

CHECKLIST

PHYSICAL HOME EVALUATION

STAIRS/LEVELS

This is one of the more obvious perils for seniors, and falls are the number one cause of preventable hospitalizations.

LIGHTING

Easily overlooked, adequate lighting is a very important factor, especially in hallways, doorways and stairways.

DOORS AND DOORWAYS

Thresholds that aren't flush to the floor, glass sliding doors that may be overlooked, and doorways too narrow to navigate in a wheelchair can all be hazards.

HALLWAYS

Are hallways wide enough for a wheelchair or Walker?

FLOORING

Slippery floors or area rugs can be tripping hazards.

BATHROOMS

Shower and tubs that require the senior lift their leg to enter or exit are common dangers in most homes. Glass shower doors, counter and toilet heights and slippery flooring are also concerns.

ACCESS

A long walk, hills or steps to enter the home can quickly become a problem as a person ages.

KITCHEN

Examine counter heights, drawers and cabinets for accessibility from a wheelchair or walker.

CLUTTER AND OTHER HAZARDS

Excessive clutter, which can pile up quickly over a lifetime, can be a safety, fire and hygiene hazard. Also look for things like loose wires, an abundance of breakable knick-knacks and closely spaced furniture can all become problems for a senior navigating their home. Specialty De-cluttering companies are available in most areas.

MAINTENANCE

Older homes often require a lot of maintenance and "are not always built with seniors in mind. They can either keep an energetic and skilled senior happily busy or become a tremendous burden. Envision things like cleaning out gutters and dusting crown molding. Is it feasible or will you need to hire a housekeeper or other outside help? Make sure you verify that all companies that perform maintenance in your home is a member of the BBB.

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