

HomeFit Handout: Your Home

The purpose of this handout is to help you decide how to begin making your home more “HomeFit.” Most houses and apartments are designed for young, able-bodied adults and don’t meet the needs of older residents or people with disabilities. When possible, “home-fitting” should take place before it becomes a necessity. Use this worksheet to note anything you’d like to address to make your home safer, more comfortable and a better “fit” for you and others in your household. Each section will provide a list of questions that you should answer by examining your own living spaces. Check the box after each question if your answer to any of the questions is “no” or “unsure.”

A Note to Renters

Many of these suggestions are doable even if you don’t own the house or apartment where you live. For changes that will require some remodeling or installation work, you will likely need to seek permission from the property owner. (Know that fair-housing and accessibility laws tend to favor the requests of renters seeking reasonable accommodations.)

The Entryway

Current Home Situation

For more info refer to HomeFit Guide pages 5, 28

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| <ol style="list-style-type: none"> 1. Are your exterior walkways in a safe condition, free of tripping hazards? 2. Does the entryway have exterior lighting and pathway lighting? 3. If your entryway has steps, does the entryway have handrails on both sides of the steps that extend past the last step? 4. Is your home’s address number clearly visible from the street? 5. Is the entrance door at least 32” wide? | <ol style="list-style-type: none"> 6. Is the entrance door a zero-step entry? 7. Does the entrance door have lever-style handles with a deadbolt? 8. Does your entrance door have a secure slide latch or chain? 9. Does your entrance door have a peephole, viewing panel or security technology so you can see who is outside? |
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Notes on issues to address in my home:

Entry Spaces

Current Home Situation

For more info refer to HomeFit Guide pages 6, 7

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| <ol style="list-style-type: none"> 1. Is the entry space free of tripping hazards, such as scatter or throw rugs? 2. Do you have a hall table or other piece of furniture that can be used to store commonly used items? | <ol style="list-style-type: none"> 3. Do you have a bench in your entry space? |
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Notes on issues to address in my home:

Continued

The Kitchen

Current Home Situation

For more info refer to HomeFit Guide pages 9, 11, 31

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| <ol style="list-style-type: none"> 1. <i>Is there task lighting above commonly used work areas in your kitchen?</i> 2. <i>Does your kitchen have a work surface you can use while seated?</i> 3. <i>Is there a fire extinguisher within reach of the oven or stove?</i> 4. <i>Are your cabinet handles D-shaped?</i> | <ol style="list-style-type: none"> 5. <i>Are your kitchen cabinets and shelves easy for you to reach?</i> 6. <i>Does your kitchen have a lever-, touch- or sensor-style faucet?</i> 7. <i>Does your stove model have controls near the front of the device?</i> 8. <i>If you use a step stool, does it have nonslip surfaces and a handle you can grip?</i> |
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Notes on issues to address in my home:

The Bathroom

Current Home Situation

For more info refer to HomeFit Guide pages 22, 23

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| <ol style="list-style-type: none"> 1. <i>Do you have a shower that has a zero-step or no more than ¾" lip to enter?</i> 2. <i>Do you have a handheld shower head?</i> 3. <i>Is there a seat or bench in your shower, or is there room for one if the need arises?</i> 4. <i>Are the bathroom cabinets and shelves easy for you to reach?</i> 5. <i>Is the area under your bathroom sink open to allow someone to sit when using it?</i> | <ol style="list-style-type: none"> 6. <i>Are the pipes under your sink insulated to protect legs if sitting to use the sink?</i> 7. <i>Are grab bars properly installed in the bathing and toilet areas?</i> 8. <i>Do you have a comfort-height toilet?</i> 9. <i>Are there nonslip strips or nonslip mats in the bathtub and/or shower?</i> 10. <i>Are all mats used on the bathroom floor rubber-backed and nonslip?</i> |
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Notes on issues to address in my home:

Continued

Living Spaces: General

Current Home Situation

For more info refer to HomeFit Guide pages 5, 13, 15, 17, 18, 19, 25

1. Are the interior doorways at least 32" wide?
2. Do you have rocker-style light switches?
3. Are you utilizing natural light in your living spaces?
4. Are your floors clear of scatter and throw rugs? And are large area rugs secured with nonslip mats or double sided tape?
5. Are all electrical and phone cords safely located (so they aren't a tripping hazard)?
6. Does every room and hallway have a working smoke detector on the ceiling or high on a wall?
7. If your home has features that necessitate them, is there a carbon monoxide detector on every level of the house?
8. Is a telephone easily accessible on every level of your home?
9. Is there adequate space around furniture and in hallways to maneuver?
10. Do you have flashlights in multiple rooms (in case of a power failure)?
11. Is your laundry room on the main floor of your home?
12. Are your washer and dryer easily accessible (height, front load vs. top load)?

Notes on issues to address in my home:

Living Spaces: Hallways and Stairways

Current Home Situation

For more info refer to HomeFit Guide page 17

1. Are your stairways in good condition with closed backs?
2. Are stairs carpeted with tightly placed, woven low-pile carpet with thin padding?
3. If steps are uncarpeted, do they have a nonslip surface such as adhesive strips or securely placed rubber stair treads?
4. Are there secure handrails on both sides of your stairways that extend past the last step?
5. Are your hallways well lighted?
6. Are your stairways well lighted?
7. Are night-lights placed in hallways and near steps and stair-cases?
8. Are the switches that control stairway light fixtures located at both the top and bottom of the stairs?

Notes on issues to address in my home: