

# Virtual Kare Home Safety Check List

Use this list to identify home safety, fall hazards and accessibility issues for the homeowner and family members. If you note issues, and are not sure what to do to correct them, talk to a Virtual Kare physical or occupational therapist who can provide a full home safety assessment and provide options and supply sources for you.

## OUTDOORS

### WALKWAYS TO AND AROUND HOME

	Front		Back	
	Yes	No	Yes	No
Are overgrown shrubs, bushes, branches, grass, and weeds that could cause tripping and yards trimmed back or removed so they do not obstruct the walkway (potential tripping hazard)?				
Are steps along walkways clearly visible?				
Are transitions between different surfaces (a patio and sidewalk, concrete and asphalt, walkway and grass, etc.) even and level?				
Are walkways smooth and level (no cracks, gaps or other tripping hazards)?				
If there are steeply inclined walkways, is there solid footing to step? Do they have sturdy, easy to grasp, secure handrails?				
Is the path or walkway broken, cracked, have debris?				
Is there adequate lighting?				
Who will clear the pathway if snow, wet leaves, ice?				
Would a ramp be feasible in any of these areas if it became necessary?				

### DRIVEWAY

	Yes	No	Yes	No
	Is there always space to park?			
Is it convenient to the entrance?				
Is there adequate lighting?				
Is the driveway smooth and evenly paved?				
Is the transition between the driveway and surrounding surfaces (such as the yard), smooth and even, free of ruts and other things (rocks) that could cause tripping?				
Is the slope of the driveway low enough that it does not cause a problem?				

<b>GARAGE</b>				
	Yes	No	Yes	No
Are there adequate overhead lights in the garage?				
Do entry stairs or ramps to the house have railings?				
Do you shovel your own driveway if/when it snows?				
Does the garage door open automatically?				
Is it convenient to the entrance?				
Is the slope of the driveway low enough that it does not cause a problem?				
Is the transition between the driveway and surrounding surfaces (such as the yard) smooth and even, free of ruts and other things (rocks) that could cause tripping?				
Is there a clear pathway to walk through?				
Is there always space to park?				
<b>OTHER OUTDOOR AREA CONCERNS</b>				
	Yes	No	Yes	No
If there is a patio or deck, is it level, smoothly surfaced and free of tripping hazards?				
Are garbage and recycling areas well lighted?				
Do these areas have safe, accessible stairs and railings?				
How will snow, wet leaves, and ice be handled?				
<b>IS OUTDOOR ALIGHTING ADEQUATE AND ACCESSIBLE?</b>				
	Yes	No	Yes	No
Walkways?				
At all doors?				
Near the trash area?				
Any other areas of the yard that are used after dark?				
<b>RAMPS, IF APPLICABLE</b>				
	Yes	No	Yes	No
Are ramps rising at a minimum slope of 12:1? (12 inches of ramp length for every one inch of height is standard; however, 16:1 is recommended.)				
Do ramps have sturdy rails on both sides?				
Are the rails cylindrical for easy grasping?				
Do ramps have smooth transitions from ramp surface to ground surface?				
Do ramps have non-skid surfaces or have non-skid strips been added?				
How will snow, wet leaves, and ice be handled?				

Do ramp railings extend beyond the ramp to help people transition off the ramp?					
Do ramps have sufficient width of at least 36 inches between handrails?					
Is there adequate lighting?					
<b>Exterior Entrances and Exits</b>	<b>Front</b>		<b>Back</b>		
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
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?					
How will snow, wet leaves, and ice be handled?					
Is there a clearly visible, easily reachable doorbell?					
<b>ENTRY LANDINGS</b>	<b>Front</b>		<b>Rear</b>		
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Have all potential tripping hazards been removed?					
Is the landing wide and deep enough to safely open the door?					
Is there a clearly visible, easily reachable doorbell?					
Do porches and decks have railings or barriers to prevent someone from stepping or falling off? (Are the railings secure?)					
Does the decking have secure, even floorboards with no protruding nails?					
Is ice, snow and wet leaves removed before walking? Who does this?					
Is there a non-skid surface on the porch/deck/landing?					
Do doormats have non-skid backing with no upturned corners?					
Have all potential tripping hazards, such as clutter and overgrown bushes, been removed?					
<b>OUTDOOR STEPS, CURBS, STAIRS</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Are the handrails loose or broken? Is there a handrail on both sides of the stairs the entire length of the stairs? Are they in good shape?					
Are the stair treads deep enough for your whole foot, sturdy, level and in good condition?					
Are the stairs and multiple steps of equal height?					
Are the steps in good shape?					
Are there light switches at the top and bottom of the stairs and are they all working?					

Are there papers, shoes, books, or other objects on the stairs?					
Do all steps have sturdy, easy-to-grasp (cylindrical) rails on both sides?					
Do entry stairs or ramps to the house have railings?					
Do they have a smooth, safe surface?					
Does anyone have poor eye sight and/or depth perception?					
Have all potential tripping hazards, such as clutter and overgrown bushes, been removed?					
If outdoor carpet on the steps, is it loose or torn?					
Is the platform adequate size to open door fully?					
Is there adequate lighting?					
Is there grasping space for both gloved knuckles and fingers on railings?					
Would a ramp of appropriate slope (see ramps) be feasible in any of these areas if it became necessary?					
<b>PORCHES, DECKS</b>	<b>Front</b>		<b>Back</b>		
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Do porches and decks have railings or barriers to prevent someone from falling off?					
Are the railings securely fastened and in good shape, with a smooth, safe surface??					
Does the decking have secure, even floorboards with no protruding nails?					
Is there a non-skid surface on the porch/deck/landing?					
Do doormats have non-skid backing with no upturned corners?					
If there is a patio or deck, is it level, smoothly surfaced and free of tripping hazards?					
Do these areas have safe, accessible stairs and railings?					
Is there adequate lighting?					
Would a ramp be feasible in any of these areas if it became necessary?					
<b>EXTERIOR DOORS</b>	<b>Yes</b>		<b>Yes</b>		
	<b>No</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Are latches and door handles in good condition and easy to use?					
Are thresholds less than one inch?					
Can you walk through the doorways easily?					
Do all doors open easily?					
Do doors on springs close slowly enough and fully latch?					
Do doorways accommodate a walker or wheelchair?					
Do glass sliding doors have decals at eye level?					



Are there changes in floor levels? If so, are they obvious or well marked?					
Do you have to step over any electric, telephone, or extension cords?					
Are wood and linoleum floors slip-resistant?					
Are carpets, area rugs, carpet protectors, and runners smooth (no folds or holes, not loose or torn) and tacked down, no upturned corners and have anti-skid backing?					
Is there adequate lighting?					
Is tile/linoleum free of chips or tears and not slippery?					
<b>ALL HALLWAYS</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
If people need support, are there handrails along the hall?					
Are halls free of clutter and other tripping obstacles?					
Are thresholds less than one inch, so they are not tripping hazards?					
Are halls wide enough for a wheelchair/walker to turn around fully?					
Is there adequate lighting?					
Is there a light switch at both ends of the hall?					
<b>ALL DOORS AND DOORWAYS</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Note height of door threshold, knob and hinge types; clear width door opening; determine direction that door swings					
Are latches and door handles in good condition and easy to use?					
Are thresholds less than one inch?					
Can you walk through the doorways easily?					
Do all doors open easily?					
Do doors on springs close slowly enough?					
Do glass sliding doors have decals at eye level?					
Do the doors open and close easily without sticking?					
Does the front door have a view panel or peephole at the right height?					
If necessary, are doorways wide enough to accommodate walker or wheelchairs?					
If someone has trouble turning a doorknob, are there lever handles?					
Is a lock or deadbolt present on interior of door?					
Is the threshold at the door less than one inch high?					
Is there adequate lighting?					

Is there space to maneuver while opening and closing doors?									
<b>WINDOWS</b>	<b>Rm 1</b>		<b>Rm2</b>		<b>Rm3</b>		<b>Rm4</b>		
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Are windows and slide patio doors easy to open, close and lock?									
Are locks sturdy and easy to operate?									
Are shades, drapes and blinds easy to open and close, working properly, and securely attached? Is cord hanging on floor?									
Are opening mechanisms at 42 inches from floor?									
Is the lock accessible, easy to operate?									
Are storm windows functional?									
Is sill height above floor level?									
<b>LIGHTING</b>	<b>Rm 1</b>		<b>Rm2</b>		<b>Rm3</b>		<b>Rm4</b>		
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Are there enough lights, and are they bright enough?									
Do you have night lights where needed?									
<b>ELECTRICAL OUTLETS, CONTROLS, SWITCHES, ALARMS</b>	<b>Rm 1</b>		<b>Rm2</b>		<b>Rm3</b>		<b>Rm4</b>		
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Can you turn switches easily on and off?									
Are outlets properly grounded to prevent a shock?									
Are there sufficient outlets?									
Are there ground fault outlets in kitchen and bathroom?									
Is there a working light switch at the entrance to each room?									
Where is the outlet for plugging in phone, are wall locations easily accessible?									
Are carbon monoxide (CO) alarms installed and working on every level of the home (outside sleeping areas and inside bedrooms)?									
Are all portable space heaters and wood-burning heating equipment at least three feet from walls, furniture, curtains, rugs, newspapers or other flammable materials?									
Are extension cords in good shape?									
Are smoke detectors installed and working on every level of the home, outside sleeping areas and inside bedrooms?									
Do you have an alarm system?									
Are small appliances, such as hair dryers, toasters, etc., unplugged when not in use?									

Are electrical outlets or switches in good working order and not unusually warm or hot to the touch?									
Do all electrical outlets and switches have cover plates installed so no wiring is exposed?									
Are all Ground-Fault Circuit Interrupter (GFCI) receptacles working properly?									
Low vision/sound warnings available?									
Extension cord hazard?									
Are there containers of flammable and combustible liquids, oxygen stored outside of the house?									
Are portable generators not operating in the basement,garage, or anywhere near the house?									
Can you hear the doorbell ring all throughout the house?									
Are the outlets easy to get to, plug in electronics?									
<b>TELEPHONES</b>									
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>					
Phone jack location near bed, sofa, chair?									
Able to get phone, dial, hear caller?									
Wears neck/wrist device to obtain emergency help?									
Is there an answering machine?									
Is there a wireless phone system?									
Is the telephone readily available for emergencies?									
Does the telephone have volume control?									
Is cell phone charged?									
Are important numbers coded in phone?									
<b>INSIDE STAIRS, STEPS</b>	<b>2nd Fl</b>		<b>Basement</b>		<b>Other 1</b>		<b>Other 2</b>		
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Determine stair flight run: straight or curved									
(If bare wood) Are stair treads slip-resistant?									
(If carpeted) Is carpet securely attached, not worn/frayed/torn?									
Are edges of stair treads clearly visible (no dark, busy patterns)?									
Are stair pads in good repair (tacked down, in one piece)?									
Are stairs and landings well lit, with working light switches at both top and bottom?									
Are stairs free of clutter?									
Do stairs have sturdy rails on both sides that are securely fastened?									



Are the handrails loose or broken? Is there a handrail on only one side of the stairs?								
Are the risers on the stairs or steps of equal height?								
Are the stair treads sturdy, slip resistant, and not deteriorating or broken?								
Are there papers, shoes, books, or other objects on the stairs?								
Are top and bottom steps highlighted? Or is your vision impaired, poor depth perception								
Do rails continue onto the landings?								
Have single small steps that can cause trips been mini-ramped?								
If stairs have a low, overhanging beam or bulkhead that people could bump their heads on, has it been padded?								
<b>BATHROOMS</b>	<b>Bath 1</b>		<b>Bath 2</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>				
<b>General Considerations</b>								
Is there a light switch at the entry?								
Are sink basin and tub faucets, shower control and drain plugs manageable?								
Note ability reach shelf above, below sink basin								
Is there adequate lighting overall?								
At the sink?								
Over the tub/shower?								
Is there a night light?								
Is the door threshold less than one inch?								
Is the room free of clutter and tripping hazards?								
Is the flooring non-slip/non-skid (including throw rugs)?								
Are there grab bars in other areas of the room as needed?								
Is the hot water heater regulated to prevent scalding or burning?								
Is the room kept warm during bathing (heat lamp, towel warmers, etc.)?								
<b>Sinks</b>	<b>Yes</b>		<b>No</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>				
Are sink basin and tub faucets, shower control and drain plugs manageable?								
Are sink faucets easy to reach and read?								
Is it easy to determine where the hot and cold areas of the faucet are?								
Is it easy to mix the temperature?								
If necessary, have anti-scald devices been installed?								

Is the sink wheelchair accessible or can someone sit at the sink?					
Are mirrors at an appropriate height in sitting, in standing?					
<b>Tub/Shower</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Are there sturdy grab bars in the tub and/or shower, if needed?					
Is the shower curtain bottom out of the way so it is not a tripping hazard?					
Are toiletries in the tub easily reached from sitting and standing positions?					
Is there a non-skid bathmat in the bathtub?					
Is there a hand-held shower head?					
Are tub/shower faucets easy to use and read (hot & cold clearly marked)?					
If needed, is there a tub or shower seat?					
<b>Toilet</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Are there sturdy grab bars at the toilet (or toilet arms and a raised seat)?					
Is toilet paper easily reachable from the toilet seat?					
Is the toilet seat in good condition and securely fastened?					
Note toilet height; ability to reach paper; flush; come from sit to stand posture					
Is space available for caregiver to assist?					
<b>KITCHEN</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Are frequently used items visible and easily reached (front of pantry and refrigerator)?					
Are sink faucets easy to reach and read?					
Is it easy to determine where the hot and cold areas of the faucet are?					
Is it easy to mix the temperature?					
If necessary, have anti-scald devices been installed or the hot water temperature lowered?					
If necessary, have timers been installed on the oven and cook top for auto shut-off?					
Is stove in good working condition?					
Are burners and control knobs clearly labeled and easy to use?					
Is the room arranged safely and conveniently?					
Do the oven and fridge open easily?					
Is the microwave easy to read, reach, and operate?					
Is there a nearby surface to rest hot foods on when removed from ove					

Is glass cookware being used so the person can see the food being cooked if unable to stand?					
Can you work sitting down?					
Are cabinet doorknobs, drawer handles easy to use?					
Are towels, curtains, potholders and other objects that might catch fire located away from the range?					
Is the kitchen ventilation system or range exhaust functioning properly?					
Is there good lighting over work areas?					
Is there a fire extinguisher nearby?					
Are the sink and counter heights accessible?					
Note wall and floor storage shelf heights					
Are under sink hot water pipes covered?					
Is there under counter knee space?					
Is the hot water heater regulated to prevent scalding or burning?					
Is there adequate counter space to safely prepare meals?					
Are stove controls clearly marked and easy to use? Are the controls on the front of the stove, not the back??					
Are faucets easy to use?					
Is the counter the right height and depth?					
Are the things you use often on high shelves?					
Is your step stool unsteady?					
<b>BEDROOM</b>	<b>Bed 1</b>		<b>Bed 2</b>		
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Are any assistive walking devices (cane/walker/wheelchair) within reach of the bed?					
Are cords and wires off the floor?					
Are curtains and bed coverings off the floor so they are not tripping hazards?					
Are electric blankets dangerously folded, covered by other objects or tucked in when in use? Is the power cord pinched or crushed by the bed, between a wall or the floor?					
Can bureau drawers be reached (height of the drawer) and opened easily?					
Do you find you get up to go to the bathroom frequently at night, or rush to get there?					
Is a light reachable from the bed?					
Is there a telephone within reach of the bed?					
Does the set-up / arrangement cause difficulty to reach commonly used items such as a TV remote, medications, lamp, glasses, magnifier, etc. at night					

Do you have an appropriate device if needed to help get in and out the bed?								
Is the path from your bed to the bathroom dark?								
Is there a clear, unobstructed path through the room (clutter and furniture are out of the way)?								
Is there a flashlight or some other form of non-electric lighting within reach of the bed in case of a power outage?								
Is there a light at the entrance to the room?								
Is there a place to sit and get dressed, if needed?								
Is there room to walk, push wheelchair all the way up to the bed where you sit?								
Is there support for getting in and out of bed, if needed?								
Are you lightheaded when sit up in bed?								
Height of bed (too high or low) -can your feet fully reach the floor								
<b>LIVING/ DINING/ FAMILY/ OTHER ROOMS</b>	<b>LR</b>		<b>DR</b>		<b>FR</b>		<b>Other</b>	
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>
Are you able to turn on light, radio, TV, place a phone call from bed, chair, and sofa?								
Are thresholds minimal and carpet binders tacked down securely?								
When you walk through a room, do you have to walk around furniture?								
Do tables have rounded edges that are clearly visible (no sharp edges or made of glass)?								
Is there a clear, unobstructed path through the room (no clutter, cords, wires, baskets, and other things to trip over)?								
Are electrical cords run behind furniture and not across the floor or under the rug?								
Is there a light switch at the entrance to the room?								
Do tables have rounded edges that are clearly visible (no sharp edges or made of glass)?								
Is the lighting adequate?								
Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?								
Is there a standard height chair available with arm rests?								
Chair, sofa, bed heights allow sitting or standing?								
Is furniture stable?								
Is there at least one comfortable chair people can get in and out of safely and easily?								
<b>LAUNDRY</b>	<b>Yes</b>		<b>No</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>				
Are you able to hand-wash and hang clothes to dry?								

Are you able to safely access washer/dryer?					
Is there a light switch at the entry?					
Is there sufficient lighting?					
Is the route to the laundry safe?					
Are the appliances at the right height, so it is easy to get clothes in/out of the washer and dryer?					
Are laundry supplies easy and safe to reach?					
Are tripping hazards off the floor (laundry basket or dirty clothes)?					
Are the control knobs easy to reach, read and operate?					
<b>BASEMENT</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Are the basement stairs stable and well lit?					
Is there moisture or dampness, moldy smell?					
Is there any storage of combustible materials?					
Is there a clear path to utility boxes and pumps?					
<b>CLOSETS AND STORAGE AREAS</b>	<b>#1</b>		<b>#2</b>		
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Are shelves and clothes easy to reach?					
Have closet organizers been installed to maximize use of space?					
Are closets organized so clothes are easy to find?					
Is clutter or other tripping hazards off the floor?					
Do closets have lights that are easy to find and reach?					
Are closet doors easy to open?					
If a closet has sliding doors, do they stay on track?					
If appropriate, is your oxygen storage safe per guidelines?					
<b>HEAT, VENTILATION, SMOKE, CARBON MONOXIDE, WATER TEMP CONTROL</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Is a fire extinguisher installed and working?					
Are thermostat displays easily accessible and readable?					
Are areas all well ventilated?					
Are smoke detectors and carbon monoxide alarms installed and working?					
When was the last service date for heating/cooling system?					

Is your temperature setting of the water heater safe for your use?					
Have the air filters been changed regularly?					
<b>General Home Safety Concerns</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Can an older person contact someone in an emergency (medi-alert, names and numbers by phone, picture telephone, etc.)?					
Do you have extra water, flash lights and batteries in case of electrical outage?					
Do you have supplemental oxygen, need to stay in room temp conditions or other emergency needs despite electrical outage?					
Is there a safe place outside to hide a key to the house for emergency entry?					
Are all medications in child-resistant containers clearly marked with the medication name and dose?					
Is the area well lit where medications are kept?					
What is the emergency exit plan? Are there two safe, clear exit points?					
Who checks on you daily? If you became unconscious and live alone, when would someone know?					
Does your primary caregiver(s) have keys to the home?					
Is emergency contact information easily accessible and ready to use?					
Are doors locked in way that can't be accessed?					
Do you have a quick escape plan in case of a house fire, so you know what to do immediately and to prevent panic and confusion?					
<b>Other Things You Can Do to Prevent Falls</b>	<b>Do You?</b>				
	<b>Yes</b>	<b>No</b>			
Exercise regularly. Exercise makes you stronger and improves your balance and coordination.					
Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.					
Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.					
Get up slowly after you sit or lie down.					
Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers. Especially important if you are Diabetic.					
Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.					

It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.				
Keep emergency numbers in large print near each phone.				
Put a phone near the floor in case you fall and can't get up.				
Think about wearing an alarm device that will bring help in case you fall and can't get up, or voice controlled devices like Alexa in each room.				
<b>SPECIFIC CHECKLIST FOR ALZHEIMER'S DISEASE, OTHER DEMENTIAS, ANY COGNITIVE ISSUES</b>				
<b>General home safety checklist for dementia</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>
Are all prescription medications and over-the-counter medicines locked up?				
Are all weapons locked up or removed from the house (guns, knives, etc.)?				
Are exterior and other doors to off-limit areas alarmed?				
Are plastic/dry cleaner's bags out of reach (could cause choking or suffocation)?				
Are radiators and hot water pipes that the person might touch covered?				
Are there eye-level decals on all glass doors and large picture windows?				
Are there security locks on all exterior doors (double key, installed out of sight, etc.) ?				
Can all windows be securely locked?				
Has access to home offices and computer/home finance areas been controlled?				
Have all poisonous plants been removed (including artificial ones that look real, shrubs/ plantings with berries been removed?				
If necessary, are childproof plugs in all unused electrical outlets?				
If necessary, can all doors to off-limits areas be secured or disguised?				
If wandering is a problem, complete the following checklist:				
Is a key hidden outside in case the person locks out the caregiver?				
Is access to home offices and computer/home finance areas controlled?				
Is access to stairwells, storage areas, basements, garages, and other off-limit areas controlled (with locks, secure gates, Dutch doors, etc.)?				
Is alcohol out of sight and locked up?				
Is there a drawing, picture or short instruction list for tasks or a daily schedule?				
Is there a safe outdoor area that the person with dementia can use without wandering away (escape-proof porch or deck, fenced-in yard with locked gate)?				
Is there a safe, clear pathway through the house where the person can walk or wander safely without tripping, knocking into, or damaging something?				

Is there use of colors or color contrast to highlight an object?				
<b>Orientation Considerations or Getting Lost</b>	<b>Yes</b>	<b>No</b>		
Are there signs, arrows and/or photographs pointing to the bathroom, bedroom and other places the person needs to find?				
Are doors that the person needs to use highlighted (signs, color)?				
Is there a photo or memento on the door to help someone find his/her bedroom?				
Are closets, drawers and cabinets that hold things the person can use labeled?				
<b>Hallucinations/misrecognition considerations</b>	<b>Yes</b>	<b>No</b>		
Are light levels even so that shade and shadows are kept to a minimum?				
Has ominous looking artwork been removed (masks, distortions, abstract work)?				
If the person gets upset by his/her or another person's image:				
Are windows covered at night so person cannot see his/her reflection?				
Are mirrors covered?				
Have portraits and large photographs of people been removed or covered?				
Does the wall colors cause shadows and concerns?				
<b>Considerations if the person gets upset by his/her or another person's image</b>	<b>Yes</b>	<b>No</b>		
Are windows covered at night so the person cannot see his/her reflection?				
Are mirrors covered?				
Have portraits and large photographs of people been removed or covered?				
<b>Bathroom checklist if cognitive issues</b>	<b>Yes</b>	<b>No</b>		
Have all medicines and non-electric razors been put away?				
Have all cleaning agents been put away?				
Are other harmful objects removed from the cabinets and fixtures?				
Are sink faucets easy to reach and read?				
Is it easy to determine where the hot and cold areas of the faucet are?				
Is a shower or bath seat accessible, allowing a person to direct desired water flow?				
Are toiletries and washing supplies easy to access?				
Is it easy to mix the water temperature?				



Have anti-scald devices been installed?					
Are hot water pipes covered?					
Is mirror height appropriate, in sitting and standing?					
Note ability reach shelf above, below sink basin					
Does the color of the toilet fixture and/or seat contrast with the wall and floor for easy identification?					
Have all trash cans been removed if the person uses them as a toilet?					
Are there night-lights/signs giving directions to the bathroom and fixtures?					
Are instructions posted by the toilet, sink and shower/tub?					
Is the bathroom door left open when not in use to serve as a visual cue?					
Are there night-lights or light strips leading to the bathroom from the bedroom?					
<b>Kitchen checklist if cognitive issues</b>					
	<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	
Are all drawers and cabinets with only safe objects labeled?					
Are childproof locks on drawers and cabinets that are, or should be, off limits?					
Has access to the stove been controlled (knobs removed, lock on oven door, stove connected to hidden circuit breaker or gas valve)?					
If necessary, has access to the refrigerator and freezer been controlled with a refrigerator lock?					
Is there a night light in the kitchen (for safe midnight snacking)?					
Have sharp knives and other dangerous implements been removed or locked up?					
Has excess clutter been removed from counter tops and tables?					
Has the temperature for the hot-water tap been reduced to avoid scalding?					
Have all vitamins, sweeteners, over-the-counter medicines and prescription drugs been removed (or left out in limited quantities)?					
Have all poisonous cleaning agents been removed or locked up?					
Have all "fake" food items been removed (wax/ceramic fruit, food-shaped magnets)?					
Is there a night light in the kitchen (for safe midnight snacking)?					
If necessary, has the kitchen been closed off?					
<b>Bedroom checklist if cognitive issues</b>					
	<b>Yes</b>	<b>No</b>			
Are there night-lights (and signs, if necessary) along the path to the bathroom?					
Is there a monitor/intercom between the person's and the caregiver's areas?					

Have clutter and other potentially dangerous items (cologne, after-shave lotion, deodorant, lit candles, etc.) been removed from dresser tops and floors?			
Are drawers organized simply and labeled?			
Are hazardous items removed, such as electric blankets and hot-water bottles?			
<b>Stairs checklist if cognitive issues</b>			
	<b>Yes</b>	<b>No</b>	
Is there a gate sufficient to block from falling or negotiating without assistance?			
<b>General checklist if cognitive issues</b>			
	<b>Yes</b>	<b>No</b>	
Is emergency contact information easily accessible and ready to use?			
Are doors locked in way that can't be accessed?			
<b>Oxygen Safety</b>			
	<b>Yes</b>	<b>No</b>	
Is oxygen tubing, canisters, and concentrator away from open flames (cigarettes, candles, gas stoves, fireplace) – at least 10 feet? Keep at least 10 ft away			
Is oxygen tubing, canisters, and concentrator 5 feet away from sources of high heat, such as non-gas ovens and electric heaters? Keep at least 5 ft away			
If using an electric razor , are you keeping it away from oxygen sources while using oxygen therapy (they are known to put off sparks)? Make sure it's at least 5 ft away			
Do you use any oil- or petroleum- based products while using oxygen? It's unsafe..			
Are your oxygen cylinders secured at all times so they don't fall over? If they fall over, and the valve comes loose, they can become a dangerous missile.			
Do you have a non-smoking sign on your front door and in your home or one in each room? Place one in these places to alert others to safety needs using oxygen.			
Do your utility providers and local fire department that you are using oxygen in your home? Let them know so they can place you on a top priority listing in case you lose power.			
Is the oxygen supply service number nearby and accessible? Keep the service number for your oxygen equipment nearby, in case something breaks or stops working correctly.			
Are your smoke detectors are all working properly and replaced with new batteries as soon as they start to get low? Keep fresh batteries on hand and replace when appropriate.			
Do you have a quick escape plan in case of a house fire, so you know what to do immediately and to prevent panic and confusion?			

<p>Is your oxygen equipment stored when not in use, in an area of the house far from heat sources? Make sure to store upright in safe place away from heat</p>			
<p>Do you change your oxygen level beyond what your doctor prescribed? Don't change your oxygen setting except when prescribed by your doctor. Too much or too little can cause health complications; too much can be toxic. It IS possible to overdose on oxygen, causing damage to the lungs if too much high purity oxygen is delivered at one time. Follow the dose instructions prescribed by your doctor.</p>			
<p>Do you get regular cleaning and maintenance of your oxygen equipment, and change the tubing at minumum when it becomes stiff or yellowed? Have the oxygen equipment company regularly maintain and check your equipment. Tubing can be replaced simply by calling the supplier.</p>			