

# Is My Home "HomeFit"?

Read the following questions and check the box when your answer is "No."  
Your responses will help you identify how your home can become more "HomeFit."

(Skip any questions that don't apply or you're unsure about.)

- |   |   |   |   |
|---|---|---|---|
| <input type="checkbox"/> Is there at least one step-free entrance into your home?   | <input type="checkbox"/> Are your staircases well lighted?  | <input type="checkbox"/> Are the exterior door thresholds easy to see?  | <input type="checkbox"/> Are there nonslip strips or nonslip mats in the bathtub and/or shower?   |
| <input type="checkbox"/> Is there a bedroom, full bathroom and kitchen on the main level?                                   | <input type="checkbox"/> Are your exterior walkways and entrances well lighted?   | <input type="checkbox"/> Do all of your area rugs have nonslip strips to prevent tripping or slipping?  | <input type="checkbox"/> Is your hot water heater set at or below 120°F?                          |
| <input type="checkbox"/> Are the interior doorways at least 36" wide?   | <input type="checkbox"/> Are your exterior walkways in a safe condition, free of tripping hazards?  | <input type="checkbox"/> Is the carpeting on your stairs secure and in good condition?  | <input type="checkbox"/> Are there smoke and carbon monoxide detectors on each floor of the home? |
| <input type="checkbox"/> Does your kitchen have a work surface you can use while seated?                                    | <input type="checkbox"/> Is your home's address number clearly visible from the street?   | <input type="checkbox"/> Are the switches that control stairway light fixtures located at both the top and bottom of the stairs?  | <input type="checkbox"/> Can a smoke and carbon monoxide detector be heard in every bedroom?      |
| <input type="checkbox"/> Is there a fire extinguisher within reach of the oven or stove?                                    | <input type="checkbox"/> Is the entrance door easy for you to unlock, lock, open and close?   | <input type="checkbox"/> Are all electrical and phone cords safely located (so they aren't a tripping hazard)?  | <input type="checkbox"/> Is a telephone easily accessible on every level of your home?            |
| <input type="checkbox"/> Are your kitchen cabinets and shelves easy for you to reach?                                       | <input type="checkbox"/> Do your exterior doors have secure locks that can't accidentally lock you in or out of the home?   | <input type="checkbox"/> Do you have a shower with a step-free entry?   | <input type="checkbox"/> Do you have flashlights in multiple rooms (in case of a power failure)?  |
| <input type="checkbox"/> Does your kitchen have a lever-, touch- or sensor-style faucet?                                    | <input type="checkbox"/> Does your entrance door have a peephole, viewing panel or security technology so you can see who is outside?   | <input type="checkbox"/> Are the bathroom cabinets and shelves easy for you to reach?   |   |
| <input type="checkbox"/> If you use a step stool, does it have nonslip surfaces and a handle you can grip?                  | <input type="checkbox"/> Does your entrance door have a secure slide latch or chain so you can open the door enough to speak with someone outside while not fully unlocking and opening the door? | <input type="checkbox"/> Does your bathroom have a lever-, touch- or sensor-style faucet?   |   |
| <input type="checkbox"/> Are there secure handrails on both sides of your stairs?   |   | <input type="checkbox"/> Is there "blocking" (e.g., a wood stud or other solid surface) behind the bathroom walls so grab bars can be securely installed in the bathtub, shower and toilet areas? |   |
| <input type="checkbox"/> Are your hallways well lighted? (Can you see what's in front of you and on the floor beneath you?) |   |   |   |



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