



**MEALS on WHEELS
AMERICA**

CLIENT NAME: _____ Date: _____

HOME ADDRESS: _____

CITY: _____ PHONE NUMBER: _____

MEALS ON WHEELS DATE OF INSPECTION: _____

DATE INSPECTION REFERRAL SENT TO CONTRACTOR:
DATE MODIFICATION/REPAIR COMPLETED:
DATE CLIENT CONFIRMATION WORK WAS COMPLETED:

SAFETY HOME ASSESSMENT INSTRUCTIONS

HOW TO USE THE MEALS ON WHEELS CHECKLIST TO IDENTIFY HOME HAZARDS, REPAIRS OR MODIFICATIONS TO INCREASE SAFETY, FUNCTIONALITY AND PREVENT FALLS

This easy-to-read inspection checklist is specially designed for the extremely frail and vulnerable population with significant health and social support needs who wish to “age in place” in their home, and want to have their homes inspected for potential updates to address safety, functionality and accessibility concerns.

This specialized checklist is also useful for any CLIENT whose mobility or physical condition is, or may become, compromised. This inspection checklist highlights specific exterior and interior components for which the Meals on Wheels inspector may provide suggestions and safety recommendations for modification, which will assist clients in prioritizing upgrades, both short-term and long-term.

INSPECTION KEY:
OK = No modification or repair is needed or recommended.
MOD = Inspector recommends minor modification or repair.
REP = Inspector recommends repair or replacement of same.
NEW = Inspector recommends new installation.
NA = Not applicable to residence.
SN = See inspector’s note.

EXTERIOR

- _____ Slip-resistant stairs and ramp, with color contrast or glow-strips at treads
- _____ Handrails are easy-to-reach, of graspable size and slip-resistant
- _____ Porch area is in usable condition and free of obstructions or dark areas
- _____ Accessible doorways for walkers, wheelchairs, etc.
- _____ Lighting (security or interior-controlled, or both)
- _____ Driveway and walkways (in good repair for safe walking)
- _____ Yard, gates, fence (easy to access, locking/secured)
- _____ Garage (attached or freestanding); other outbuildings
- _____ Low-maintenance shrubs and plants, lawn care, trees on property

NOTES: _____

ENTRANCE

- _____ House number is clearly visible from street for first-responders
- _____ Sensor/security light at main exterior door
- _____ Peephole of proper height for all residents (may require multiples)
- _____ Doorbell in accessible location
- _____ All exterior doors have secure, easy-to-use locks, bolts and knobs
- _____ Non-slip flooring in foyer

NOTES: _____

INTERIOR

Electrical, Lighting, Safety and Security

- _____ Light-activated doorbell for hard-of-hearing residents
- _____ Smoke and carbon monoxide detectors
- _____ Thermostats are easy to locate; settings are easy to read (and no higher than 48 in. from floor)
- _____ Light switches located near each entrance to each hallway and room
- _____ Standard light switches, or rocker or touch light switches
- _____ Two light bulbs or receptacles in each vital place (exits, bathrooms, etc.)
- _____ Electrical cords out of the flow of traffic
- _____ Receptacles are easy to reach; receptacles are not overloaded
- _____ Windows and safety locks are easy to operate
- _____ Window drapes/shades/cords are easy to reach and open/close
- _____ Interior stairs use contrast strip on top and bottom stairs, and color contrast between treads and risers on stairs, with use of lighting
- _____ Are additional handrails needed in stairway or hallways?

NOTES: _____

KITCHEN

Appliances & Maneuverability

- _____ Microwave oven in wall or on counter; settings are easy to read
- _____ Refrigerator and freezer are easy to open
- _____ Side-swing or wall oven; settings are easy to read; knobs are easy to turn
- _____ Raised washing machine and dryer; settings are easy to read; knobs are easy to turn
- _____ Raised dishwasher with push-button controls or easy-to-turn knobs
- _____ Stoves with electric cooktops (safer than gas), with level burners for safely transferring between the burners
- _____ Front controls and downdraft feature to pull heat away from user
- _____ Light to indicate when surface is hot
- _____ Spaces around counters, islands, etc., are wide enough for residents: 30-in. by 48-in. clear space at appliances, and 60-in. diameter clear space for turns
- _____ Cabinets are easy to reach; knobs/pulls are easy to use to open/close, or shelves are open/doorless, or have glass fronts
- _____ Counters are of ample area; custom-height/adequate and safe for residents; countertops have contrasting-color edges for the vision-impaired and to provide visual orientation to workspace
- _____ Placement of task lighting in appropriate work areas
- _____ Rugs have slip-resistant backing to prevent slips and falls
- _____ Window curtains/shades/cords are easy to reach and open/close

NOTES: _____

BATHROOM

Fixtures & Maneuverability

- _____ Counter heights are custom-fit/adequate and safe for residents
- _____ Rugs have slip-resistant backing to prevent slips and falls
- _____ Windows are easy to reach and open/close
- _____ Door access to tub/shower
- _____ Fold-down seat installed in shower
- _____ Shower/s equipped with adjustable showerhead with 6-ft. hose
- _____ If stand-up shower is used in main bath, it is curbless and wide; if tub is used, does the client have easy access and egress?
- _____ Flooring in bathtub/shower is slip-resistant
- _____ Emergency call button or intercom is located in bathroom, easy to reach and is easily operated
- _____ Grab-bars of appropriate height and placement located in tub/shower/toilet areas
- _____ Adjustable or appropriate-height counters with removable base cabinet for wheelchair-accessibility
- _____ Countertops have contrasting-color edges

- _____ Toilet is raised or height-adjustable
- _____ Toilet-paper holder is designed such that rolls can be switched out using only one hand
- _____ Faucet handles are lever design rather than knob, or are pedal-controlled
- _____ Cabinets are easy to reach and are open shelves/glass fronts/doorless
- _____ At least one bathroom is wheelchair-accessible and on main level

NOTES: _____

FLOORING

- _____ If carpeted, uses low-density pile with firm pad
- _____ Smooth, non-glare, slip-resistant surfaces
- _____ Color and texture contrast to indicate change in surface levels
- _____ Rugs and rug runners are secure and non-slip; edges are secured down
- _____ No steps between rooms on a single level

NOTES: _____

PRIORITY REPAIR / INSTALLATION LIST

SHORT-TERM

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

NEXT YEAR: _____

LONG-TERM: _____
