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**Home Safety**

**Self-Assessment Questionnaire**

Keeping your home a safe environment will help reduce the risk of falls.

The following questions will help you and your family identify any risks at home and how to make them safe

|  |  |  |
| --- | --- | --- |
|  | **No** | **YES** |
| Outdoor grab bar for front door |  |  |
| Good lighting at night |  |  |
| Safe steps |  |  |
| Stairways with stable or sufficient handrails |  |  |
| Safe floor (no risk of slipping) |  |  |
| No obstacles present on walkway (E.g. hoses, newspapers, weeds, bike, vases, ornaments etc. |  |  |
| Easy access to light switch |  |  |
| Safe throw or rug |  |  |
| Carpet (even, uncurled) |  |  |
| No electric cords across floor |  |  |
| Easy-to-reach telephone when sitting |  |  |
| No clutter on floor (E.g. robes, shoes, etc.) |  |  |
| Stable furniture (chair/stool/table) |  |  |
| Sufficient space for movement |  |  |
| Cupboards not too high or low |  |  |
| Stable stool or chair for reaching |  |  |
| Sufficient space for maneuvering |  |  |
| Absence of pets |  |  |
| Bed height not too high or low |  |  |
| Able to answer the telephone while in bed |  |  |
| Easy to reach bedside table (to place glasses, phone, light) |  |  |
| Easy to reach light switch from bed |  |  |
| Toilet not too high or low |  |  |
| Stable grab bars present near toilet |  |  |
| Stable grab bars in shower |  |  |
| Slip-resistant bath mats |  |  |
| Easy-to-reach soap or shampoo |  |  |
| Shower seat present (if needed) |  |  |
| Stable grab bars in bath |  |  |
| Safe bath edge |  |  |

Sandwell Council’s Aids and Adaptations Service can visit you to see what equipment and other support the can provide to help you live safely at home:

Website: <https://www.sandwell.gov.uk/community-wellbeing/help-equipment-adaptations-service>

Email: sandwell\_enquiry@sandwell.gov.uk

Call: 0121 569 2266