

# Better Balance Project- In-Home Environmental Assessment

Participant Name: \_\_\_\_\_

Date \_\_\_\_\_

## Instructions

Walk through the home to identify any problem areas. **Circle "YES" if the problem is present, "NO" if the problem is not present, and "N/A" if the problem does not apply in your home (e.g. no stairs inside the home or the room is not used)**. Write down possible solutions that you would consider doing. In the next column, identify if you need help performing this task, or write "no action" if you do not need or want assistance with the solution.

Problems	Yes, No, N/A	Potential Solutions	Other solution:	Want Help? Y/N
<b>Pathways/Entrance to Home</b>				
Object block entrance or pathway	Y N N/A	Remove objects		
Loose, uneven pathways	Y N N/A	Repair loose, uneven surfaces		
Poor visibility	Y N N/A	Provide better/brighter lighting; or mark stairs		
Handrails are broken or absent on both sides of stairs	Y N N/A	Install handrail along full length of stairs on both sides		
Needs ramp	Y N N/A	Install ramp		
<b>Throughout the Home</b>				
Loose throw rugs or mats	Y N N/A	Use double-sided carpet tape to secure rugs; or remove them		
Carpet folds or frayed carpet	Y N N/A	Tack down loose carpet		
Pathways not clear: objects, cords, books in the way of foot traffic	Y N N/A	Clean up clutter; or move objects		
Variation in floor levels	Y N N/A	Repair flooring		
There are no swivel chairs				
Doesn't have stable seating	Y N N/A	Use chairs with solid armrests, no swivels		
Phone hard to access	Y N N/A	Move phone to more accessible location		
Lighting dim or inadequate	Y N N/A	Provide better, brighter lighting		



Problems	Yes, No, N/A	Potential Solutions	Other Solutions	Want Help? Y/N
<b>Stairs and Steps (Indoors and Out)</b>				
No light switch at top and bottom of stairs	Y N N/A	Install light switch at top and bottom of stairs		
No full length handrails on both sides of stairs	Y N N/A	Install/repair handrails on both sides of stairs		
Broken, worn steps or covering	Y N N/A	Repair broken/worn steps or coverings		
Hard to see edge of each step	Y N N/A	Mark edges of steps in contrasting colors		
<b>Kitchen</b>				
Items cannot be easily reached	Y N N/A	Move frequently used items to lower shelves		
<b>Bathroom</b>				
No grab bars for toilet (not towel rack)	Y N N/A	Install grab bars for toilet		
No grab bars for tub or shower	Y N N/A	Install grab bars for tub or shower		
No hand held shower	Y N N/A	Install hand held shower		
No bath bench or shower chair	Y N N/A	Need bath bench		
Toilet seat that is too low	Y N N/A	Need raised toilet seat		
Surfaces in tub or shower are slippery, no bath mats	Y N N/A	Use rubber mat or non-skid strips for tub/shower		
<b>Bedrooms</b>				
No light switch within reach of the bed	Y N N/A	Place lamps within reach of the bed		
No nightlight between bed and toilet	Y N N/A	Install nightlight		
<b>Other (e.g. garage, backyard)</b>				
Specify:				

**Other Environmental Safety Information:**

Smoke alarm present and working?	Yes	No
Stove available?	Yes	No
Adequate heating system?	Yes	No
Adequate ventilation?	Yes	No