

Is the Home Keeping Up?

For a more comprehensive Home Safety Score, use our free interactive tool at www.stillathome.ca/home-safety-score

A ten minute walk-through for families. Check every statement that is true today. The more boxes left unchecked, the more the home is working against the person living in it.

Entrances and Stairs

- ☐ At least one entrance can be used without climbing steps, or steps have a solid railing on both sides
- ☐ Outdoor walkways and steps are even, well lit, and free of ice buildup in winter
- ☐ Indoor stairs have secure railings on both sides and a light switch at top and bottom

Bathroom

- ☐ Getting in and out of the tub or shower does not require stepping over a high tub wall
- ☐ Grab bars are installed at the toilet and in the shower (towel bars do not count)
- ☐ Bathroom floors stay dry and are not slippery when wet

Daily Living

- ☐ Everyday items in the kitchen can be reached without a step stool
- ☐ Doorways and hallways are wide enough for a walker or wheelchair if one is ever needed
- ☐ There is a full bathroom and a possible bedroom on the main floor
- ☐ Carpets and rugs are secured with no curled edges or loose corners

Light, Reach, and Response

- ☐ Hallways and night routes (bedroom to bathroom) are lit well enough to walk safely at 3 am
- ☐ Light switches, thermostats, and door handles can be operated with limited hand strength
- ☐ The person could call for help from anywhere in the home, including the floor

Count the boxes you could NOT check.*

0 to 2: Keeping up.

3 to 5: Worth attention.

6 or more: Needs attention now.

Prefer a detailed result? The interactive Home Safety Score: www.stillathome.ca/home-safety-score

A free, no obligation home assessment turns this list into a prioritized plan: 613.794.2040 or info@stillathome.ca. English and French.

*** Please read** Every person has different requirements; this checklist reflects general accessibility considerations about the home only. It is not a clinical or fall risk assessment of any person and does not replace professional advice or a professional in-home assessment.

