

Be Aware of Your Surroundings.

Follow this checklist and ask yourself these Home Assessment questions below.

Be sure the path from the bedroom to the bathroom is well lit. Make sure spills are cleaned up immediately. Make sure throw rugs/floor mats are secure. Make sure there are no cords laying across pathways. Make it easy to walk around the furniture in your home. Be sure the floor is free of clutter.

BATHROOM NEEDS

YES NO

Do you need assistance with balance in the bathroom?

___ ___

Grab Bars

Are there grab bars near the toilet and in the shower and bathtub?

___ ___

Grab Bars, Tub Rails

Do you have difficulty standing in the shower?

___ ___

Shower Seat, Bath Stool, Auto Bath Lift, Shower Spray

Do you have difficulty standing up and sitting down from the toilet?

___ ___

Raised Toilet Seat, Toilet Safety Rails

Can you reach to wash yourself?

___ ___

Bath Sponge

MOBILITY NEEDS

YES NO

Are there uneven or slippery steps or walkways?

___ ___

Walked, All Terrain Cane

Do you have difficulty walking distances?

___ ___

Walker, Scooter, Cane, Rollator, Transport Chair

If using a walker, do you have difficulty transporting personal items?

___ ___

Carry Pouches, Walker Tray, Cup Holder

Do you have difficulty opening and closing internal doors?

___ ___

Automatic Door Opener

Do you have difficulty getting up from a chair?

___ ___

LiftWalker™

OTHER ROOMS/DRESSING ASSISTANCE

YES NO

Do you have trouble getting in and out of bed?

___ ___

Bed Assist Rail, Overbed Table

Can you get to regularly used items without bending down or reaching too far?

___ ___

Reacher, Elongated Shoe Horn

Do you have a step stool that has side rails, sturdy and in good condition?

___ ___

Step Stool with Handrail