

Appendix B: Environmental Assessment Checklist

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SANTA MARIA
HEALTH SCHOOL
Escola Superior Saúde Santa Maria

 **UNIVERSIDADE DA CORUÑA**



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ROOM-BY-ROOM SAFETY ASSESSMENT

- **Living Room**
 - Pathways: Clear, wide (≥ 36 "), obstacle-free
 - Seating: Firm cushions, armrests, appropriate height (17-19")
 - Lighting: Adequate general + task lighting, glare reduction
 - Electrical: Cords secured, outlets accessible
 - Rugs: Secured edges, non-slip backing
- **Kitchen**
 - Storage: Frequently used items at waist level
 - Appliances: Easy-reach controls, automatic shut-off
 - Workspace: Non-slip mats, adequate lighting
 - Sharp objects: Secure storage, easy-grip handles
- **Bedroom**
 - Bed height: Feet flat on floor when seated (16-20")
 - Bedside: Clear path to bathroom, reachable light switch
 - Closet: Accessible clothing, good lighting
 - Floor: Clear of obstacles, non-slip surfaces
- **Bathroom**
 - Toilet: Raised seat if needed, grab bars nearby
 - Shower/Bath: Non-slip surfaces, grab bars, shower seat
 - Sink: Accessible height, lever-style faucets
 - Lighting: Bright, shadow-free illumination
- **Stairways**
 - Handrails: Both sides, extend beyond top/bottom steps
 - Steps: Uniform height, non-slip treads, good lighting
 - Visibility: Clear contrast between steps, adequate lighting

LIGHTING RECOMMENDATIONS

- **General Principles**
 - Brightness: 2-3x brighter than younger adults need
 - Uniformity: Avoid dramatic light/dark contrasts
 - Glare Control: Minimize reflective surfaces, use lampshades
- **Specific Areas**
 - Hallways: Motion-activated lights, nightlights
 - Stairs: Top and bottom switches, under-step lighting
 - Task Areas: Focused lighting for reading, cooking
 - Bathroom: Bright, even lighting around mirror
 - Bedroom: Bedside lighting, path to bathroom
- **Light Sources**
 - LED bulbs: Energy-efficient, long-lasting, cool temperature
 - Natural light: Maximize during day, control with blinds
 - Emergency lighting: Battery backup, flashlight accessibility

FLOORING CONSIDERATIONS

- **Safety Features**
 - Non-slip: Textured surfaces, appropriate friction
 - Level transitions: Minimize height differences, use ramps
 - Contrast: Visual distinction between surfaces
 - Stability: Firm, non-deformable surfaces
- **Material Recommendations**
 - Hard surfaces: Low-pile carpet, vinyl, wood with non-slip finish
 - Avoid: High-pile carpets, loose rugs, highly polished surfaces
 - Transitions: Secure thresholds, eliminate trip hazards
- **Maintenance**
 - Cleanliness: Regular cleaning, immediate spill cleanup
 - Wear patterns: Monitor for damage, replace as needed
 - Seasonal: Address ice, wet conditions promptly

FURNITURE MODIFICATIONS

- **Seating**
 - Height: 17-19" for chairs, feet flat on floor
 - Armrests: Sturdy, extend to chair front, proper height
 - Cushions: Firm support, not too soft or deep
 - Stability: Wide base, non-rolling wheels
- **Tables**
 - Height: 28-30" for dining, 24-26" for coffee tables
 - Edges: Rounded corners, contrasting borders
 - Stability: Sturdy base, appropriate weight
- **Storage**
 - Accessibility: Waist-level storage preferred
 - Handles: Easy-grip, lever-style preferred
 - Drawers: Smooth operation, stops to prevent over-extension
- **Bed**
 - Height: 16-20", adjustable if possible
 - Support: Firm mattress, easy entry/exit
 - Bedside: Stable nightstand, reachable items

BATHROOM SAFETY FEATURES

- **Grab Bars**
 - Placement: Toilet area, shower/tub, near sink
 - Specifications: 1½" diameter, 300lb capacity
 - Installation: Into wall studs, proper height (33-36")
 - Types: Straight, angled, fold-down options
- **Shower/Bath Safety**
 - Non-slip surfaces: Textured floor, grab bars
 - Shower seat: Fold-down or portable, proper height
 - Handheld shower: Adjustable height, easy controls
 - Thresholds: Low or curbless entry preferred
- **Toilet Modifications**
 - Height: Raised seat if needed (17-19" total)
 - Support: Grab bars or toilet safety frame
 - Accessibility: Clear approach space (30" x 48")
- **Lighting & Ventilation**
 - Bright lighting: 50+ foot-candles, shadow-free
 - Ventilation: Adequate airflow, humidity control
 - Switches: Accessible location, easy operation

ASSESSMENT CHECKLIST SUMMARY

- ✓ Priority Risk Areas
 - Fall hazards: Loose rugs, clutter, poor lighting
 - Bathroom safety: Slippery surfaces, lack of grab bars
 - Stair safety: Missing handrails, poor lighting
 - Furniture stability: Unstable seating, inappropriate height
- ✓ Quick Assessment Questions
 - Can the person navigate safely in dim light?
 - Are there clear pathways throughout the home?
 - Can they safely enter/exit shower or tub?
 - Are frequently used items within easy reach?
 - Is emergency help easily accessible?
- ✓ Documentation Points
 - Specific hazards identified
 - Recommendations prioritized by risk level
 - Cost-effective modifications suggested
 - Follow-up assessment timeline

Remember: Environmental assessment is ongoing - reassess as functional abilities change and after any home modifications are implemented.