



# Adaptive Equipment & Caregiving Corner

*"If you can't do it, adapt it!"*

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Office: (618) 206-8401

## Home Safety Checklist

Home Entrance    Zone = 1    Video(s): 1.1

**Yes**    **No**

**Yes**    **No**

       Steps/Ramp in good condition?

       Edges of steps clearly visible?

Video(s):  
Equipment:

Video(s): 1.2  
Equipment: 1.3 & 1.5

       Steps have at least one secure rail or grab bar?

       Entrance has good lighting?

Video(s): 1.2  
Equipment: 1.1

Video(s):  
Equipment: 1.8

       Steps/Ramp free of clutter?

       Steps/Ramp have non-slip surface?

Video(s):  
Equipment:

Video(s): 1.2  
Equipment: 1.2 & 1.4

       Appropriate seat w/ arm rests (17-19" seat height) close to entrance in case of fatigue?

Video(s):  
Equipment:

**Notes:**



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## Living Room

Zone = 2

Video(s): 2.1

**Yes**   **No**

**Yes**   **No**

 

Adequate lighting?

 

Easily accessible light switch?

Video(s): 2.5

Equipment: 2.14

Video(s): 2.1

Equipment: 2.8

 

Non-slip flooring in good condition?

 

Throw rugs removed or secured?

Video(s):

Equipment:

Video(s): 2.2

Equipment: 2.2 & 2.3

 

Throw rugs ripple free?

 

Electrical cords removed from pathway?

Video(s):

Equipment:

Video(s): 2.6

Equipment: 2.4 , 2.5 & 2.6

 

Pathways free of clutter?

Video(s):

Equipment:

 

Furniture placement appropriate for walker/wheelchair pathway?

Video(s): 2.1

Equipment:

 

Comfy chair with arm rests appropriate height (17-19" seat height)?

Video(s): 2.1 , 2.3 & 2.4

Equipment: 2.1 , 2.11 , 2.12 & 2.13

 

Table next to seat for easy access to drink, phone, remotes, lights etc.?

Video(s): 2.1

Equipment:

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## Kitchen

Zone = 3

Video(s): 3.1

**Yes**   **No**

**Yes**   **No**

Adequate lighting?

Video(s):

Equipment: 3.5 & 3.7

Easily accessible light switch?

Video(s): 2.1

Equipment:

Non-slip flooring in good condition?

Video(s):

Equipment:

Pathways free of clutter?

Video(s):

Equipment:

Throw rugs removed or secured?

Video(s): 2.2

Equipment:

Throw rugs ripple free?

Video(s):

Equipment:

Are frequently used items stored at easily accessible (waist) height including items in refrigerator?

Video(s): 3.1

Equipment: 3.4

Does kitchen have a mid-point, island, table or walker tray for easy transportation of kitchen items?

Video(s):

Equipment: 3.1 , 3.2 & 3.3

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## Stairways

Zone = 4

Video(s): 4.1

**Yes**   **No**

**Yes**   **No**

Adequate lighting?

Video(s):

Equipment: 4.8

Easily accessible light switch at top & bottom of stairs?

Video(s): 2.1

Equipment:

Non-slip step surfaces in good condition?

Video(s):

Equipment: 4.2 , 4.3 , 4.4 & 4.5

Stairs free of clutter?

Video(s): 4.1

Equipment:

Handrails secure (handrails on both sides of stairs preferred) & clearly visible?

Video(s): 1.2

Equipment: 4.1 & 4.7

Carpeted stairs free of tears and ripples?

Video(s):

Equipment:

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## Bedroom

Zone = 5

Video(s): 5.1

**Yes**   **No**

**Yes**   **No**

 

Non-slip flooring in good condition?

Video(s):  
Equipment:

 

Pathway free of clutter?

Video(s):  
Equipment:

 

Electrical cords removed from pathways?

Video(s): 2.6  
Equipment: 2.5

 

Lamp next to bed easily within reach?

Video(s): 5.1  
Equipment:

 

Adequate lighting?

Video(s):  
Equipment:

 

Easily accessible light switch?

Video(s):  
Equipment: 5.10

 

Clear path from bed to bedroom?

Video(s):  
Equipment:

 

Adequately lit path to bathroom with night lights?

Video(s):  
Equipment: 5.8 & 5.9

 

Throw rugs removed or secured?

Video(s): 2.2  
Equipment:

 

Throw rugs free of ripples?

Video(s):  
Equipment:

 

Bed height too high or too low?

Video(s): 5.2  
Equipment: 5.4 , 5.5 & 5.12

 

Needs help in/out of bed?

Video(s):  
Equipment: 5.1 , 5.2 , 5.3 & 5.6

 

Table next to bed for easy access to phone, drink, flashlight, remotes etc.?

Video(s): 5.1  
Equipment:

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## Bathroom

Zone = 6

Video(s):

**Yes**   **No**

**Yes**   **No**

 

Pathways free of clutter?

 

Non-slip flooring in good condition?

Video(s):

Equipment:

Video(s):

Equipment: 6.8

 

Secure grab bars in tub/shower area?

 

Night lights?

Video(s): 6.4

Equipment: 6.5 & 6.9

Video(s): 2.5

Equipment: 6.14 & 6.15

 

Adequate lighting?

 

Easily accessible light switch?

Video(s): 2.5

Equipment: 6.14 & 6.15

Video(s):

Equipment:

 

Non-slip bath mat outside tub/shower?

 

Bath mat or non-slip strips in shower or tub?

Video(s): 6.4

Equipment: 6.13

Video(s): 6.4

Equipment: 6.7 & 6.8

 

Throw rugs removed or secured?

 

Throw rugs free of ripples?

Video(s): 2.2

Equipment:

Video(s): 2.2

Equipment:

 

Is toilet seat riser needed?

Video(s): 6.1 , 6.2 & 6.3

Equipment: 6.2

 

Appropriate toilet height (ADA toilet seat 17-19" above floor)?

Video(s):

Equipment:

 

Appropriate hand placement for push off when getting up from toilet (grab bar, toilet rail)?

Video(s): 6.1

Equipment: 6.1 , 6.3 & 6.4



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**Bathroom**(cont.)    Zone = 6    Video(s):

**Yes    No**

       Appropriate equipment in a walk-in shower for sitting during shower?

Video(s): 6.4

Equipment: 6.6 , 6.11 & 6.12

       Appropriate equipment in tub/shower combo for sitting during shower?

Video(s): 6.4 & 6.5

Equipment: 6.6 & 6.10

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## General Safety Tips

Zone = 7

Video(s):

Yes No

Yes No

Night lights available?

Does walker fit through doorways?

Video(s): 2.5

Equipment: 7.8 & 7.9

Video(s): 7.1

Equipment:

Do shoes fit well & have non-slip soles (avoid slip-on shoes)?

Video(s):

Equipment:

Non-skid socks available when going without shoes in the home?

Video(s):

Equipment: 7.7

Can clothing become a tripping hazard?

Video(s):

Equipment:

Will pets cause a tripping hazard when walking through the home?

Video(s):

Equipment:

Is a phone within reach or loved-one wearing a personal response system device?

Video(s):

Equipment:

Is walker basket or tray available for safely transporting items?

Video(s): 3.1

Equipment: 7.4 & 7.5

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**General Safety Tips**(cont.)      Zone = 7      Video(s):

**Yes    No**

       Cleaning material available for cleaning up spills immediately?

Video(s):

Equipment:

       Does loved-one know to move slowly when changing positions from lying to sitting to standing in order to help prevent dizziness?

Video(s):

Equipment:

**Notes:**