

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. Will you show me around your house?

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 performing 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 walk-through, 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 would work best for them. Write down 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 need or 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 handrails).

Problems	Yes, No, N/A	Potential Solutions	Solutions Agreed To:	Action By:	Comments:
<i>Example: Objects blocking entrance/pathway</i>	<input checked="" type="radio"/> Y N N/A	<i>Remove objects</i>	<i>Move objects to the side</i>	<i>Client</i>	<i>Gardening tools on porch near front door. Client don't feel this is a problem, but agrees to move.</i>

Pathways/Entrance to Home

Objects blocking entrance/pathway	Y N N/A	Remove objects			
Loose, uneven surfaces	Y N N/A	Repair loose, uneven surfaces			
Poor visibility	Y N N/A	Provide better/brighter lighting; or mark stairs			
Handrails broken or absent on both sides of stairs	Y N N/A	Install handrail along full length of stairs on both sides			
Absence of a ramp	Y N N/A	Install ramp			

Hallways

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	Tack 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			

Problems	Yes, No, N/A	Potential Solutions	Solutions Agreed To:	Action By:	Comments:
Stairs and Steps					
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	Tack 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/uneven 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			
Living Room - Family Room					
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	Tack 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	Y N N/A	Use non-skid backing to secure mats; or remove them			
Carpet folds or frayed carpet	Y N N/A	Tack 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 grab bars for toilet (not towel rack)	Y N N/A	Install grab bars for toilet			
Absence of grab bars for tub or shower	Y N N/A	Install grab bars for tub or shower			
Absence of hand held shower	Y N N/A	Install hand held shower			
Absence of bath bench	Y N N/A	Need bath bench			
Presence of toilet seat that is too low	Y N N/A	Need raised toilet seat			
Presence of slippery surfaces in tub or shower	Y N N/A	Use rubber mat or non-skid strips for tub/shower			

Bedrooms

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	Tack 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 within reach of the bed	Y N N/A	Place lamps within reach of the bed			
Absence of nightlight between bed and toilet	Y N N/A	Install nightlight			
Absence of easily accessible phone near bed	Y N N/A	Move phone to more accessible location			
Bed is of inappropriate height/firmness	Y N N/A	Need bed of adequate height and firmness			

Other (e.g., garage, backyard)

specify: _____	Y N N/A				
specify: _____	Y N N/A				
specify: _____	Y N N/A				
specify: _____	Y N N/A				

Client Information

Falls

Directions: If falls or near falls occurred within the home, pay particular attention to these areas of the home during the home assessment.

How many times did you fall to the ground or other lower level in the last 3 months? _____

List all locations of the fall(s):

How many times did you lose your balance and start to fall, but caught yourself before falling to the ground? _____

List all locations of near fall(s)

Difficulty with Activities

(Ask the client) Do you have difficulty with:

Directions: If the client says "yes" to any of the following, pay particular attention to these areas of the home where these tasks take place during the home assessment.

	Yes	No
Getting On and Off the Toilet		
Getting In and Out of Tub/Shower		
Going Up and Down Stairs		

Type of Home

	Apartment
	Townhome/Condo
	Single Family Home

Levels Within Home

	1
	2
	3

Living Arrangements

	Alone
	With Others (# incl. spouses, family, caregivers _____)

Pets

Number of Cats _____

Number of Dogs _____

Mobility Aids Used

	None used		Cane
	Wheelchair		Scooter
	Walker		

Referral

Occupational Therapist

Physical Therapist

Physician
