

In-Home Assessment

Dignity at Home - Fall Prevention Program



**Assessment Provided By:
Healthy Aging Association
www.healthyagingassociation.org/preventfalls**

**For additional Fall Prevention Education
or Resources Contact
Healthy Aging Association
(209)525-4670 | www.healthyagingassociation.org**

**For File of Life or More Information on the
Dignity At Home Fall Prevention Program Contact
Area Agency on Aging
(209)558-8698 | www.agingervices.info**

Assessment Date: _____ **Assessment Time:** _____



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Each question checked “NO” presents an opportunity to reduce the risk of falling within the home environment.

STAIRS - This section looks at stairs leading to the second floor and stairs/steps at entrances to the house (i.e. front door, back door, garage door).

Areas of Interest	YES	N/A	NO
1. Are sturdy handrails provided on both sides of the stairs? <i>Railings on both sides provide confidence when going up and down.</i>			
2. Are the stairs in good repair and clutter free? <i>Worn carpeting and obstructions may lead to falls.</i>			
3. Are the stairs well lit? <i>Depth perception diminishes with age, therefore clear visibility of the steps may reduce stumbling.</i>			
<i>Observations and Notes:</i>			

KITCHEN - This section looks at the kitchen or anywhere where food is prepared.

Areas of Interest	YES	N/A	NO
1. Are regularly used items easily accessed without climbing to reach them? <i>Reaching too far up could cause a loss of balance and climbing on *something is dangerous and could lead to fall.</i>			
2. Are the kitchen chairs sturdy? (secure arms & no wheels) <i>Getting up and down from a stable chair is easier and safer..</i>			
3. Is there a “File of Life” on the refrigerator or near the phone? <i>This is vital for emergency first responders as they will have immediate access to your health information.</i>			
<i>Observations and Notes:</i>			
<p>*Choose a step stool with a handrail that you can hold onto while standing on the top step. Before climbing on the step stool, make sure it is fully open and stable. Discard step stools with broken parts.</p>			



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Bedroom - This section looks at the room in which the client sleeps and wakes in.

Areas of Interest	YES	N/A	NO
1. Is the pathway between the bed and the bathroom clear of throw rugs and clutter? <i>Many falls within the home fall next to the bed.</i>			
2. Is there something sturdy to hold on to next to the bed to help you get in and out of bed? <i>Something supportive next to the bed may assist in getting in/out of bed.</i>			
3. Is there lighting to create a path to the bathroom from the bed? <i>Continuous lighting like a nightlight is best and flashlights are helpful in the event of a power outage.</i>			
<i>Observations and Notes:</i>			

Bathroom - This section observes the bathrooms, specifically the one used most by the client

Areas of Interest	YES	N/A	NO
1. Are grab bars provided at the shower entry and inside? <i>Grab bars give confidence and reduce falls. These should be permanently and securely mounted (not suction cup style).</i>			
What side does the client enter & exit the shower/tub? Point of Entry (POE) _____			
2. Is there a chair/bench or hand-held shower head provided? <i>Sitting is safest and easier especially with a hand-held shower head.</i>			
3. Does the tub/shower floor have non-slip strips or a bath mat? <i>Something permanent that is secured to the floor is best at reducing falls.</i>			
4. Is the toilet seat too low? (Is it difficult to stand up from the toilet?) <i>Raising the seat height or adding supportive rails can help reduce falls.</i>			
<i>Observations and Notes:</i>			



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General - This section looks at all the other sections of the home.

Areas of Interest	YES	N/A	NO
<p>1. If there are rugs, are they slip resistant? <i>Small rugs create tripping and slipping hazards and should be removed. Any large rugs should be secured as many falls occur around the corners.</i></p>			
<p>2. Are passageways free from objects, cords, and clutter? <i>Walkways should be clear to reduce tripping hazards. Any cords should route behind furniture and along walls.</i></p>			
<p>3. Are smoke detectors in each bedroom, in the adjacent hallway and on every floor? Do they work properly? <i>Multiple detectors greatly increase the rate of getting the client to safety.</i></p>			
<p>4. Is there a Carbon Monoxide detector provided? <i>Carbon Monoxide is odorless, colorless, and deadly.</i></p>			
<p>5. Is there a cordless phone or phones in each room? <i>This will help eliminate rushing to the phone.</i></p>			
<p>6. Does the client avoid walking around the house in socks? <i>Thin-soled shoes and slippers with non-slip bottoms are best to prevent falls.</i></p>			
<p>7. Does the client have an emergency alert system? <i>This allows the client to get help even if unable to speak.</i></p>			
<p><i>Observations and Notes:</i></p>			

Adapted from: *Home Safety Summary Checklist*, the Community and Home Injury Prevention Project for Seniors (CHIPPS), *Recognizing Fall-ty Habits*, A Matter of Balance, Session 6.2, adapted from Safety for Older Consumers—Home Safety Checklist, and Home Safety and Fall Prevention Assessment Guide by Home Safety Services.