HOME SAFETY RISK FACTOR QUIZ

		Yes	No
1.	**Are there tasks you**		
a.	are doing now that cause you a lot of pain?	☐	☐
b.	do at home that make you feel afraid for your safety?	☐	☐
c.	do now that cause you a lot of difficulty, that did not seem difficult before?	☐	☐
d.	do that forces you to strain yourself when doing them?	☐	☐
e.	can't do at home anymore that you could do before?	☐	☐
3.	**Has your balanced declined some or alot?**	☐	☐
4.	**Has your strength declined some or alot?**	☐	☐
5.	**Has your ability to reach over your head or behind your back declined some or alot?**	☐	☐
6.	**Have any of the following declined some or alot?**		
a.	coordination	☐	☐
b.	vision	☐	☐
c.	hearing	☐	☐
d.	balance	☐	☐
e.	strength	☐	☐
f.	mental abilities	☐	☐
g.	energy levels	☐	☐
h.	concentration	☐	☐
7.	**Do you take 4 or more medications on a regular basis?**	☐	☐
8.	**Have you fallen within the last six months?**	☐	☐
a.	did you get hurt?	☐	☐
b.	were you able to get up without help?	☐	☐
c.	have you fallen more than once in the last six months?	☐	☐
9.	**Have you had a near fall within the last six months?**	☐	☐
10.	**Do you have to bend over a lot to do basic important daily activities?**	☐	☐
11.	**Do you have to reach above your head a lot?**	☐	☐
12.	**Do you have a comprehensive emergency plan developed in the event of serious weather conditions, fire, power failures, and ill health, etc?**	☐	☐
13.	**Do you regularly use poorly maintained tools or equipment?**	☐	☐
14.	**Are your floors slippery or uneven?**	☐	☐
15.	**Is your home dimly lit?**	☐	☐

All YES answers indicate there are known risk factors that could lead to illness or injury. The more YES answers, the higher the risk. Multiple YES answers are an indicator that a careful self assessment of personal factors would be an important first step to take.

For help, consider using the Safety Appraisal For Elders (SAFE).

© Dr. Vanessa M. Dazio, OTD, OTR SAFE Aging, Inc. 2006
9330 Regency Park Blvd. Suite C, Port Richey, FL 34668
727-848-1535 1-866-SAFEAGE FAX 727-848-2404 www.safeaging.com 012306