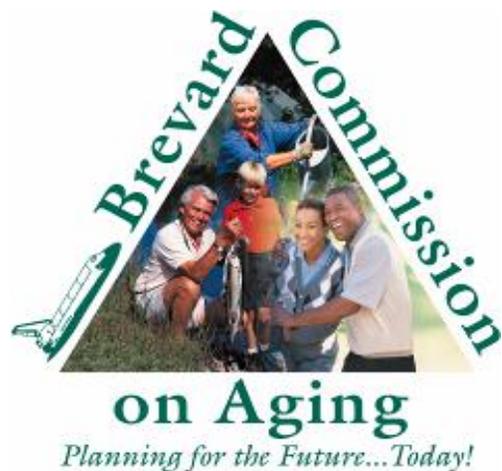


Elder Home Safety & Environmental Assessment



Promoting Elder Fall Prevention Awareness & Safe Living in Our Brevard County Communities

Welcome!

The purpose of the *Elder Home Safety & Environmental Assessment* tool is to provide you with an opportunity to evaluate safety in six (6) areas of your home or the home of someone who may be encountering safety issues. This tool is designed to bring to your attention some of the common safety hazards encountered in Florida homes and encourage you to make corrections before injuries occur.

In the State of Florida falls are the #1 cause of injury to those 65 years of age or older. Interestingly, 60% of all elder falls occur in the home and 30% occur in the community. Many of these falls, and the subsequent injuries that occur, are 100% preventable.

We hope you will use this information as your guide to planning and maintaining a safe home and healthy retirement in our Brevard County community.

The Brevard Commission on Aging Advisory Board

John H. Potomski, Jr. D.O., Chair

Recommendations for How to Use This Home Assessment Tool

The information to be gathered as part of this tool is designed to increase your awareness to the common obstacles encountered in the home environment. As you know, each Florida home is unique. Please use this tool only as a guide to your personal investigation of the safety issues presented in the home.

Thank you,

The Brevard Commission on Aging Advisory Board

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#1 Home Entrances

Safe ✓	Issue ✓	N/A ✓	Area Reviewed	Comments
			The primary doorway is visible (it is not obstructed by plants or shrubs).	
			Railings are securely mounted.	
			Outside lighting is present and working.	
			Primary door entrance has “peep-hole” for outside viewing.	
			Door locks in good working order (extra keys have been provided to essential caregivers).	
			Doorbell is working (determine if the bell can be heard from all areas of the home).	
			Walking surfaces are in good repair (free from cracks that present trip hazards). No broken steps or boards in need of replacement.	
			Outside areas where garbage is placed are free of trip hazards.	

Continued on page 6

#1 Home Entrances (continued)

Safe ✓	Issue ✓	N/A ✓	Area Reviewed	Comments
			If needed, the home is accessible by wheel chair and/or walker.	
			Outside walking surfaces are free of lubricants (oil, grease).	
			Essential pathways in the garage are unobstructed.	
			Garage lights are working and of proper intensity so as to permit night-time usage.	
			If present, the automatic garage door opener is in good working order.	
			Throw rugs are removed from garage floors.	
			Automatic sprinklers near doorways are in good working order (not flooding walking surfaces).	
			Yard surfaces where pets are taken are free of trip hazards (holes, hoses, sprinkler heads, etc).	

_____ Number of Potential Home Entrance Fall Issues (from pages 5 & 6)

#2 Living Areas

Safe	Issue	NA	Area Reviewed	Comments
✓	✓	✓		
			Doorways permit access for a wheel chair and/or walker.	
			Pathways are clear. If not, furniture can be re-arranged to permit the opening of a pathway.	
			No electric or phone cords are present in the open walking areas.	
			Light switches are easily accessible upon entry into the room (IE. without having to walk through a dark room).	
			Chair seating permits easy sitting and rising.	
			Primary seating is secure to the floor (no casters or wheels on furniture).	
			Telephone access is available in each room.	
			A working smoke detector is on each floor of the residence.	
			Windows are easy to open (IE. can be un-locked without difficulty).	
			Blinds and curtains are easy to open and close.	

Continued on page 8

#2 Living Areas (continued)

Safe ✓	Issue ✓	N/A ✓	Area Reviewed	Comments
			In rooms where glare is a problem can it be reduced (IE. install frosted bulbs, indirect lighting, shades on fixtures, or partially close blinds or curtains)?	
			Heating and air conditioning thermostats are easy to reach (and read).	
			All carpets are secured (no loose edges or throw-rugs).	
			Hallways are free of trip hazards (especially note clearance for walkers, canes, or a wheelchair).	
			Adequate lighting is present in all rooms (consider touring the home in the day-time and evening to inspect lighting).	
			Wood flooring is even with no trip hazards entering or exiting a room.	
			Terrazzo floors are clean and dry.	
			Pet food/water located in an area where they present no trip hazard.	
			Furniture (in high traffic areas) should be secure enough to be leaned-on.	

_____ Total Number of Potential Living Area Fall Issues (from pages 7 & 8)

#3 Bathrooms

Safe Issue N/A Area Reviewed Comments
 ✓ ✓ ✓

			Will the doorway permit access by a walker* or wheelchair? **	
			Floor free of clutter (no throw rugs).	
			Toilet seat height appropriate for the primary resident (consider raising the seat if standing, sitting, or standing balance is a problem).	
			Grab bars installed in the shower, tub, and near the toilet.	
			Hot water temperature is safe (should be adjusted not to exceed 120 degrees Fahrenheit).	
			Shower bench seat is available.	
			Non-skid surface in the tub and shower.	
			Night light is present.	
			Towels, toilet paper, and personal supplies are easy to reach.	
			Hand-held shower wand available.	
			Examine opportunities to install a phone in the bathroom.	

* If the bathroom will not permit forward entry with the use of a walker, it may allow side-ways entry.

** If the bathroom is not wheel chair accessible, a bedside commode may be an option.

_____ Total Number of Potential Bathroom Fall Issues

#4 Bedrooms

Safe	Issue	N/A	Area Reviewed	Comments
✓	✓	✓		
			Pathways clear throughout room.	
			Light switch is available at doorway entrance.	
			Light available on bedside stands (IE. should be one for each bed in room).	
			Floor free of clutter (no throw rugs).	
			Bed is firm and height adjusted to align with back of knees.	
			Chair in the room (with arm-rests).	
			Bedroom nightlight is installed.	
			Telephone access is near the bed.	
			Flash-light is close-by in the event of a power failure.	
			No rolling furniture is present.	
			Closet permits easy access to daily clothing items.	
			No electrical or phone cords are present as trip hazards.	
			Grab bars installed in the shower, tub, and near the toilet.	

_____ Total Number of Potential Bedroom Fall Issues

#5 Stairs

Safe Issue N/A
 ✓ ✓ ✓ Area Reviewed Comments

Safe	Issue	N/A	Area Reviewed	Comments
			Steps are clean and free of objects.	
			Every step properly fastened and clearly visible (IE. the edge of each step can be seen).	
			Steps are equal in height and depth.	
			Light switches are available at the top and bottom of the stairs. Lighting should not produce a glare.	
			Carpet is securely fastened. Avoid the use of deep-pile, dark colored, and patterned carpeting on stairs.	
			If there is no carpeting present, steps have non-skid strips in place.	
			A sturdy handrail is installed (handrails on both sides of the stairway is HIGHLY recommended especially if walking difficulties or other medical problems are present). Elders tend to rely more on rails as they descend stairs.	
			Shoes are worn going up and down stairs (IE. avoid wearing socks or smooth soled slippers or shoes).	

_____ Total Number of Potential Stair Fall Issues

#6 Kitchen

Safe	Issue	N/A	Area Reviewed	Comments
✓	✓	✓		
			Floor free of clutter (no throw rugs or mats)	
			Floor clean and dry and produces no glare (IE. no evidence of grease or other liquids on floor surface).	
			Appliances in good working condition (IE. all on/off indicator lights work).	
			Smoke detector working.	
			Storage spaces are easily accessible (IE. the most commonly used kitchen supplies are located between eye and knee levels).	
			All flammables are located away from heat sources.	
			Electrical outlets are not over-loaded.	
			Lighting sufficient for all kitchen activities.	
			Lighting switches are located at the primary entrance to the kitchen.	
			Appliances are un-plugged when not in use.	
			Drawers open and close without difficulty and are closed when not in use.	
			A step ladder (or step stool) is used to reach over-head objects in cabinets. Chairs should not be used for standing-on.	

_____ Total Number of Potential Kitchen Fall Issues

Your Home Survey Results

The goal for most of us is to remain living in our home for as long as physically possible. The purpose of the review of your home is to identify six (6) areas where a potential hazard is present that could lead to a slip or trip and fall.

The following is the summary of the six (6) areas inside or outside your home where potential fall risks were identified:

<u>Safety Topic</u>	<u>Potential Fall & Safety Issues</u>
1. Home Entrances	_____ (from pages 5 & 6)
2. Living Area	_____ (from pages 7 & 8)
3. Bathrooms	_____ (from page 9)
4. Bedrooms	_____ (from page 10)
5. Stairs	_____ (from page 11)
6. Kitchen	_____ (from page 12)

What to do With Your Home Survey Results

Now that you are aware of the potential safety issues inside and outside your home, it is time to take action. Undoubtedly some of the “issues” identified in your home are probably “quick fixes.” Other repairs may require the assistance of individuals who specialize in home repair or modification.

The *Brevard County Housing and Human Services Department* and the *Commission on Aging* works hand-in-hand with the *Community Services Council of Brevard, Inc.*, an agency specially designed to assist elders in our communities.

For information regarding your eligibility for home safety modification assistance please contact the *Brevard County Housing and Human Services Department* at (321) 633-2076 or the *Community Services Council of Brevard* at (321) 639-8770.

