potential home hazards that may cause a fall. If the item applies to your home, place a check in the box. Then add the total number of checks and enter it in the box below.

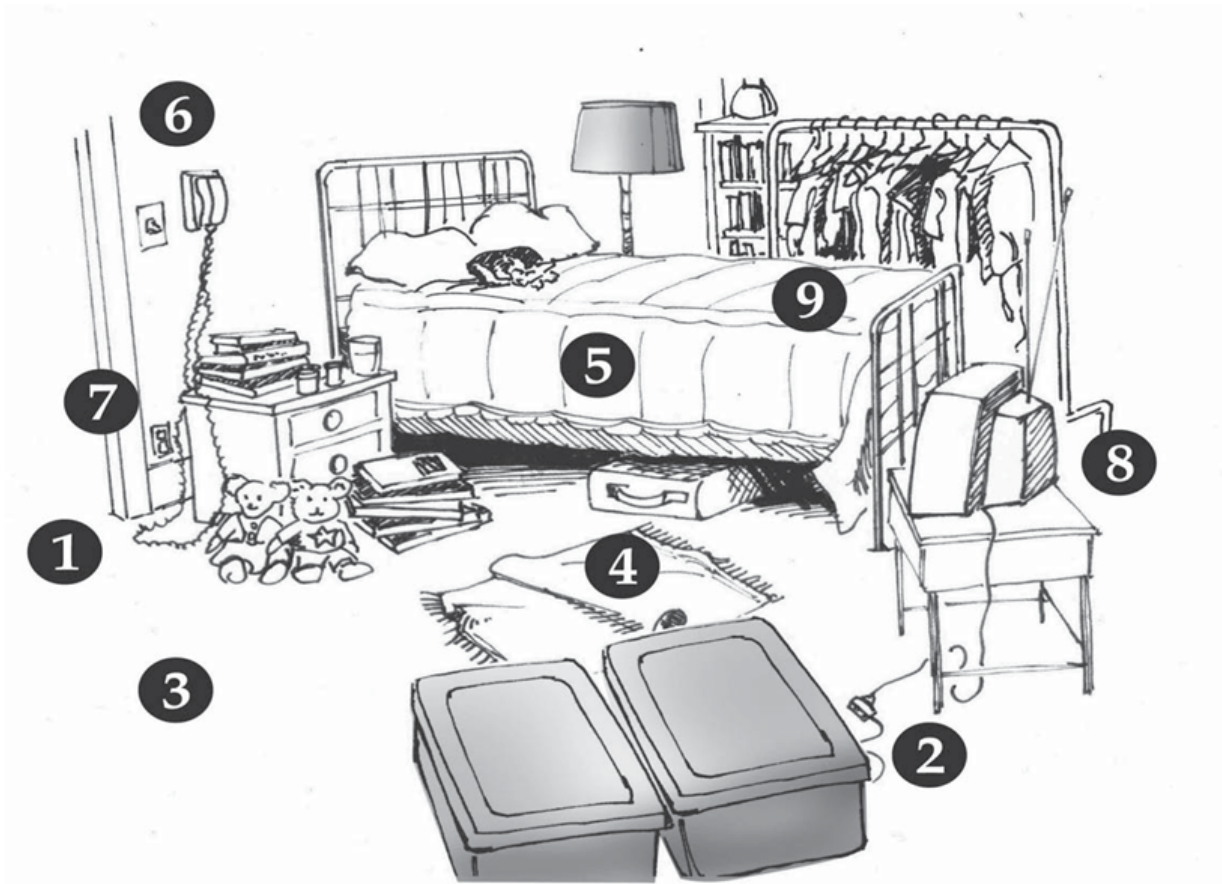
- |  |   |
|--|---|
| <input type="checkbox"/> 1. Cabinet too high or low<br><input type="checkbox"/> 2. Not enough counter space<br><input type="checkbox"/> 3. Using a stool or a chair to reach things<br><input type="checkbox"/> 4. Not enough room to maneuver | <input type="checkbox"/> 5. Presence of throw/ scatter rug<br><input type="checkbox"/> 6. Slippery floor<br><input type="checkbox"/> 7. Poor lighting<br><input type="checkbox"/> 8. Presence of a pet underfoot when preparing meals |
|--|---|

Other \_\_\_\_\_

Total number of problems

\* The numbers correspond to the hazard in the picture and solutions on the following page

## Bedroom



The list identifies all of the potential home hazards that may cause a fall. If the item applies to your home, place a check in the box. Then add the total number of checks and enter it in the box below.

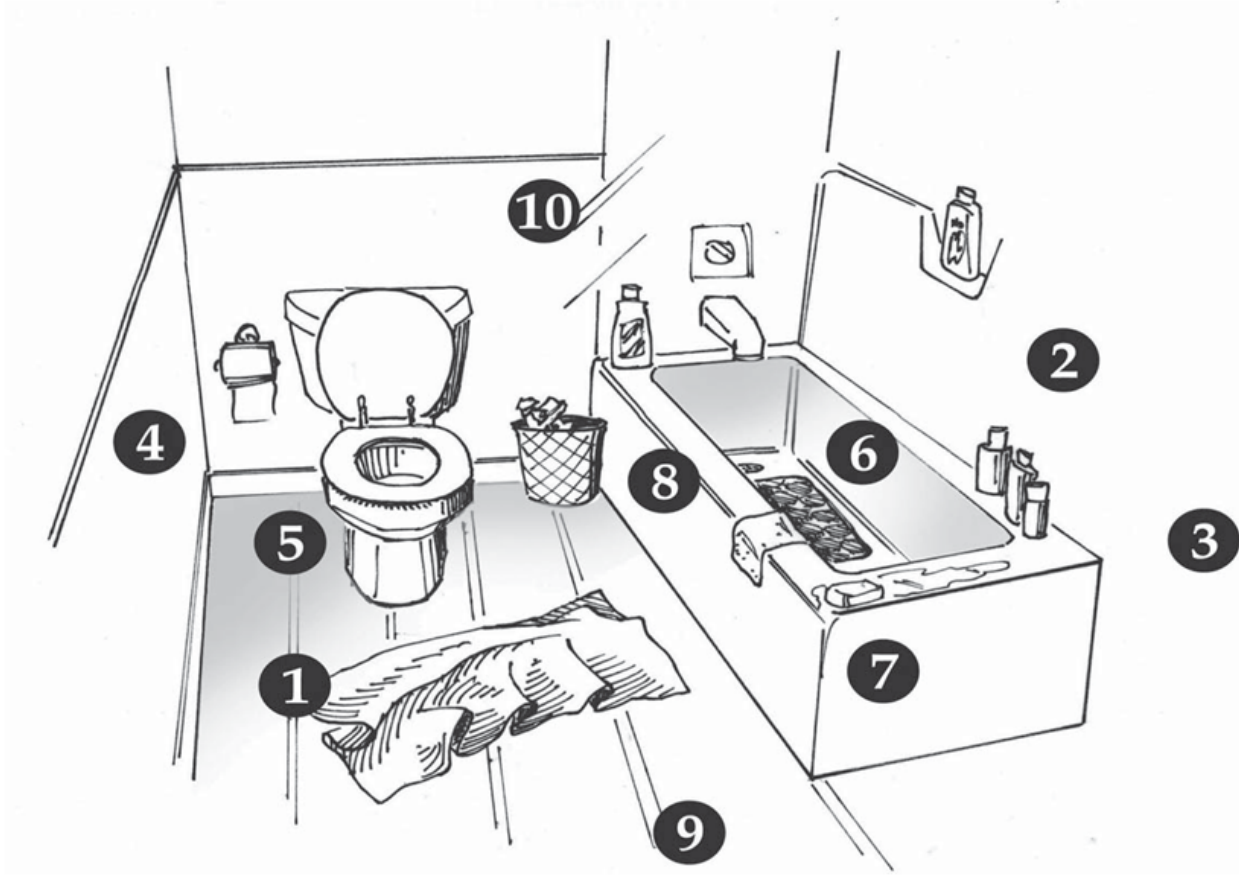
- |  |  |
|--|--|
| <input type="checkbox"/> 1. Presence of clutter<br><input type="checkbox"/> 2. Presence of electric cords across the floor<br><input type="checkbox"/> 3. Unsafe carpet (uneven, torn, curled up)<br><input type="checkbox"/> 4. Presence of throw/scatter rug<br><input type="checkbox"/> 5. Height of bed (too low/high) | <input type="checkbox"/> 6. Lack of a telephone near the bed<br><input type="checkbox"/> 7. Lack of nightlight<br><input type="checkbox"/> 8. Arrangement that causes difficulty to reach items (TV remote, lamp)<br><input type="checkbox"/> 9. Lack of device to get in/out of bed |
|--|--|

Other \_\_\_\_\_

Total number of problems

\* The numbers correspond to the hazard in the picture and solutions on the following page

## Bathroom



The list identifies all of the potential home hazards that may cause a fall. If the item applies to your home, place a check in the box. Then add the total number of checks and enter it in the box below

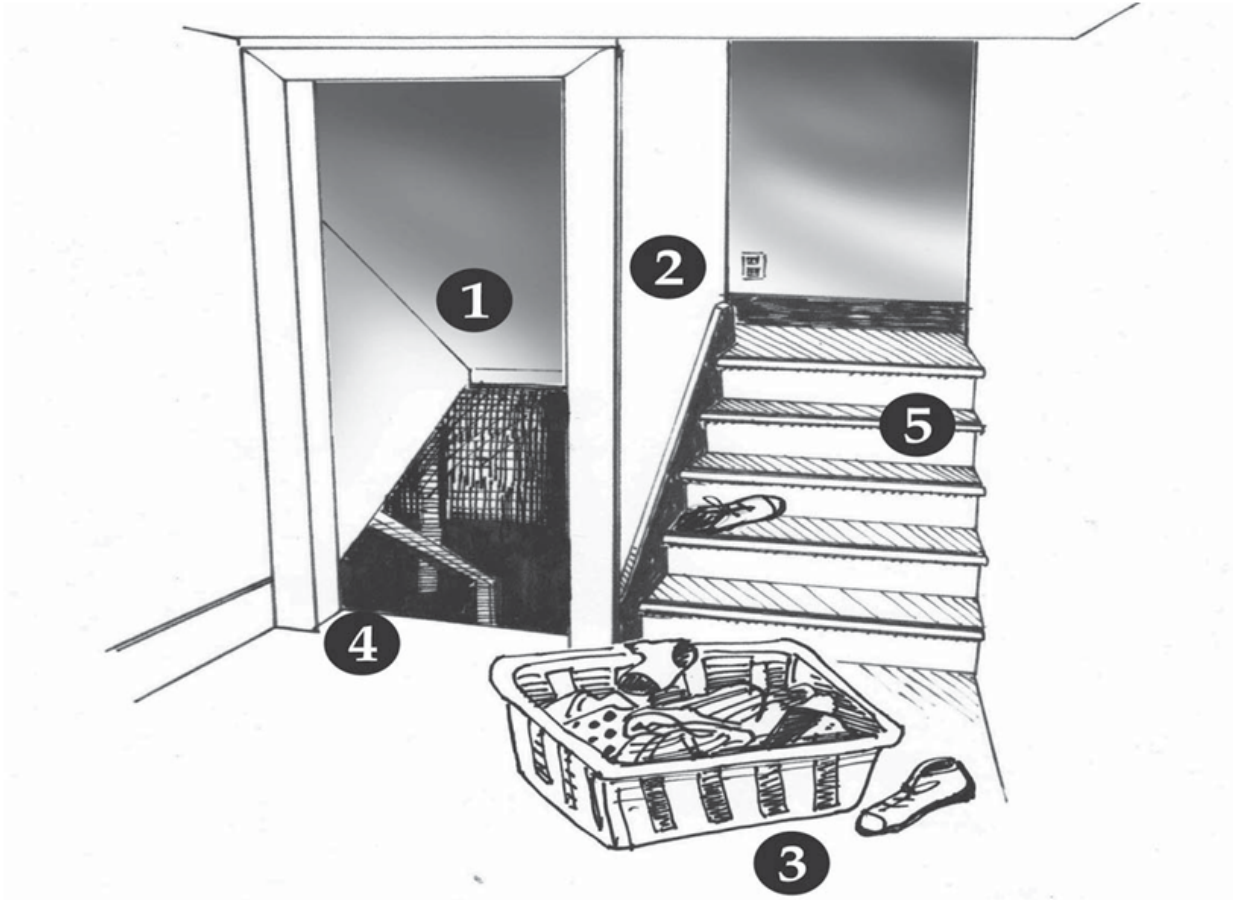
- |  |  |
|--|--|
| <input type="checkbox"/> 1. Presence of unsafe bath rugs         | <input type="checkbox"/> 6. Slippery tub (lack of bath mat, etc)       |
| <input type="checkbox"/> 2. Lack of grab bars in the tub         | <input type="checkbox"/> 7. Claw foot/tub that is too high to get into |
| <input type="checkbox"/> 3. Lack of grab bars in the shower area | <input type="checkbox"/> 8. Lack of bath chair in the shower area      |
| <input type="checkbox"/> 4. Lack of grab bars near the toilet    | <input type="checkbox"/> 9. Clutter                                    |
| <input type="checkbox"/> 5. Toilet is too high or low            | <input type="checkbox"/> 10. Incorrect placement of grab bars          |

Other \_\_\_\_\_

Total number of problems

\* The numbers correspond to the hazard in the picture and solutions on the following page

## Staircases



The list identifies all of the potential home hazards that may cause a fall. If the item applies to your home, place a check in the box. Then add the total number of checks and enter it in the box below

1. Lack of or poor lighting

4. Steps too steep

2. Lack of railings

5. Slippery steps without tread/ carpet

3. Clutter

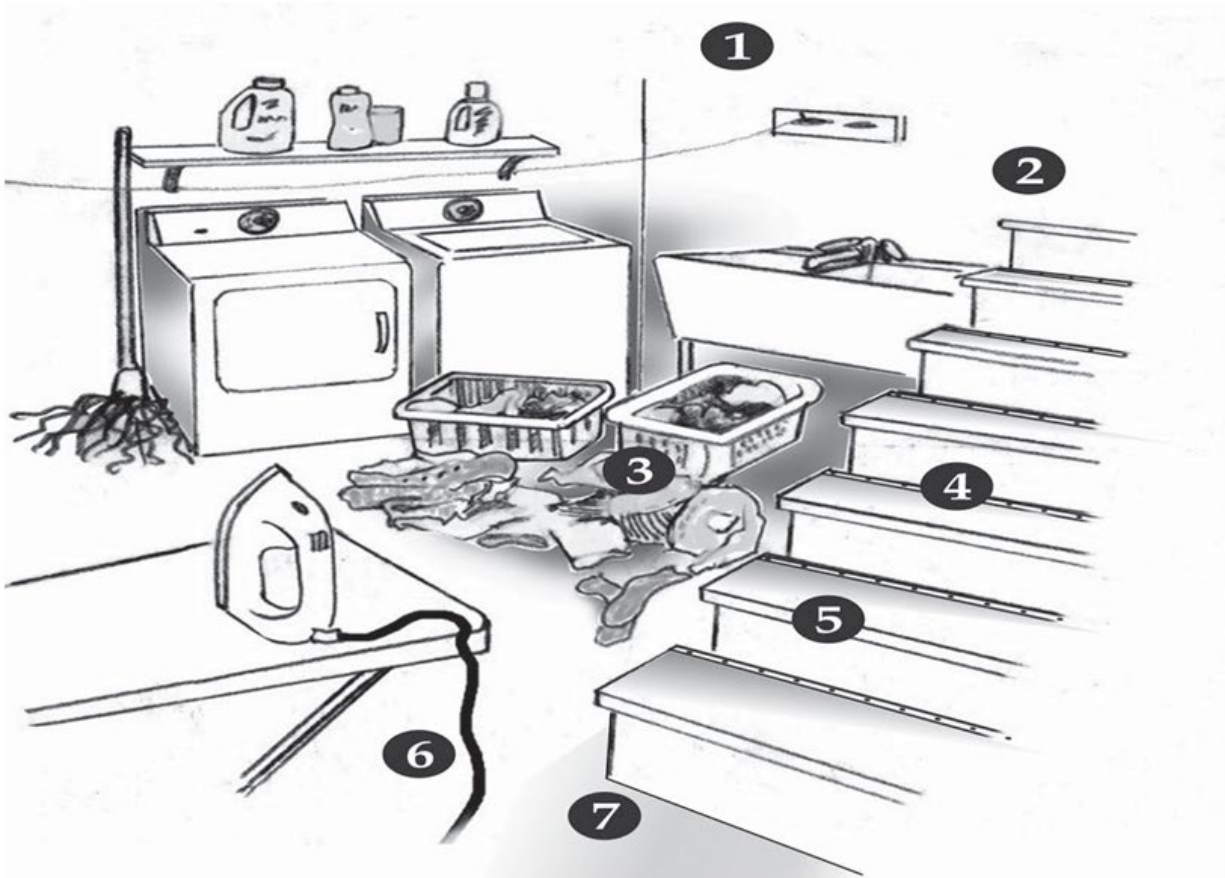
Other \_\_\_\_\_

Total number of problems

\* The numbers correspond to the hazard in the picture and solutions on the following page.



## Laundry Room/Basement



The list identifies all of the potential home hazards that may cause a fall. If the item applies to your home, place a check in the box. Then add the total number of checks and enter it in the box below

1. Poor or lack of lighting

5. Slippery steps without carpet /luminous light

2. Lack of railings

6. Presence of cords across the floor

3. Clutter

7. Same colored floor at bottom of stairs

4. Steps too steep

Other \_\_\_\_\_

Total number of problems

\* The numbers correspond to the hazard in the picture and solutions on the following page

## Total Number of Home Hazards

Transfer all the total scores of each room/ area from pages 4-21 to the appropriate boxes and add all the scores to get a grand total. Three blocks for each area are provided for you to keep records of your assessments and improvements for three occasions.

Date			
<b>Entrance to Front Door and Front Yard</b>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>
<b>Entrance to Back/Side Door .....</b>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>
<b>Hallway or Foyer .....</b>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>
<b>Living Room .....</b>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>
<b>Kitchen .....</b>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>
<b>Bedroom .....</b>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>
<b>Bathroom .....</b>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>
<b>Staircases .....</b>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>
<b>Laundry Room/Basement .....</b>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>
<b>Grand Total .....</b>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>	<input style="width: 50px; height: 25px;" type="text"/>

To fix problems at home, you can contact the listed home modification service providers found on pages 35 and 36. To obtain free services for home modification, refer to pages 37 and 38. To record your home modification improvement, use the action log on pages 46 and 47.

## **InterNACHI Aging-in-Place Inspection Agreement** ([link](#))

This is an Agreement between you, the undersigned Client, and us, the Inspector, pertaining to our Aging-in-Place Inspection of the Property at:

\_\_\_\_\_. The terms below govern this Agreement.

1. The fee for our inspection is \$\_\_\_\_\_, payable [in full / in part at \$ \_\_\_\_\_] at a time [before / after] the appointment.
2. The purpose of an Aging-in-Place inspection is to identify ways in which a home or other housing unit might be modified so that an elderly or disabled person can live independently in it for as long as possible. We may recommend corrections and adaptations to the home to improve maneuverability, accessibility, and safety for such occupants. To accomplish this, we will perform a visual inspection of the home/unit and provide you with a written report identifying any concerns and/or recommendations we have relevant to the ability of an older or disabled person to reside there.
3. This is a limited inspection that will address ONLY Aging-in-Place issues. This is NOT a general home inspection. We will perform this inspection in accordance with the checklist of the International Association of Certified Home Inspectors (“InterNACHI”), which you may read here: <https://www.nachi.org/documents/aging-in-place-inspection-checklist.pdf>. You understand that InterNACHI is not a party to this Agreement, has no control over us, and does not employ or supervise us. This inspection covers nothing else.
4. Our inspection and report are for your use only. You must give us permission to discuss our observations with real estate agents, owners, repair persons, or other interested parties. You will be the sole owner of the report and all rights to it. We are not responsible for use or misinterpretation by third parties, and third parties who rely on it in any way do so at their own risk and release us (including employees and business entities) from any liability whatsoever. If you or any person acting on your behalf provide the report to a third party who then sues you and/or us, you release us from any liability and agree to pay our costs and legal fees in defending any action naming us. Our inspection and report are in no way a guarantee or warranty, express or implied, regarding the future use, operability, habitability, or suitability of the home/building or its components. Nor will our report be a substitute for the advice of a medical doctor or other professional. The report is a snapshot in time; we cannot know how the house/unit may change in the future, nor can we know how a person’s health may change. We disclaim all warranties, express or implied, to the fullest extent allowed by law.
5. We assume no liability for the cost of modification, repair, or replacement of unreported issues, either current or arising in the future. In all cases, our liability is limited to liquidated damages in an amount not greater than the fee you paid us. You waive any claim for consequential, exemplary, special or incidental damages or for the loss of the use of the home/building. You acknowledge that these liquidated damages are not a penalty, but that we intend it to: (i) reflect the fact that actual damages may be difficult

or impractical to ascertain; (ii) allocate risk between us; and (iii) enable us to perform the inspection for the agreed-upon fee.

6. If you believe you have a claim against us, you agree to provide us with the following: (1) written notification of your claim within seven days of discovery, in sufficient detail and with sufficient supporting documents that we can evaluate it; and (2) immediate access to the premises. Failure to comply with these conditions releases us from liability.
7. You agree that the exclusive venue for any litigation arising out of this Agreement shall be in the county where we have our principal place of business. If you fail to prove any claim against us, you agree to pay all of our legal costs, expenses and attorney's fees incurred in defending that claim. You agree that the exclusive venue for any legal action against InterNACHI itself, allegedly arising out of this Agreement or our membership in InterNACHI, will be in Boulder County, Colorado. Before bringing any such action, you must provide InterNACHI with 30 days' written notice of the nature of the claim, in sufficient detail and with sufficient supporting documents that InterNACHI can evaluate it. In any action against us or InterNACHI, you waive trial by jury.
8. If a court declares any provision of this Agreement invalid, the remaining provisions remain in effect. This Agreement represents our entire agreement; there are no terms other than those set forth herein. All prior discussions are merged into this Agreement. No statement or promise by us shall be binding unless reduced to writing and signed by one of our authorized officers. Any modification of this Agreement must be in writing and signed by you and by one of our authorized officers. This Agreement shall be binding upon and enforceable by the parties and their heirs, executors, administrators, successors and assignees. You will have no cause of action against us after one year from the date of the inspection.
9. Past-due fees for your inspection shall accrue interest at 8% per year. You agree to pay all costs and attorney's fees we incur in collecting the fees owed to us. If the Client is a corporation, LLC, or similar entity, you personally guarantee payment of the fee.
10. You may not assign this Agreement.
11. If a court finds any term of this Agreement ambiguous or requiring judicial interpretation, the court shall not construe that term against us by reason of the rule that any ambiguity in a document is construed against the party drafting it. You had the opportunity to consult qualified counsel before signing this.
12. If there is more than one Client, you are signing on behalf of all of them, and you represent that you are authorized to do so.
- 13. If you would like a large print version of this Agreement before signing it, you may request one by emailing us.**

I HAVE CAREFULLY READ THIS AGREEMENT. I AGREE TO IT AND ACKNOWLEDGE RECEIVING A COPY OF IT.

Client \_\_\_\_\_ Date \_\_\_\_\_  
Client \_\_\_\_\_ Date \_\_\_\_\_

## **InterNACHI's AGING-IN-PLACE INSPECTION CHECKLIST** ([link](#))

This easy-to-read inspection checklist is specially designed for senior homeowners who wish to “age in place” in their residences and want to have their homes inspected for potential updates to address safety, convenience and accessibility concerns. This specialized checklist is also useful for any homeowner or resident whose mobility or physical condition is or may become compromised.

This inspection checklist highlights specific exterior and interior components for which the inspector may provide suggestions and recommendations for modification, which will then assist homeowners in prioritizing, planning and budgeting appropriately for any necessary upgrades, both short-term and long-term.

NOTE: This inspection checklist is not meant to replace the requirements of a standard residential home inspection but can be used in addition to a standard home inspection for clients with special needs.

PROPERTY LOCATED AT: \_\_\_\_\_

### **KEY:**

OK = No modification or repair is needed or recommended.  
MOD = Inspector recommends minor modification or repair.  
REP = Inspector recommends repair or replacement of same.  
NEW = Inspector recommends new installation.  
NA = Not applicable to residence.  
SN = See inspector's note.

### **EXTERIOR**

Slip-resistant stairs and ramp, with color contrast or glow-strips at treads  
Handrails are easy-to-reach, of graspable size and slip-resistant  
Porch area is in usable condition and free of obstructions or dark areas  
Accessible doorways for walkers, wheelchairs, etc.  
Lighting (security or interior-controlled, or both)  
Low-maintenance exterior (vinyl, brick, etc.)  
Driveway and walkways (in good repair for safe walking)  
Yard, gates, fence (easy to access, locking/secured)  
Garage (attached or freestanding); other outbuildings  
Low-maintenance shrubs and plants, lawn care, trees on property  
Snowblower or other provisions for snowy weather, where applicable

### **NOTES:**

### **ENTRANCE**

House number is clearly visible from street for first-responders  
Sensor/security light at main exterior door

Peephole of proper height for all residents (may require multiples)  
Doorbell in accessible location  
Surface on which to place packages while opening door  
All exterior doors have secure, easy-to-use locks, bolts and knobs  
Non-slip flooring in foyer

NOTES:

INTERIOR: Electrical, Lighting, Safety and Security

Light-activated doorbell for hard-of-hearing residents  
Smoke and CO detectors  
Security alarm, emergency alert system and/or video-monitoring system  
Thermostats are easy to locate; settings are easy to read (and no higher than 48 in. from floor); thermostats are pre-programmed  
Light switches located near each entrance to each hallway and room  
Standard light switches, or rocker or touch light switches  
Two light bulbs or receptacles in each vital place (exits, bathrooms, etc.)  
Electrical cords out of the flow of traffic  
Receptacles are easy to reach; receptacles are not overloaded  
Windows and safety locks are easy to operate  
Window drapes/shades/cords are easy to reach and open/close  
Interior stairs use contrast strip on top and bottom stairs, and color contrast between treads and risers on stairs, with use of lighting

NOTES:

KITCHEN: Appliances & Maneuverability

Microwave oven in wall or on counter; settings are easy to read  
Refrigerator and freezer are a side-by-side unit  
Side-swing or wall oven; settings are easy to read; knobs are easy to turn  
Raised washing machine and dryer; settings are easy to read; knobs are easy to turn; washing machine is front-loading  
Raised dishwasher with push-button controls or easy-to-turn knobs  
Stoves with electric cooktops (safer than gas), with level burners for safely transferring between the burners; front controls and downdraft feature to pull heat away from user; light to indicate when surface is hot  
Space around counters, islands, etc., are wide enough for residents: 30-inch by 48-inch clear space at appliances, and 60-inch diameter clear space for turns  
Cabinets are easy to reach; knobs/pulls are easy to use to open/close, or shelves are open/doorless, or have glass fronts  
Counters are of ample area; custom-height/adequate and safe for residents; countertops have contrasting-color edges for the vision-impaired and to provide visual orientation to workspace  
Placement of task lighting in appropriate work areas  
Rugs have slip-resistant backing to prevent slips and falls  
Window curtains/shades/cords are easy to reach and open/close

## NOTES:

### BATHROOM: Fixtures & Maneuverability

Counter heights are custom-fit/adequate and safe for residents

Rugs have slip-resistant backing to prevent slips and falls

Windows are easy to reach and open/close

Door access to tub/shower

Fold-down seat installed in shower

Shower/s equipped with adjustable showerhead with 6-foot hose

Shower stall has recessed, waterproof, automatic light

If stand-up shower is used in main bath, it is curbless and wide; if tub is used, it is low for easy access and egress

Flooring in bathtub/shower is slip-resistant

Emergency call button or intercom is located in bathroom, easy to reach, and is easily operated

Wall grab-bars of appropriate height located in tub/shower/toilet areas

Adjustable or appropriate-height counters with removable base cabinet for wheelchair-accessibility

Countertops have contrasting-color edges

Toilet is raised or height-adjustable

Toilet-paper holder is designed such that rolls can be switched out using only one hand

Faucet handles are lever design rather than knob, or pedal-controlled

Cabinets are easy to reach and are open shelves/glass fronts/doorless

At least one bathroom is wheelchair-accessible and on main level

## NOTES:

### FLOORING

If carpeted, use low-density pile with firm pad

Smooth, non-glare, slip-resistant surfaces

Color and texture contrast to indicate change in surface levels

Rugs and rug runners are secure and non-slip; edges are secured down

No steps between rooms on a single level

## NOTES:

### MISCELLANEOUS TIPS:

In multi-story homes, laundry chute or laundry facilities located on same floor as master bedroom

Main living area is on a single story, including full bath

5-foot by 5-foot clear turn space in all main rooms

For multi-level home, residential elevator or lift installed

Lighting in all closets

## NOTES:

\*\*\*\*\*PRIORITY REPAIR / INSTALLATION LIST\*\*\*\*\*

SHORT-TERM: \_\_\_\_\_

NEXT YEAR: \_\_\_\_\_

LONG-TERM: \_\_\_\_\_

INSPECTORS: Be sure to refer your client to InterNACHI's original article about "aging in place" at [www.nachi.org/aging-in-place](http://www.nachi.org/aging-in-place) .