An Environmental assessment is a self-administered review of indoor and outdoor living spaces to promote independent living. Prior to administering, take into consideration how the person moves within their space. Make note of any existing structures, such as furniture, they use for support.

Conduct an environmental assessment at least annually when mobility is high, four times a year or as season's change or monthly with assisted mobility or within manufactures' recommendation if earlier.

	January		February		March
	April		May		June
	July		August		September
	October		November		December

Notes:

OVERALL: Check if area needs attention. Review at least annually when mobility is high, four times a year or as season's change or monthly with assisted mobility.

	Front door		Back door		Dining room
	Living room		Kitchen		Inside floors
	Bathroom 1		Bathroom 2		Bathroom 3
	Bedroom 1		Bedroom 2		Bedroom 3
	Utility room		Hallway		Doorway to garage
	Basement		Closet		Windows
	Other:				

Notes:

ENTRANCES AND EXITS: Review at least annually when mobility is high, four times a year or as season's change or monthly with assisted mobility.

	Overhang		Door lock (deadbolt l chain)		Bench
	Peephole		Address number		Doorbell (video)
	Lever-style door handle		Doorway (32 inches)		Outdoor lighting
	Handrails near steps		Other:		Threshold: no-step, no-trip
	Exterior walkways		Remove rugs		

Notes:

THE FOYER

	Staging area by door		Shoe l slipper storage		Wall hooks
	Waste basket		Bench		Security system

Notes:

STAIRS / STEPS / HALLWAY

	Handrails on both sides		On and off switches at top and end of stairs		Night lights
	Loose or uneven steps		Tote w/handle for carrying items		Free of clutter

Notes:

LIVING ROOM

	Handrails on both sides		On and off switches at top and end of stairs		Night lights
	Loose or uneven steps		Tote w/handle for carrying items		Free of clutter

Notes:

DINING ROOM					
	Handrails on both sides		On and off switches at top and end of stairs		Night lights
	Loose or uneven steps		Tote w/handle for carrying items		Free of clutter
Notes:					

KITCHEN					
	Upper cabinets with pull-down shelving		D-Handles / drawer pulls		Electrical outlets with GFCI (ground fault circuit interrupter) near water
	Refrigerator free of spoiled food		Double-oven range		Range / cooktop with front controls
	Lower cabinet with pull-out shelving		Small appliances in good working order		Drawers
	Task lighting above sink and stove		Lever-, touch-, or señor-style kitchen faucet		Hot water dispenser at or below 120F
	Garbage disposal		Pantry free of spoiled foods and clutter		Step stool (nonslip steps)
	Kitchen surface for working while seated				
Notes:					

Environmental Assessment Form

BEDROOM 1: Duplicate this page for as many bedrooms as necessary.					
	Handrails on both sides		On and off switches at top and end of stairs		Night lights
	Loose or uneven steps		Tote w/handle for carrying items		Free of clutter
Notes:					

BATHROOM 1					
	Electrical outlets with GFCI (ground fault circuit interrupter) near water		Pressure balanced faucets and/or thermostatic valves for the sink		Lever-, touch-, or sensor-style faucet for sink
	Nonskid mat or nonslip strips in the bathtub and shower		Pressure balanced faucets and/or thermostatic valves for the sink		Lever-, touch-, or sensor-style faucet for bathtub/shower
	Rubber-backed rugs		Grab (or assist) bars in the bathtub/shower		Grab (or assist) bars adjacent to the toilet
	Comfort-height toilet or toilet seat riser		Bidet or toilet-based bidet attachment		Insulate hot pipes
	Handheld or adjustable showered		Shower seat		Water heat at or below 120F
	Night lights		Illuminated light switches		
Notes:					

Inside Walls: Holes, Obstructions					
	Front door / Entryway		Back door		Electrical outlets
	Living room		Dining room		Kitchen
	Bathroom 1		Bathroom 2		Bathroom 3
	Bedroom 1		Bedroom 2		Bedroom 3
	Utility room		Hallway		Doorway to garage
	Basement		Closet		Other:

Notes:

Smoke Alarms: installed according to manufacturers' instructions. Tested monthly. Use smoke alarms from the same manufacturer throughout the home with non-replaceable 10-year batteries. If alarm chirps, throw away and replace battery right away. Interconnected smoke alarms increase safety through hardwiring or wireless technology.

	Front door / Entryway		Back door		Electrical outlets
	Living room		Dining room		Kitchen
	Bedroom 1		Bedroom 2		Bedroom 3
	Utility room		Hallway		Basement 1 (each room)
	Basement 2 (each room)		Basement 3		Other:

Notes:

Fire Extinguishers: working, tested					
	Kitchen		Basement		Utility room
	Other:				

Notes: