

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 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?

___ ___

Walker, 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 Pouch-*

___ ___

es, 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 up 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