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: ______________________________________________________