

Living Room

<i>Yes</i>	<i>No</i>	Light switches that can be reached easily when entering a room?
<i>Yes</i>	<i>No</i>	Enough lighting?
<i>Yes</i>	<i>No</i>	Furniture arranged so no one will trip on it and no clutter?
<i>Yes</i>	<i>No</i>	Sturdy chairs and sofas at a height from which you can easily stand?
<i>Yes</i>	<i>No</i>	Floor rugs secured to floor?
<i>Yes</i>	<i>No</i>	Electrical cords behind furniture?
<i>Yes</i>	<i>No</i>	A phone that is easily reached from the floor?
<i>Yes</i>	<i>No</i>	Area rugs with non-slip backing?

Kitchen

<i>Yes</i>	<i>No</i>	Everyday dishes and kitchen supplies within easy reach?
<i>Yes</i>	<i>No</i>	Tile, linoleum, scatter mats and carpeting secure to floor?
<i>Yes</i>	<i>No</i>	Dials on stove are clearly marked 'ON/OFF'

Bedroom

<i>Yes</i>	<i>No</i>	Easy access to the telephone and lamp from your bed?
<i>Yes</i>	<i>No</i>	Easy access to your telephone from the floor (in case of falling)?

Bathroom

<i>Yes</i>	<i>No</i>	Grab bars in your bathroom?
<i>Yes</i>	<i>No</i>	A rubber bathmat or non-skid surface in your tub?
<i>Yes</i>	<i>No</i>	A non-skid bathmat beside your tub?
<i>Yes</i>	<i>No</i>	A clear, well lit path from the bedroom to bathroom for night time?

Basement

<i>Yes</i>	<i>No</i>	Stairways and basement areas that are well lit and free of clutter?
<i>Yes</i>	<i>No</i>	Secure handrails on both sides of the stairway?
<i>Yes</i>	<i>No</i>	The knowledge to change a fuse or reset a circuit breaker?
<i>Yes</i>	<i>No</i>	Your hot water heater set no higher than 130°F or 54°C?
<i>Yes</i>	<i>No</i>	The knowledge to store and dispose of hazardous waste safely?

Medications

<i>Yes</i>	<i>No</i>	Have your medications in clearly labeled bottles?
<i>Yes</i>	<i>No</i>	Keep your medications in a cool, dry area? (NOT in bathroom)
<i>Yes</i>	<i>No</i>	Take your medication in a brightly lit room?
<i>Yes</i>	<i>No</i>	Discard your medications after the expiration date?
<i>Yes</i>	<i>No</i>	Use only medication that has been prescribed for you?
<i>Yes</i>	<i>No</i>	Use the same pharmacy for all your medication needs?
<i>Yes</i>	<i>No</i>	Talk with your pharmacist before purchasing over the counter and herbals?
<i>Yes</i>	<i>No</i>	Understand the purpose for each of the medications you are taking?
<i>Yes</i>	<i>No</i>	Follow directions to avoid alcohol with specific medications?
<i>Yes</i>	<i>No</i>	Review all medications on a regular basis with your MD?
<i>Yes</i>	<i>No</i>	Have you been checked for osteoporosis?

Security Checklist

<i>Yes</i>	<i>No</i>	Lights on in the house when you are away for any length of time?
<i>Yes</i>	<i>No</i>	A door viewer on your exterior doors?
<i>Yes</i>	<i>No</i>	Doors and windows that have locks that work?
<i>Yes</i>	<i>No</i>	Bushes in front of home trimmed below window level?

Fire Hazard Check

<i>Yes</i>	<i>No</i>	Electrical cords in good condition and out of travel paths?
<i>Yes</i>	<i>No</i>	Electrical outlets that are not overloaded?
<i>Yes</i>	<i>No</i>	One working smoke alarm for each level of your home?
<i>Yes</i>	<i>No</i>	A fire extinguisher in your kitchen?
<i>Yes</i>	<i>No</i>	An emergency exit and an escape plan in case of fire?
<i>Yes</i>	<i>No</i>	Carbon monoxide detectors?

Outside Your Home

<i>Yes</i>	<i>No</i>	Walkways, driveway and stairs in good repair?
<i>Yes</i>	<i>No</i>	Handrails on both sides or outside steps?
<i>Yes</i>	<i>No</i>	Well lit walkways, garage, stairs and ramps?
<i>Yes</i>	<i>No</i>	Stairs, ramps and walkways finished with a non-slip surface?
<i>Yes</i>	<i>No</i>	Walkways and steps clear of wet leaves, ice and snow?
<i>Yes</i>	<i>No</i>	Wait until the grass dries before walking on it?
<i>Yes</i>	<i>No</i>	Salt or sand to put on walkways and steps in winter?