



Home Environment Assessment checklist





Introduction:

Ensuring a safe and supportive home environment is essential for individuals with disabilities to promote their independence and overall well-being.

As an Occupational Therapist (OT) a key part of our role is understanding how to assess home environments to meet the unique needs of individuals with disabilities.

This downloadable Home Environment Assessment checklist serves as a comprehensive tool to incorporate into your assessment process to make sure you are identifying potential barriers and where appropriate recommending modifications.



Assessment Areas to cover:

Entrance and Exit:	
<input type="checkbox"/>	Assess the availability of ramps, handrails, or grab bars to facilitate safe entry and exit.
<input type="checkbox"/>	Evaluate the clearance width of doorways for wheelchair access.
<input type="checkbox"/>	Determine the presence of adequate lighting to prevent trip hazards.
<input type="checkbox"/>	Consider doorbell access and how the door can be opened safely by the person

Living Areas:	
<input type="checkbox"/>	Evaluate the arrangement of furniture to ensure clear pathways and easy navigation.
<input type="checkbox"/>	Assess the need for adaptive equipment for individuals with mobility limitations.
<input type="checkbox"/>	Check for slip-resistant flooring or secure rugs to prevent falls.
<input type="checkbox"/>	Evaluate the placement of electrical cords to minimize tripping hazards.



Kitchen:	
<input type="checkbox"/>	Assess the accessibility and height of countertops, sinks, and appliances for individuals using wheelchairs or with limited reach.
<input type="checkbox"/>	Evaluate the availability of adjustable or adaptable kitchen utensils and tools.
<input type="checkbox"/>	Determine if stove and oven controls are within reach and equipped with safety features.
<input type="checkbox"/>	Check for proper storage and labeling of hazardous substances.

Bathroom:	
<input type="checkbox"/>	Assess the presence of grab bars or handrails in the shower and around the toilet area.
<input type="checkbox"/>	Consider the height of the toilet
<input type="checkbox"/>	Consider whether the shower is level, has a brick step/hob, or a frame that might be a barrier to access.
<input type="checkbox"/>	Evaluate the availability/suitability of accessible shower seats or benches.
<input type="checkbox"/>	Check the height and accessibility of the sink and mirror.
<input type="checkbox"/>	Ensure the presence of non-slip surfaces, mats, or rugs in the bathroom.



Bedroom:	
<input type="checkbox"/>	Assess the height and accessibility of the bed for ease of transfer.
<input type="checkbox"/>	Evaluate the suitability and adaptability of equipment.
<input type="checkbox"/>	Check for the presence of adequate lighting and accessible storage solutions.
<input type="checkbox"/>	Consider circulation spaces needed for any equipment
<input type="checkbox"/>	Consider access to the bedroom and to the closest toilet/bathroom

By conducting a thorough Home Environment Assessment using the criteria outlined above, you can identify potential barriers within a home and recommend appropriate modifications to promote independence and safety for individuals with disabilities.

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