

# WORKSHEET 3:

## Home Safety Evaluation Checklist

*Adapted from Caring and Coping, A Caregiver's Guide to Parkinson's Disease, published by the Parkinson's Foundation, 2016.*

### THROUGHOUT THE HOUSE

- Floors are stable, non-skid surfaces without excessive patterns.
- Lighting is good throughout the home, with no dark or shadowy pockets.
- Walking paths are wide, allowing easy access and/or use of a walker or wheelchair, if needed.
- Electrical/phone/computer cords do not pose a tripping/falls risk when walking or moving about.
- Stairs are in good shape, have railings and can be blocked for safety, if needed.
- Chairs are stable, have arm rests and adequate seat height to make standing up easier.
- Dining area can be easily accessed.
- A communication system is in place to allow you to hear the person with Parkinson's in another area of the house.

### TO DO:

- Remove any small area rugs/throw rugs/scatter rugs.
- Remove any clutter to decrease the risk of tripping or falling.
- Store medication in a safe place.

### BEDROOM

- Environment is quiet and relaxing.
- Bed height allows feet to touch the floor when seated at bedside.
- Half side-rail or bed pole is in place to assist in rolling and getting up.
- Nightlight is placed in easily accessible spot and bright enough to fully light the path to the bathroom.
- Bedside commode/urinal made available for nighttime use, if needed.
- Communication system or monitor is in place, so you can hear calls for help at night.

### TO DO:

- Place slippery fabric or draw sheet on the middle third of the bed to make rolling easier.
- Remove the top sheet and instead use only a lightweight comforter on the bed.
- Avoid flannel sheets and nightwear as they impeded movement.

### BATHROOM

- Grab bars are installed near the toilet, tub and shower to avoid using towel racks, faucets or soap dishes as substitutes.
- Toilet has an elevated seat and arm rests or grab bar within easy reach.
- Tub/shower has a sturdy bench with back support for bathing/shower safety.
- Seating is available when performing tasks like brushing teeth, shaving, and combing hair, if needed.
- Communication system or monitor is in place so you can hear calls for help.