

Home Safety Self-Assessment Tool

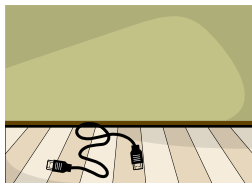
What's the purpose?

- The Home Safety Self-Assessment Tool helps you identify and fix fall risks around your home to make it safer.
- It takes about 30 to 60 minutes to finish.

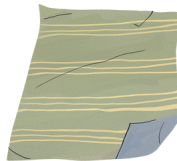
What do I have to do?

- You will look at each area of your home—like the living room, kitchen, bathroom, bedroom, hallways, and entrances.
- Write down any fall hazards you find in each area. You can do this on your own or with your therapist, a friend, or a family member.

Common things that might make you fall include:



Cords across the floor



Loose rug



Poor lighting



Clutter



Wet floors



Things out of reach

What do I do next?

- After you finish the assessment, you and your therapist will look at the results together and talk about the things that can cause a fall in your home.
- You will work together to make a plan to fix the problems.
- You can do the assessment again later to find new fall risks and make a plan to address them.

Talk to your therapist about what the results mean for you.

To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.
Questions? Email rehabmeasures@sralab.org or call 312.238.2802

