

Safe at Home Assessment

CAPS Builder recognized the critical attention needed for our elderly population, so they may age-in-place safely in their homes. We have built partnerships with the National Association of Home Builders (NAHB), National Council on Aging, American Society on Aging (ASA), and American Association of Retired Persons (AARP) to develop a national certification, Certified Aging In Place Specialist (CAPS).

Use this list to identify home safety, fall hazards and accessibility issues for the homeowner, family members, and caregivers. Use the section on Home Safety, fall prevention and accessibility modification interventions can help prioritize needed improvements. Highlight areas of problems or concerns and add comments.

I. Exterior Entrance and Exits

- Note conditions of walk and drive surfaces, existence of curb cuts
- Note Handrail conditions, right and left sides
- Night light level for driveway, walk, and porch
- Check door threshold height
- Note ability to use knob, lock, key, mailbox, peephole, and package shelf
- Do door and window locks work easily?
- Are the house numbers visible from the street?
- Are bushes and shrubs trimmed to allow safe access?
- Is there a working doorbell? (See section 8)

II. Interior Doors, Stairs, Halls

- Note height of door threshold, knob and hinge type: clear width door opening (32"), determine direction of door swing.
- Note presence of floor level changes
- Note hall width, adequate for walker/wheelchair (36" Minimum)
- Determine stair flight run, straight or curved
- Note stair rails, condition, right or left side
- Examine stairway light level
- Note floor surface texture and contrast
- Note if clutter on stairway or in hallways

III. Bathroom

- Are sink basin and tub faucets, shower control and drain plugs manageable?
- Are hot water pipes covered?
- Is mirror height appropriate, sitting and standing?
- Note ability to reach shelf above, below sink basin
- Note ability to step in and out of bath and/or shower
- Can resident use bath bench in tub or shower?
- Note toilet height, ability to reach paper; flush, come from seat to stand posture?
- Is space available for caregiver?
- Type of flooring material, smooth, carpet, slip-resistant?
- Main Floor bath large enough for wheelchair access, with 60 in turning radius or a

space 36" by 36" or 30" by 48" clear space.

Light in shower or tub area

Operable fan exhaust fan?

Do all toilets, sinks and other drains function properly?

IV. Kitchen

Note overall light level, tasking lighting

Note sink and counter heights

Note wall and floor storage shelf heights

Note space around and in front of countertops and between any islands Is space available to lower upper cabinets by 3"?

Note countertop edges, sharp, rounded or beveled?

Can an accent stripe or other type of demarcation be added to provide visual orientation to the countertop.

Do base cabinets have roll out shelves or lazy susans?

Can pull down shelving be easily added?

Is there under counter knee space?

Are under sink hot water pipes covered?

Is there a nearby surface to rest hot foods on when removed from oven?

Note stove condition and control location (rear or front) (gas or electric)

Is there adequate counter space to safely prepare meals?

Is Microwave set at counter height or in wall or cabinet?

Note type of refrigerator, upper freezer, lower freezer, side by side?

V. Living, Dining, Bedroom

Chair, sofa, bed heights to allow sitting and standing?

Do all rugs have non-slip pad or rug tape?

Chair available with arm rests?

Able to turn on light, radio, tv, place a telephone call from bed, chair and sofa?

VI. Laundry

Note style of Washer and dryer, top loading or front loading?

Is there room to raise washer and dryer 12-15 inches above floor?

Easy to read controls and location of controls

Able to hand-wash and hang clothes to dry?

Able to safely access washer/dryer?

VII. Basement

Are the basement stairs stable and well lit?

Is there any storage of combustible materials?

VIII. Garage

Are there steps leading to the garage?

Is there a handrail?

Is there any storage of combustible materials?

Is there adequate space around the vehicle?

Note height of any storage shelves

Note if any clutter exists

IX. Telephone and Doorbell

- Phone jack location near bed, chair, sofa?
- Able to get phone, dial, hear caller?
- Able to hear doorbell, identify visitors?
- Is there a cellular phone available?
- Is there an answering machine or wireless handset?

X. Windows

- Opening mechanism at 42 inches from Floor?
- Lock assessable, easy to operate?
- Able to open windows, sliding patio doors?
- Able to open drapes, blinds or curtains?
- Sill height above floor level?
- Are storm windows functional?

XI. Storage Space

- Able to reach closet rods, and hooks, open cabinets and drawers?
- Is there a light inside each closet?
- Able to reach mailbox and package shelf, pick up package and empty mailbox?

XII. Electric Outlets and Controls

- Sufficient outlets?
- Are there ground fault outlets (GFCI) in kitchen and bathroom(s)? Are there Smoke Alarms in each bedroom, bedroom entrance hallway, and each level? Working? Age?
- Are there CO alarms on each level? Working? Age?
- Are arc faults (AFCI) installed on bedroom circuits?
- Light switch at the entrance to each room and hallway?
- Light switch style, Paddle, toggle, or touch?
- Outlet height, wall locations?
- Extension cord hazards?
- Are there any uncovered outlets or switches?
- Circuit breakers or fuses?

XIII. Heat, Ventilation, Air Conditioning (HVAC)

- Are thermostat displays easily accessible and readable?
- Are thermostats programmable?
- Note last date of service for HVAC system
- Is there a humidifier?
- Are there any window mounted A/C units?
- Is the drainage ports on furnace clear and unobstructed?
- Observe temperature setting of water heater

XIV. Lighting

- Note rooms with poor light levels
- Do all lighting fixtures light all lamps?
- What types of lamps are being used? Incandescent? Fluorescent?

LED? Is there adequate task lighting?
Are there dark spots in hallways, stairs, entrance areas?

XV. Safety and Security

Is home wired for security?
If so, is it monitored by UL listed Central Station?
Does home have an intercom system?
Do all entrance doors have easily operated dead bolts
Does home have CCTV cameras and system
Is home wired for internet connection, CAT5e or CAT6 cabling, location of router?

XVI. Comments

Safety enhancements, fall prevention and accessibility modifications That can help prevent falls, extend ability to stay in home longer!

I. Exterior Entrances and Exits

Install stair rails on both sides of entrance
Install lever handles, double-bolt locksets
Install beveled, no-step, no trip threshold
Remove screen or storm door
Create surface to place packages when opening door
Install Doorbell camera instead of peephole
Repair holes, uneven joints on walkway
Provide non-slip finish to walkway surfaces
Add ramp as needed
Trim bushes and shrubs to provide clear view from doors and windows
Trim any low hanging branches

II. Interior Doors, Halls, Stairs

Create clear pathways between rooms
Apply color contrast or texture change at top and bottom stair edges
Install lever locksets on all doors
Install clear swing hinges to widen doorway. Minimum width 32 inches
Install beveled thresholds (max ½ Inch)
Replace or add non-slip surface on steps
Repair or add stair handrails on both sides of stairs

III. Bathroom

install clear swing hinges to widen doorway. Minimum width: 32 inches

- Install secure grab bars at toilet, bath and shower
- Install adjustable-height, handheld shower head
- Install non-slip strips in bath/shower
- Secure bathmat with non-slip, double-sided rug tape
- Adapt flush handle or install flush sensor
- Adapt or relocate toilet paper dispenser
- Round counter corners to provide safety
- Insulate exposed hot water piping
- Create knee space clearance at basin
- Install adjustable mirror for sitting and standing
- Install no threshold shower entrance if bathing abilities are severely limited
- Elevate toilet height by adding under seat riser, portable seat or new toilet

IV. Kitchen

- Install D-type door and drawer handles
- Install adjustable shelving to increase access to upper cabinets
- Install pullout units in lower cabinets
- Insulate hot water pipes if exposed
- Install hot proof surface near oven
- Move electrical switches and outlets to front of cabinets (See Section XII)
- Install pressure-balanced no touch lever faucets
- Expand counter surface as needed
- Create sitting knee clearance under work sites by removing doors and shelves
- Improve color contrast of cabinet and counter surface edges for those with low vision
- Clean or install new vented range hood
- Install below counter microwave

V. Living, Dining, Bedroom

- Widen or clear pathways within each room by rearranging furniture
- Secure throw and area rug edges with double-sided rug tape
- Improve access to and from chairs and beds by inserting risers under furniture legs
- Use side bed rail or chairs with armrests
- Install touch-control lamp at bedside (See Section XII)
- Install adjustable closet rods, shelving and improve light source for

better storage access

Install vertical pole adjacent to chair and sofa

Raise furniture to appropriate height using leg extender products

Install uniform level floor surface using wood, tile, or low-pile rugs

VI. Laundry

Build counter for folding and sorting clothes

Adjust closet line to convenient height

Relocate laundry appliance to main level

Clean dryer vent or replace with metallic hose

VII. Basement

Identify and eliminate sources of water in basement

Remove combustible materials and hazardous waste

Clear pathway to utilities

VIII. Garage

remove combustible materials and hazardous waste

Install grab bars at garage/house entrance

install surface to place packages when opening door

Clear any clutter

IX. Telephone and Doorbell

Install wireless telephone near bed, sofa and chair

Install flashing light or sound amplifier to indicate ringing doorbell

Install video doorbell

Install emergency flashing signal for exterior lights in case of emergency

X. Windows

Install handles and locks that are easy to grip and placed at appropriate height

Repair or replace windows that are not functional

Place sign on window of room where homeowner is sleeping

XI. Storage Space

Install adjustable closet rods and shelves

Install lighting inside each closet space (See Section XIV)

Install pocket doors

XII. Electrical Outlets and Control

Replace toggle switches with paddle style

Add contrasting color to switches for exterior, passage, doors
Install ground fault receptacles (GFCI) in kitchen and bathrooms if damaged or not present

Install Arc fault (AFCI) receptacles in all bedrooms

replace all smoke alarms over 10 years old, add them in all bedrooms and entrance hallways to bedrooms, and all each level of home. Install CO alarm on each level

Install fire extinguisher in garage, kitchen and basement

Install wireless switches, if necessary, at the top and bottom of stairs
Move countertop receptacles to front panel of cabinet for specific equipment in kitchen

Add LED nightlights to all hallways and any stairs or steps

XIII. Heat, Ventilation, Air Conditioning (HVAC)

Replace thermostat with large programmable digital unit

Reduce water temperature to 120 degrees

Order service for HVAC system

Replace and have on hand a replacement furnace filter

XIV. Lighting

Increase lighting at all entry areas

Replace incandescent lamps with color tuned LED

Increase task lighting in kitchen and living room and bedroom
Install flashing emergency lighting switch at main entrance with push button switch at bedside, bath and kitchen

XV. Safety and Security

Install latest level WiFi router and access points if necessary

Add sensor to medicine storage cabinet

Add UL Listed Central Station Monitoring to security System with email notification to caregiver

XVI. Comments

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