

Taking Action to Prevent Falls: A Home Environmental Assessment

Name of Assessor _____ Assessor Background (e.g., social worker, care manager, etc.) _____
 Client Name _____ Date _____

Hello, my name is _____ and I am from _____ as part of your program's name, I am here today to help you identify hazards in the home that may increase the risk of falling and to offer recommendations that you can use to reduce the risk of falling.

Taking Action: Identifying Problems and Potential Solutions Within the Home

Directions: Walk through the home with the client and together, observe and identify any problems. If the client indicates difficulties in any daily task (e.g., going up and down stairs), observe the client perform this task. Circle "yes" if the problem is present, "no" if the problem is not present, and "N/A" if the problem does not apply in the home (e.g., no stairs inside the home or the room is not used). Following the thorough, sit down with the client and discuss the findings and potential solutions. Through a collaborative process, encourage clients to identify what solutions are needed and what would work best for them. Write the solutions that the client agrees to. In the next column, identify the person who will perform the necessary action (e.g., client, family member, assessor, handyman, etc) or write "no action" if the client does not want to implement the solution. Use the comments section to note any additional information (e.g., specify which bathroom has problems, reasons for non-compliance, describe problem with handrail).

| Problems | Yes/No/N/A | Potential Solutions | Solutions Agreed To: | Action By: | Comments: |
|--|------------|---|--------------------------|------------|---|
| Example: Objects blocking entrance/pathway | (1) N N/A | Remove objects | None objects to the side | Client | Grabbing tools on front door client does not want to move |
| Pathways/Entrance to Home | Y N N/A | Remove objects | | | |
| Objects blocking entrance/pathway | Y N N/A | Repair loose, uneven surfaces | | | |
| Loose, uneven surfaces | Y N N/A | Provide better/brighter lighting; or mark stairs | | | |
| Poor visibility | Y N N/A | Install handrail along full length of stairs on both sides | | | |
| Handrails broken or absent on both sides of stairs | Y N N/A | Install ramp | | | |
| Absence of a ramp | Y N N/A | Use double-sided carpet tape on secure rugs; or remove them | | | |
| Hallways | Y N N/A | Tack down loose carpet | | | |
| Loose throw rugs, runners, or mats | Y N N/A | Clean up clutter or move objects | | | |
| Carpet folds or frayed carpet | Y N N/A | Provide better, brighter lighting | | | |
| Pathways not clear; small objects, cords, papers, books in way of foot traffic | Y N N/A | | | | |
| Lighting dim or inadequate | Y N N/A | | | | |

Problems: Stairs and Steps
 Yes, No, N/A
Potential Solutions:
 Solutions Agreed To:
 Action By:
 Comments:

| | | | | | | | |
|--|---|---|-----|---|--|--|--|
| Loose throw rugs, runners, or mats | Y | N | N/A | Use double-sided carpet tape on secure rugs; or remove them | | | |
| Carpet folds or frayed carpet | Y | N | N/A | Track down loose carpet | | | |
| Pathways not clear; small objects, cords, papers, books in way of foot traffic | Y | N | N/A | Clean up clutter; or move objects | | | |
| Lighting dim or inadequate | Y | N | N/A | Provide better, brighter lighting | | | |
| Absence of light switch at top and bottom of stairs | Y | N | N/A | Install light switch at top and bottom of stairs | | | |
| Presence of broken/worn steps or coverings | Y | N | N/A | Repair broken/newen steps | | | |
| Absence of full length handrails on both sides of stairs | Y | N | N/A | Install/repair handrails on both sides of stairs | | | |
| Unclear outlines of each step | Y | N | N/A | Mark edges of steps in contrasting colors | | | |

| | | | | | | | |
|--|---|---|-----|---|--|--|--|
| Loose throw rugs, runners, or mats | Y | N | N/A | Use double-sided carpet tape on secure rugs; or remove them | | | |
| Carpet folds or frayed carpet | Y | N | N/A | Track down loose carpet | | | |
| Pathways not clear; small objects, cords, papers, books in way of foot traffic | Y | N | N/A | Clean up clutter; or move objects | | | |
| Lighting dim or inadequate | Y | N | N/A | Provide better, brighter lighting | | | |
| Absence of easily accessible phone | Y | N | N/A | Move phone to more accessible location | | | |
| Presence of chairs without arms | Y | N | N/A | Use chairs with solid armrests | | | |

| | | | | | | | |
|--|---|---|-----|---|--|--|--|
| Kitchen | | | | | | | |
| Loose throw rugs, runners, or mats | Y | N | N/A | Use double-sided carpet tape to secure rugs; or remove them | | | |
| Pathways not clear; small objects, cords, papers, books in way of foot traffic | Y | N | N/A | Clean up clutter; or move objects | | | |
| Lighting dim or inadequate | Y | N | N/A | Provide better, brighter lighting | | | |
| Items cannot be reached easily | Y | N | N/A | Move frequently used items to lower shelves | | | |
| Absence of sturdy step stool that is in good repair | Y | N | N/A | Use a more sturdy step stool to reach high places | | | |
| Absence of easily accessible phone | Y | N | N/A | Move phone to more accessible location | | | |

Problems:

Yes, No, N/A

Potential Solutions:

Solutions Agreed To:

Action By:

Comments:

Bathroom

- Presence of unsecure bath mats
- Carpet folds or frayed carpet
- Pathways not clear: small objects, cords, papers, books in way of foot traffic
- Lighting dim or inadequate
- Absence of grab bars for toilet (not towel rack)
- Absence of grab bars for tub or shower
- Absence of hand held shower
- Absence of bath bench
- Presence of toilet seat that is too low
- Presence of slippery surfaces in tub or shower

| Y | N | N/A | | | |
|---|---|-----|---|--|--|
| | | | Use non-skid backing to secure mats; or remove them | | |
| | | | Tack down loose carpet | | |
| | | | Clean up clutter or move objects | | |
| | | | Provide better, brighter lighting | | |
| | | | Install grab bars for toilet | | |
| | | | Install grab bars for tub or shower | | |
| | | | Install hand held shower | | |
| | | | Need bath bench | | |
| | | | Need raised toilet seat | | |
| | | | Use rubber mat or non-skid strips for tub/shower | | |

Bedrooms

- Loose throw rugs, runners, or mats
- Carpet folds or frayed carpet
- Pathways not clear: small objects, cords, papers, books in way of foot traffic
- Lighting dim or inadequate
- Absence of light switch within reach of the bed
- Absence of nightlight between bed and toilet
- Absence of easily accessible phone near bed
- Bed is of inappropriate height/firmness
- Other (e.g., garage, backyard)

| Y | N | N/A | | | |
|---|---|-----|---|--|--|
| | | | Use double-sided carpet tape on secure rugs; or remove them | | |
| | | | Tack down loose carpet | | |
| | | | Clean up clutter; or move objects | | |
| | | | Provide better, brighter lighting | | |
| | | | Place lamps within reach of the bed | | |
| | | | Install nightlight | | |
| | | | Move phone to more accessible location | | |
| | | | Need bed of adequate height and firmness | | |

specify: _____

specify: _____

specify: _____

specify: _____

| | | | | | |
|---|---|-----|--|--|--|
| Y | N | N/A | | | |
| Y | N | N/A | | | |
| Y | N | N/A | | | |
| Y | N | N/A | | | |