

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 they 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