



ENVIRONMENTAL EVALUATION QUESTIONNAIRE

Use this questionnaire to evaluate your home
for safety and lighting

Safety in Your Home	YES	NO
1. Do you have working smoke detectors and carbon monoxide detectors?		
2. Do you know how to change the batteries in the detectors?		
3. Do you have an emergency escape plan from your home?		
4. Do you have a current list of emergency numbers you can access and use, including your doctor's number?		
5. Is the telephone accessible and can you use it easily in an emergency?		
6. Are walkways within your home open and free of clutter?		
7. Is the carpet on the stairs secure or is it worn or loose?		



Safety in Your Home	YES	NO
8. Are there railings on every set of stairs?		
9. Are the railings secure, or are they wobbly, loose or missing?		
10. Are there any area rugs that are loose on the floor, or other potential tripping hazards that should be either removed or secured?		
11. Are there any loose cords or wires that could be a tripping hazard?		
12. Do you have a working fire extinguisher in the kitchen and elsewhere in the house?		
13. Are there any light bulbs that need to be replaced to give you better lighting in a room or a hallway?		
14. Are any rooms or areas of your home dark, and in need of lamps or lights to help you function better?		



Safety in Your Home	YES	NO
15. Does your bathroom need rails in the tub or near the toilet for you to use these facilities with more safety and confidence?		
16. Are the rugs on the floor of the bathroom backed with a non-skid material?		
17. Does your tub have a mat in it or gripper strips to help prevent a fall?		
18. Are there chairs or seats in your home that you have trouble getting up and out of?		
19. Are the appliances in your home safe and easy for you to use?		
20. Can you read the dials on the stove, microwave, or other appliances?		
21. Do you need better lighting near these appliances?		
22. Do you need to mark the dials for ease of use?		



Safety in Your Home	YES	NO
23. Do you need to change to a smaller or table-top type of appliance for ease of use?		
24. Do you need to sit rather than stand for many of your daily tasks, cooking, washing dishes, washing clothes?		
25. Do you need to use a stepladder or a step stool to reach shelves, light fixtures, or other high items?		
26. Is your home more than you can care for independently?		
27. Can you reduce the number of rooms you and the family regularly use and need to care for?		
28. If you have a multi-level home, could you live on one floor?		
29. Can you make your house easy maintenance or do you need to hire help to maintain it?		



Lighting and Glare	Yes	No
1. Does the lighting in each room, closet or other location help you move around safely, or are there potential accident areas?		
2. Are you taking advantage of natural lighting coming from windows, or are you using heavy curtains that block the light?		
3. Do you need different lighting solutions for activities that take different amounts of time?		
4. Does the lighting adequately cover potential accident areas such as stairs and landing, entrance hall, or any other level changes?		
5. Do you need "spot" lighting for specific tasks, for example, when you're shaving, applying makeup, reading a book, or preparing food?		
6. Do your chairs or sofa face windows where bright sunlight could cause glare?		



Lighting and Glare	Yes	No
7. Are there areas in your home that have glossy tiles, shiny enamel paint, or mirrors that cause glare?		
8. When you view your TV or use your computer are both you and the TV/computer protected from glare?		
9. Is the lighting immediately outside your door good enough for you to lock/unlock your door in a short amount of time?		

Color & Contrast	Yes	No
1. Would it help to have contrasting colored plates against a tablecloth or place mat?		
2. Would it help to have two chopping boards: one white and another black?		
3. Can you easily locate your wall sockets?		
4. Do you feel safe in your one-color tub and shower?		



Color & Contrast	Yes	No
5. Do you sometimes have difficulties locating doorways?		
6. Are your furniture and surroundings all of a similar color?		
7. Having problems with doors left open? http://www.visionaware.org/upper_body_protective_technique		
8. Problems locating and using household equipment controls?		
9. Difficulties with same colored pans on same colored stove?		
10. Would it help to paint the stair handrail a contrasting color to the surrounding carpet or wall?		



ASSOCIATES FOR WORLD ACTION IN REHABILITATION & EDUCATION

Self-Help for Vision Loss

For answers to these questions see:

<http://www.VisionAWARE.org/room-by-room>

[http://www.visionaware.org/in an emergency how can i use a phone](http://www.visionaware.org/in_an_emergency_how_can_i_use_a_phone)

[http://www.visionaware.org/how does vision change as i get older](http://www.visionaware.org/how_does_vision_change_as_i_get_older)

[http://www.visionaware.org/how can i make changes in my home so it s easier for me to find things](http://www.visionaware.org/how_can_i_make_changes_in_my_home_so_it_s_easier_for_me_to_find_things)

[http://www.visionaware.org/i see better near a window are t here special lamps that simulate daylight](http://www.visionaware.org/i_see_better_near_a_window_are_there_special_lamps_that_simulate_daylight)