



Adaptive Equipment & Caregiving Corner

"If you can't do it, adapt it!"

AECorner15@gmail.com

Office: (618) 206-8401

Home Safety Checklist

Home Entrance Zone = 1 Video(s): 1.1

Yes No

 Steps/Ramp in good condition?
Video(s):
Equipment:

 Steps have at least one secure rail or grab bar?
Video(s): 1.2
Equipment: 1.1

 Steps/Ramp free of clutter?
Video(s):
Equipment:

 Appropriate seat w/ arm rests (17-19" seat height) close to entrance in case of fatigue?
Video(s):
Equipment:

Yes No

 Edges of steps clearly visible?
Video(s): 1.2
Equipment: 1.3 & 1.5

 Entrance has good lighting?
Video(s):
Equipment: 1.8

 Steps/Ramp have non-slip surface?
Video(s): 1.2
Equipment: 1.2 & 1.4

Notes:



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Living Room

Zone = 2

Video(s): 2.1

Yes No

Adequate lighting?

Video(s): 2.5

Equipment: 2.14

Yes No

Easily accessible light switch?

Video(s): 2.1

Equipment: 2.8

Flooring in good condition?

Video(s):

Equipment:

**Throw rugs removed or secured
& ripple free?**

Video(s): 2.2

Equipment: 2.2 & 2.3

**Electrical cords removed from
pathway?**

Video(s): 2.6

Equipment: 2.4 , 2.5 & 2.6

Pathways free of clutter?

Video(s):

Equipment:

Furniture placement appropriate for walker/wheelchair pathway?

Video(s): 2.1

Equipment:

Comfy chair with arm rests appropriate height (17-19" seat height)?

Video(s): 2.1 , 2.3 & 2.4

Equipment: 2.1 , 2.11 , 2.12 & 2.13

Table next to seat for easy access to drink, phone, remotes, lights etc.?

Video(s): 2.1

Equipment:

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Kitchen

Zone = 3

Video(s): 3.1

Yes No

Adequate lighting?

Video(s):

Equipment: 3.5 & 3.7

Yes No

Easily accessible light switch?

Video(s): 2.1

Equipment:

Flooring in good condition?

Video(s):

Equipment:

Pathways free of clutter?

Video(s):

Equipment:

**Throw rugs removed or secured
& ripple free?**

Video(s): 2.2

Equipment: 2.2 & 2.3

**Are frequently used items stored at easily accessible (waist) height including items
in refrigerator?**

Video(s): 3.1

Equipment: 3.4

**Does kitchen have a mid-point, island, table or walker tray for easy transportation
of kitchen items?**

Video(s): 3.1

Equipment: 3.1 , 3.2 & 3.3

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Stairways

Zone = 4

Video(s): 4.1

Yes No

Adequate lighting?

Video(s):

Equipment: 4.8

Yes No

Easily accessible light switch at top & bottom of stairs?

Video(s): 2.1

Equipment:

Non-slip step surfaces in good condition?

Video(s):

Equipment: 4.2 , 4.3 , 4.4 & 4.5

Stairs free of clutter?

Video(s): 4.1

Equipment:

Edges of steps clearly visible?

Video(s): 1.2

Equipment: 1.3 & 1.5

Steps have non-slip surface?

Video(s): 1.2

Equipment: 1.2 & 1.4

Handrails secure (handrails on both sides of stairs preferred) & clearly visible?

Video(s): 1.2

Equipment: 4.1 & 4.7

Carpeted stairs free of tears and ripples?

Video(s):

Equipment:

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Bedroom

Zone = 5

Video(s): 5.1

Yes No

Yes No

Non-slip flooring in good condition?

Video(s):
Equipment:

Pathway free of clutter?

Video(s):
Equipment:

Electrical cords removed from pathways?

Video(s): 2.6
Equipment: 2.5

Lamp next to bed easily within reach?

Video(s): 5.1
Equipment:

Adequate lighting?

Video(s):
Equipment:

Easily accessible light switch?

Video(s):
Equipment: 5.10

Clear path from bed to bathroom?

Video(s):
Equipment:

Adequately lit path to bathroom with night lights?

Video(s):
Equipment: 5.8 & 5.9

Throw rugs removed or secured & ripple free?

Video(s): 2.2
Equipment: 2.2 & 2.3

Needs help in/out of bed?

Video(s):
Equipment: 5.1 , 5.2 , 5.3 & 5.6

Bed height appropriate?

Video(s): 5.2
Equipment: 5.4 , 5.5 & 5.12

Table next to bed for easy access to phone, drink, flashlight, remotes etc.?

Video(s): 5.1
Equipment:

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Bathroom

Zone = 6

Video(s):

Yes No

Pathways free of clutter?

Video(s):

Equipment:

Yes No

Flooring in good condition?

Video(s):

Equipment: 6.8

Secure grab bars in tub/shower area?

Video(s): 6.4

Equipment: 6.5 & 6.9

Night lights?

Video(s): 2.5

Equipment: 6.14 & 6.15

Adequate lighting?

Video(s): 2.5

Equipment: 6.14 & 6.15

Easily accessible light switch?

Video(s):

Equipment:

Non-slip bath mat outside tub/shower?

Video(s): 6.4

Bath mat or non-slip strips in shower or tub?

Video(s): 6.4

Equipment: 6.7 & 6.8

Throw rugs removed or secured & ripple free?

Video(s): 2.2

Equipment: 2.2 & 2.3

Able to get off toilet safely and independently?

Video(s): 6.1 , 6.2 & 6.3

Equipment: 6.2

Appropriate hand placement for push off when getting up from toilet (grab bar, toilet rail)?

Video(s): 6.1

Equipment: 6.1 , 6.3 & 6.4



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Bathroom(cont.) Zone = 6 Video(s):

Yes No

Appropriate equipment in a walk-in shower for sitting during shower?

Video(s): 6.4

Equipment: 6.6 , 6.11 & 6.12

Appropriate equipment in tub/shower combo for sitting during shower?

Video(s): 6.4 & 6.5

Equipment: 6.6 & 6.10

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General Safety Tips

Zone = 7

Video(s):

Yes No

Night lights available?

Video(s): 2.5

Equipment: 7.8 & 7.9

Yes No

Does walker fit through doorways?

Video(s): 7.1

Equipment:

Do shoes fit well & have non-slip soles (avoid slip-on shoes)?

Video(s):

Equipment:

Non-skid socks available when going without shoes in the home?

Video(s):

Equipment: 7.7

Does clothing hang at shoe height and not drag the floor?

Video(s):

Equipment:

Do pets stay out of the way while walking through the home?

Video(s):

Equipment:

Is a phone within reach or loved-one wearing a personal response system device?

Video(s):

Equipment:

Is walker basket or tray available for safely transporting items?

Video(s): 3.1

Equipment: 7.4 & 7.5

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General Safety Tips(cont.) Zone = 7 Video(s):

Yes No

 Cleaning material available for cleaning up spills immediately?

Video(s):

Equipment:

 Does loved-one know to move slowly when changing positions from lying to sitting to standing in order to help prevent dizziness?

Video(s):

Equipment:

Notes: