

Check ✓ any of the following items that present problems. Please use this as a guide to help you locate problem areas in your home.

- Climbing up the stairs to the front door
- Going down the stairs from the front door
- Using the door knob
- Walking over the lip at the threshold
- Adequate lighting

Hallways and Inside Doors

- Opening and going through doors to rooms
- Using door knobs
- Moving between carpeted and non-carpeted areas
- Adequate lighting
- Turning on lights in the area being approached

Stairs/Stairways

- Slipping on stairs
- Distinguishing the thresholds and edges

- □ Handrails on one or both sides
- Lighting on the top and bottom

Bedroom

- Entering and exiting
- Turning lights on and off
- Using electrical outlets
- Using the closet (opening/closing, reaching clothes)
- □ Walking on rug corners and edges
- □ Transferring in/out of bed
- Adequate lighting

Kitchen

- □ Turning lights on and off
- Using electrical outlets
- Adequate lighting
- Using water faucets
- Using the dishwasher, refrigerator, stove

Bathroom Entering and exiting Turning lights on and off Using electrical outlets Using the mirror Using water faucets Using the sink Using the toilet Using the shower/bathtub Adequate lighting □ Grab Bars where needed **Living Room or Family Room** Entering the living room Turning lights on and off Using electrical outlets Adequate lighting Moving around in the living room □ Walking on rug corners and edges Garage Entering from garage to house Handrails Adequate lighting **Safety** Smoke Detector CO Detector