



# HOME FALLS AND ACCIDENTS SCREENING TOOL (HOME FAST)

INSTRUCTIONS: PLEASE CIRCLE RESPONSES AS EITHER: YES, NO OR NOT APPLICABLE (N/A)

1. Are walkways free of cords and other clutter?

YES NO

Definition: 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.

Comments: .....  
.....  
.....

2. Are floor coverings in good condition?

YES NO

Definition: carpets/mats lie flat/no tears/not threadbare/no cracked or missing tiles – including stair coverings.

Comments: .....  
.....  
.....

3. Are floor surfaces non slip?

YES NO

Definition: score "no" 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 "yes" if, in addition to other rooms, the kitchen, bathroom and laundry have non slip or slip resistant floor surfaces.

Comments: .....  
.....  
.....

4. Are loose mats securely fixed to the floor?

YES NO

N/A (there are no loose mats in house)

Definition: mats have effective slip resistant backing/are taped or nailed to the floor.

Comments: .....  
.....  
.....

5. Can the person get in and out of bed easily and safely?

YES NO

Definition: bed is of adequate height and firmness. No need to pull self up on bedside furniture etc.

Comments: .....  
.....  
.....

6. Can the person get up from their lounge chair easily?

YES NO

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.

Comments: .....  
.....  
.....

**7. Are all the lights bright enough for the person to see clearly?**

**YES NO**

*Definition: no globes to be less than 75w, no shadows thrown across rooms, no excess glare.*

Comments: .....

.....

**8. Can the person switch a light on easily from their bed?**

**YES NO**

*Definition: person does not have to get out of bed to switch a light on – has a flashlight or bedside lamp.*

Comments: .....

.....

**9. Are the outside paths, steps and entrances well lit at night?**

**YES NO**

**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.*

Comments: .....

.....

.....

**10. Is the person able to get on and off the toilet easily and safely?**

**YES NO**

**N/A** (person uses commode constantly)

*Definition: toilet is of adequate height, person does not need to hold onto sink/towelrail/toilet roll holder to get up, rail exists beside toilet if needed.*

Comments: .....

.....

.....

.....

**11. Is the person able to get in and out of the bath easily and safely?**

**YES NO**

**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 lowerthemselves into the bath and get up again without needing to grab onto furniture (or uses bath board or stands to use shower over bath without risk).*

Comments: .....

.....

.....

**12. Is the person able to walk in and out of the shower recess easily and safely?**

**YES NO**

**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.*

Comments: .....

.....

.....

**13. Is there an accessible/sturdy grab rail/s in the shower or beside the bath?**

**YES NO**

*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.*

Comments: .....

.....  
.....

**14. Are slip resistant mats / strips used in the bath/bathroom/shower recess?**

**YES NO**

*Definition: Well maintained slip resistant rubber mats, or non-slip strips secured in the base of the bath or shower recess.*

Comments: .....

.....  
.....

**15. Is the toilet in close proximity to the bedroom?**

**YES NO**

*Definition: no more than two doorways away (including the bedroom door) – does not involve going outside or unlocking doors to reach it.*

Comments: .....

.....  
.....

**16. Can the person easily reach items in the kitchen that are used regularly without climbing bending or upsetting his or her balance?**

**YES NO**

*Definition: cupboards are accessible between shoulder and knee height – no chairs or stepladders are required to reach things.*

Comments: .....

.....  
.....

**17. Can the person carry meals easily and safely from the kitchen to the dining area?**

**YES NO**

*Definition: meals can be carried safely, or transported using a trolley to wherever the person usually eats.*

Comments: .....

.....  
.....

**18. Do the indoor steps/stairs have an accessible/sturdy grab rail extending along the full length of the steps/stairs?**

**YES NO**

**N/A** (no steps/stairs inside house)

*Definition: grab rail must be easily gripped, firmly fixed, sufficiently robust and available for the full length of the steps or stairs.*

Comments: .....

.....  
.....

**19. Do the outdoor steps/stairs have an accessible/sturdy grab rail extending along the full length of the steps/stairs?**

**YES NO**

**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.*

Comments: .....

.....  
.....

**20. Can the person easily and safely go up and down the steps/stairs inside or outside the house?**

**YES NO**

**N/A** (No steps/stairs exist)

*Definition: 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.*

Comments: .....

.....

.....

**21. Are the edges of the steps/stairs (both inside and outside the house) easily identified?**

**YES NO**

**N/A** (No steps/stairs exist)

*Definition: no patterned floor coverings, tiles or painting which could obscure the edge of the step, adequate lighting of steps/stairs.*

Comments: .....

.....

.....

**22. Can the person use the entrance door/s safely and easily?**

**YES NO**

*Definition: 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.*

Comments: .....

.....

.....

**23. Are paths around the house in good repair, and free of clutter?**

**YES NO**

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

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

Comments: .....

.....

.....

**24. Is the person currently wearing well fitting slippers or shoes?**

**YES NO**

*Definition: supportive, firmly fitting shoes with low heels and non-slip soles. Slippers which are not worn and support the foot in a good position. No shoes scores "no".*

Comments: .....

.....

.....

**25. If there are pets – can the person care for them without bending or being at risk of falling over?**

**YES NO**

**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, pets do not require a lot of exercise.*

Comments: .....

.....

.....

Author: Dr. Lynette Mackenzie, Discipline of Occupational Therapy, School of Health Sciences, Faculty of Health Internal Box no. 19, Hunter Building The University of Newcastle Callaghan, NSW 2308 Tel: +61 2 49216398 Fax: +61 2 49216998 Email: Lynette.Mackenzie@newcastle.edu.au