

HOME CHECKLIST



Make Your House a Home for a Lifetime

Use this handy, room-by-room checklist to assess the comfort, convenience, safety, and security of your home. Each time you answer no to a question, you have identified an opportunity for improvement. By using some of the ideas presented throughout this guidebook, you can make your house a home for a lifetime.

THROUGHOUT THE HOUSE

YES NO

- Are smoke detectors installed on each floor of the home, including one near the sleeping area? YES NO
- Do you replace smoke detector batteries at least once a year?..... YES NO
- Do wall coverings and flooring materials meet the most stringent fire safety standards (fire rated Class A or Class I)? YES NO
- Are furnishings and draperies made with fire retardant materials?..... YES NO
- Is there a sufficient and evenly distributed level of lighting throughout the house and at exterior doors and walkways? Has additional lighting been installed where safety hazards exist?..... YES NO
- Is your home’s hot water adjusted to a safe temperature (110-120 degrees)? YES NO
- Are paths through rooms well lighted and free of obstructions?..... YES NO
- Is your home free of thresholds that may trip or hinder movement? YES NO
- Is your home free of scatter rugs? Or, as an alternative, have you secured area rugs and doormats with double-sided carpet tape or self-stick carpet mesh? YES NO
- Have you considered replacing round doorknobs with lever handles? Or, as an alternative, purchase lever adapters to clamp onto round doorknobs..... YES NO
- Have you installed a portable security intercom that will allow you to identify visitors from anywhere inside the house?..... YES NO
- Are emergency numbers posted at every telephone?..... YES NO
- Have you considered having a personal emergency response system (PERS)connected to the telephone for added peace of mind? (The system comes with a portable button that is worn or that can be affixed to the wall within the bathroom, at bedside, and in the kitchen where more emergencies tend to take place.) YES NO

HOME CHECKLIST (CONT.)



KITCHEN	YES	NO
Is good lighting available over the stove, counters, sink and other areas in which food preparation and other tasks take place?	<input type="radio"/>	<input type="radio"/>
Are major appliances designed to reduce bending and reaching, i.e., wall oven and side-by-side refrigerator?	<input type="radio"/>	<input type="radio"/>
Are stove/oven controls easy to reach, grasp and turn?	<input type="radio"/>	<input type="radio"/>
Are they located at the front edge of the appliance?	<input type="radio"/>	<input type="radio"/>
Is there high color contrast between the text of the controls and the background color of the range, washer/dryer, and other appliances?	<input type="radio"/>	<input type="radio"/>
Is the size of the text easy to read?	<input type="radio"/>	<input type="radio"/>
Is the counter at a comfortable working height?	<input type="radio"/>	<input type="radio"/>
Is there a lower section of the counter at table height with a chair, or a work area which allows you to work while seated?	<input type="radio"/>	<input type="radio"/>
Have you equipped your kitchen with safety items such as a fire extinguisher and small appliances with an automatic shut-off feature?	<input type="radio"/>	<input type="radio"/>
Have you installed an anti-scald mechanism on the pipe under the kitchen sink that automatically mixes hot and cold water to a pre-set, non-scalding temperature?	<input type="radio"/>	<input type="radio"/>
Have you equipped your kitchen with convenience gadgets such as jar and bottle opener, flexible sink hose, a long handled reacher to take light-weight items down from upper shelves, etc.?	<input type="radio"/>	<input type="radio"/>
Are storage shelves/cabinets within easy reach?	<input type="radio"/>	<input type="radio"/>
Is cabinet hardware easy to grasp?	<input type="radio"/>	<input type="radio"/>
Have you considered installing lever-type faucet handles in the kitchen sink? (Or, as an alternative, you can purchase a gripper tap turner to convert standard handles and controls on appliances and other equipment into lever-type ones.)	<input type="radio"/>	<input type="radio"/>

HOME CHECKLIST (CONT.)



BATHROOM	YES	NO
Is there bright, non-glare producing lighting at the vanity counter, tub and shower?.....	<input type="radio"/>	<input type="radio"/>
Is the bathtub or shower easy to get into and out of?	<input type="radio"/>	<input type="radio"/>
Have you placed non-slip vinyl mats in bathtubs and showers to help guard against falls?	<input type="radio"/>	<input type="radio"/>
Are there well-secured grab bars installed in the shower or tub?.....	<input type="radio"/>	<input type="radio"/>
Is there a tub/shower seat in the bathing area?.....	<input type="radio"/>	<input type="radio"/>
Have you installed an anti-scald safety valve on shower heads and faucets to protect against hot water scalding?.....	<input type="radio"/>	<input type="radio"/>
Do the counter tops have rounded, rather than sharp, corners to reduce the potential for injury?.....	<input type="radio"/>	<input type="radio"/>
BEDROOM		
Are the mattress, pillows, and bedding made with fire retardant materials?.....	<input type="radio"/>	<input type="radio"/>
Is there a clear and well-lighted pathway from the bed to the bathroom?	<input type="radio"/>	<input type="radio"/>
Do you have a light or flashlight within easy reach of the bed?.....	<input type="radio"/>	<input type="radio"/>
Is there a telephone within easy reach of the bed?.....	<input type="radio"/>	<input type="radio"/>
Have you considered outfitting closets with easy-to-reach dual-height hanging clothes bars and shelves?	<input type="radio"/>	<input type="radio"/>
STAIRWAYS		
Are stairways uncarpeted and have the edges been marked with textured tape or rubber treads to reduce slipping?.....	<input type="radio"/>	<input type="radio"/>
Is the leading edge of the steps marked with a contrasting color tape to clearly delineate this potential safety hazard?.....	<input type="radio"/>	<input type="radio"/>
Are stairways well lighted so that each step, particularly the edges, can be clearly seen while going up and down?.....	<input type="radio"/>	<input type="radio"/>
Do stairways have two sturdy, easy-to-grip hand rails that run continuously from the top and extend beyond the edges of the first and last stairs?	<input type="radio"/>	<input type="radio"/>
Are stairways free of clutter?.....	<input type="radio"/>	<input type="radio"/>

Excerpted from Simple Solutions: Practical Ideas and Products to Enhance Independent Living. Visit www.thehartford.com/lifetime to download the entire guidebook.

This checklist, and the Simple Solutions guidebook, is intended to help individuals who seek information about the kinds of changes that can be made to a home environment to increase comfort, convenience and safety. It is not intended to be an exhaustive source or to relate to a particular housing situation. Readers are advised to consult the appropriate professionals to assist them in analyzing their situation and to refer to the sources identified in the section entitled "Resources" for additional information. All information and representations herein are as of March 2013. Printed in U.S.A. © March 2013 The Hartford Financial Services Group, Inc., Hartford, CT 06155 All Rights Reserved