

# HOME FALLS AND ACCIDENTS SCREENING TOOL



**Author** Prof Lynette Mackenzie, Discipline of Occupational Therapy  
Faculty of Medicine and Health, Susan Wakil Building  
The University of Sydney NSW 2006 Australia

**Email** Lynette.Mackenzie@sydney.edu.au



stopfallsathome.com.au

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Present at assessment: \_\_\_\_\_

Occupational Therapist: \_\_\_\_\_

## Instructions:

Please circle, highlight or select **Yes (Y)**, **No (N)** or **Not Applicable (N/A)**. Score one point for each **No (N)** response.

Note: The items are phrased positively, so a “no” means a hazard is present.

**Assistive Technology** click on item link to webpage | **Home Modifications** link here

## MOBILITY & ACCESS

1. Are paths around the house in good repair, and free of clutter? Y N N/A

N/A (no garden, path or yard exists)

**Definition:** no cracked/loose pathways, overgrowing plants/weeds, overhanging trees, garden hoses encroaching on walkways.

**Assistive Technology – retractable garden hose**

**Home Modifications** – repair/highlight uneven paths; high pressure hose mossy pathways; apply non-slip surface treatment; remove/trim vegetation to allow use of paths and banister rails

2. Are the outside paths, steps and entrances well-lit at night? Y N N/A

N/A (no outside step, path, or entrance, ie: door opens straight onto footpath)

**Definition:** lights exist over back and front doors, globes at least 75W, walkways used exposed to light – including communal lobbies.

**Assistive Technology – sensor light**

**Home Modifications** – install sensor or external lights at entrances and external walkways

3. Do the outdoor steps/stairs have an accessible/sturdy grab rail extending along the full length of the steps/stairs? Y N N/A

N/A (no steps/stairs outside house)

**Definition:** Steps = more than two consecutive steps (changes in floor level). Grab rail must be easily gripped, firmly fixed, sufficiently robust and available for the full length of the steps or stairs.

**Home Modifications** – install grab rail/banister rail for external steps and staircases

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| <p><b>4. Are the edges of the steps/stairs (both inside and outside the house) easily identified?</b></p> <p>N/A (No steps/stairs exist)</p> <p><b>Definition:</b> no patterned floor coverings, tiles or painted areas which could obscure the edge of the step, and there is adequate lighting of steps/stairs.</p> <p><b>Assistive Technology</b> – contrast <b>non-slip floor mat</b> at the base of internal stairs to indicate last step</p> <p><b>Home Modifications</b> – highlight nosings of stairs, install additional lighting/change globes, install 2-way light switch at top &amp; bottom of stairs</p>   | <p>Y   N   N/A</p> |
| <p><b>5. Do the indoor steps/stairs have an accessible/sturdy grab rail extending along the full length of the steps/stairs?</b></p> <p>N/A (no steps/stairs inside house)</p> <p><b>Definition:</b> grab rail must be easily gripped, firmly fixed, sufficiently robust and available for the full length of the steps or stairs.</p> <p><b>Home Modifications</b> – install banister rail for internal steps and staircases</p>  | <p>Y   N   N/A</p> |
| <p><b>6. Can the person easily and safely go up and down the steps/stairs inside or outside the house?</b></p> <p>N/A (No steps/stairs exist)</p> <p><b>Definition:</b> steps are not too high, too narrow or too uneven for feet to be firmly placed on the steps (indoors and outdoors), person is not likely to become tired or breathless using steps/stairs, and has no medical factors likely to impact on safety on stairs, e.g. foot drop, loss of sensation in feet, impaired control of movement etc.</p> <p><b>Assistive Technology</b> – additional <b>walking aid</b> at top/bottom of the stairs, contrasting <b>non-slip mat</b> for base of stairs to indicate last step</p> <p><b>Home Modifications</b> – banister rails, stairlift, Vertical lift</p> | <p>Y   N   N/A</p> |
| <p><b>7. Can the person use the entrance door/s safely and easily?</b></p> <p><b>Definition:</b> locks and bolts can be used without bending or over-reaching, there is a landing so the person does not have to balance on steps to open the door and/or screen door.</p> <p><b>Home Modifications</b> – install locks at suitable height; rails at threshold step; magnetic catch for flyscreen door; create landing; threshold or longer ramp for clients using a rollator</p>  | <p>Y   N   N/A</p> |
| <p><b>8. Are walkways free of cords and other clutter?</b></p> <p><b>Definition:</b> no cords or clutter across or encroaching on walkways/doorways. Includes furniture and other items that obstruct doorways or hallways, items behind doors preventing doors opening fully, raised thresholds in doorways.</p> <p><b>Assistive Technology</b> – <b>threshold ramps</b></p> <p><b>Home Modifications</b> – install extra power outlets to eliminate trailing cords; fix cords to skirting boards to remove trailing cords; level access /install trims with change of floor covering between rooms</p>   | <p>Y   N   N/A</p> |

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| <p><b>9. Are floor coverings in good condition?</b><br/> <b>Definition:</b> carpets/mats lie flat/no tears/not threadbare/no cracked or missing tiles – including stair coverings.<br/> <b>Assistive Technology – non-slip floor mats</b><br/> <b>Home Modifications</b> – stretch loose carpet; repair or replace floor coverings</p>   | <p>Y N N/A</p> |
| <p><b>10. Are floor surfaces non slip?</b><br/> <b>Definition:</b> score <b>NO</b> if lino or tiles are in the kitchen, bathroom or laundry, in addition to any polished floors or tiled/lino surfaces elsewhere. Can only score <b>YES</b> if, in addition to other rooms, the kitchen, bathroom and laundry have non slip or slip resistant floor surfaces.<br/> <b>Assistive Technology – Non-slip, non-curl floor mats</b> e.g. Conni floor mat; indoor non-slip mat<br/> <b>Home Modifications</b> – apply non-slip surface treatment to slippery tiles</p> | <p>Y N N/A</p> |
| <p><b>11. Are loose mats securely fixed to the floor?</b><br/> N/A (there are no loose mats in house)<br/> <b>Definition:</b> mats have effective slip resistant backing/are taped or nailed to the floor.<br/> <b>Assistive Technology – Non-slip, non-curl floor mats</b> e.g. Conni floor mat; indoor non-slip mat</p>  | <p>Y N N/A</p> |
| <p><b>12. Is the person currently wearing well-fitting slippers or shoes?</b><br/> <b>Definition:</b> Supportive, firmly fitting shoes with low heels and non-slip soles. Slippers must also support the foot in a good position. No shoes scores <b>NO</b>.<br/> <b>Assistive Technology – Velcro fastening slippers, long handled shoehorn, spring shoe laces</b></p>  | <p>Y N N/A</p> |
| <p><b>13. Are all the lights bright enough for the person to see clearly?</b><br/> <b>Definition:</b> total wattage per room from globes to be more than 75W, or fluorescent lighting, no shadows thrown across rooms, and no excess glare.<br/> <b>Assistive Technology – non-slip mats</b> at front and rear entrances to compensate for glare and potential to slip on tiles/floorboards at entrances<br/> <b>Home Modifications</b> – change light globes; install extra light fittings for dark areas; install task lighting</p>                            | <p>Y N N/A</p> |

## BEDROOM

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| <p><b>14. Can the person get in and out of bed easily and safely?</b><br/> <b>Definition:</b> bed is of adequate height and firmness. No need to pull self up on bedside furniture etc.<br/> <b>Assistive Technology – bed raising blocks, adjustable height bed, mattress with integrated side walls, bed stick or crook handle bed rail</b></p>       | <p>Y N N/A</p> |
| <p><b>15. Can the person switch a light on easily from their bed?</b><br/> <b>Definition:</b> person does not have to get out of bed to switch a light on at night – has a flashlight or bedside lamp, or adequate night lighting to the toilet.<br/> <b>Assistive Technology – touch lamp; bedside table; underbed lighting – ComfiMotion beds</b></p> | <p>Y N N/A</p> |

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16. Is the toilet in close proximity to the bedroom? Y N N/A  
**Definition:** Toilet is no more than two doorways away from the bedroom (including the bedroom door) – does not involve going outside or unlocking doors to reach it.  
**Assistive Technology – bedside commode, urine bottle, bed stick**

## BATHROOM & TOILET

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17. Is the person able to get on and off the toilet easily and safely? Y N N/A  
 N/A (person uses commode constantly)  
**Definition:** toilet is of adequate height, person does not need to hold onto sink/towel rail/toilet roll holder to get up, rail exists beside toilet if needed.  
**Assistive Technology – over-toilet aid; toilet raise; ETAC toilet raise; toilet raise with arms; toilet surround; bidet**

**Home Modifications – install rail for toilet**

18. Is the person able to get in and out of the bath easily and safely? Y N N/A  
 N/A (no bath in home, or bath never used)  
**Definition:** person is able to step over the edge of the bath without risk, and can lower themselves into the bath and get up again without needing to grab onto furniture (or uses bath board or stands to use a shower over the bath without risk).

**Assistive Technology – bath-board; transfer bench; swivel bath seats; bath-lift; non-slip bathmat; non-slip floor mat for outside bath**

**Home Modifications – install rail for bath; hand-shower; remove fixed bath/shower screen; weighted shower curtain**

19. Is the person able to walk in and out of the shower recess easily and safely? Y N N/A  
 N/A (no shower in home)  
**Definition:** person can step over shower hob, or screen tracks without risk and without having to hold onto anything for support.

**Assistive Technology – shower stool; shower chair; non-slip shower mat; non-slip floor mat for outside shower**

**Home Modifications – install rail for shower hob transfers; hand-shower; remove shower screen door and install weighted shower curtain; bathroom modification with level access shower**

20. Is there an accessible/sturdy grab rail/s in the shower or beside the bath? Y N N/A  
**Definition:** Rails that are fixed securely to the wall, that are not towel rails, and that can be reached without leaning enough to lose balance.

**Assistive Technology – grab rail options available**

**Home Modifications – install grab rail**

21. Are slip resistant mats/strips used in the bath/bathroom/shower recess? Y N N/A  
**Definition:** Well-maintained slip resistant rubber mats, or non-slip strips secured in the base of the bath or shower recess.

**Assistive Technology – suction bath/shower mat**

**Home Modifications – install non-slip shower/bath strips**

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## LOUNGEROOM, KITCHEN & DINING

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22. Can the person get up from their lounge chair easily? Y N N/A  
N/A (person uses wheelchair constantly)  
**Definition:** chair is of adequate height, chair arms are accessible to push up from, seat cushion is not too soft or deep.  
**Assistive Technology – chair raising blocks; adjustable height day chair; Stand up chair; SitnStand Classic; Lift Recline Chair; Easy Access Lounge Chair from the FHG Essentials Range**  
**Home Modifications – chair raising platform**
23. Can the person easily reach items in the kitchen that are used regularly without climbing, bending or upsetting his or her balance? Y N N/A  
**Definition:** cupboards are accessible between shoulder and knee height – no chairs or stepladders are required to reach things.  
**Assistive Technology – Long Handled Reacher for reaching lightweight items**
24. Can the person carry meals easily and safely from the kitchen to the dining area? Y N N/A  
**Definition:** meals can be carried safely, or transported using a trolley to wherever the person usually eats.  
**Assistive Technology – Vogue Indoor walker; Meal-tray walker**
25. If there are pets – can the person care for them without bending or being at risk of falling over? Y N N/A  
N/A (there are no pets/animals)  
**Definition:** pets = any animals that the person has responsibility for. To score **YES** person does not have to feed pets when they are jumping up or getting under foot, person does not have to bend to the floor to refill bowls/dish or clean pets, and pets do not require a lot of exercise.  
**Assistive Technology – Long Handled Reacher; long handled feeders and pooper scoopers**

<b>TOTAL NO (N) SCORE</b>	
(Overall score is out of 25)	
<b>Score of 9 or above indicates a High Risk for Falls.</b>	

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