



**HOME FALLS AND ACCIDENTS SCREENING TOOL (HOME FAST)
SIMPLIFIED VERSION**

CLIENTS NAME:

DATE:

	HOME FAST ITEM	YES	NO	SCORE "NO" IF ANY OF THE FOLLOWING ARE PRESENT:	POSSIBLE SOLUTIONS
1.	Are walkways free of cords and other clutter? <i>Notes:</i>			Cords and other items encroach on walkways and/or doorways. Furniture obstructs doorways or hallways. Items are stored behind doors preventing doors opening fully. Raised thresholds in doorways.	Remove clutter, ensure clear walkways. Store items in cupboards. Remove excess furniture. Tape cords to the skirting boards away from walkways. Install more plug sockets to avoid the need for trailing cords.
2.	Are floor coverings in good condition? <i>Notes:</i>			Carpets do not lie flat. Floor coverings have tears, or are threadbare / worn If there are missing or cracked tiles. Stair coverings are not secure.	Replace floor coverings. Re-lay floor covering with a secure backing. Repair floor coverings, or remove damaged floor coverings. Refer to a home maintenance service.

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4.	<p>Are loose mats securely fixed to the floor? Notes:</p> <p><input type="checkbox"/> Tick if there are no loose mats</p>			<p>Any loose mats exist – including mats at doorways, in front of fires. Loose mats are not secured to the floor – e.g. taped, nailed. Mats do not have effective slip-resistant backing. You are able to lift the corner of the mat with your foot. Mats have a high pile.</p>	<p>Remove mats. Secure mats adequately – this is the least satisfactory solution. If loose mats are covering a fault with the floor covering, rectify the fault and remove the mat.</p>
5.	<p>Can the person get in and out of bed easily AND safely? Notes:</p>			<p>Bed is too low or too high, or bed is on the floor. Bed is not firm /mattress is soft in the middle. Person needs to pull self up on bedside furniture to get up. Person has difficulty getting legs up onto the bed. Person tends to fall onto the bed when sitting on the side of the bed.</p>	<p>Refer to an occupational therapist. Raise the bed using commercially approved bed-raisers, or lower the bed. Replace the mattress or use a plywood board to support the mattress. Replace bedclothes with a quilt. Avoid using furniture for support.</p>

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7.	<p>Are all the lights bright enough for the person to see clearly?</p> <p><i>Notes:</i></p> <p><i>*consider the conditions at night</i></p>			<p>The only light sources in a room are less than 75 watts in total. (Florescent lights are sufficient)</p> <p>Shadows are thrown across a room at night.</p> <p>Excess glare during the day – e.g. sunlight restricts vision, or light is reflected via mirrors or waxed floors.</p>	<p>Replace light globes if light fittings allow a higher wattage globe.</p> <p>Replace light globes with halogen globes.</p> <p>Use additional light sources in a dark room.</p> <p>Refer for an eye test if one hasn't been done within the last year.</p> <p>Refer to home maintenance service or electrician.</p>
8.	<p>Can the person switch a light on easily from their bed?</p> <p><i>Notes:</i></p>			<p>There is no bedside light.</p> <p>Person has to get out of bed in order to switch a light on at night.</p> <p>Person relies on streetlights to move around at night.</p>	<p>Provide a bedside light, or light switch for room lights beside the bed.</p> <p>Use nightlights in addition to a bedside light.</p>
9.	<p>Are the OUTSIDE paths, steps and entrances well lit at night?</p> <p><i>Notes:</i></p> <p><input type="checkbox"/> Tick if all doors open out straight onto public footpath/s</p>			<p>Lights do not exist over the front and back entrances.</p> <p>If they do exist, the light globes are less than 75 watts, or do not work.</p> <p>Access to the home involves a long path or lobby that is not well lit.</p>	<p>Replace light globes if light fittings allow a higher wattage globe.</p> <p>Install lights.</p> <p>Install sensor lights to illuminate entrances and walkways to the home.</p> <p>Refer to a home maintenance service or electrician.</p>

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10.	<p>Is the person able to get on and off the toilet easily AND safely?</p> <p><i>Notes:</i></p>			<p>Toilet is too low.</p> <p>Person holds on to sink, or towel rail, or toilet roll holder, or wall to get up and sit down on the toilet.</p> <p>Rail does not exist beside toilet if needed.</p> <p>Person takes several attempts to get up from the toilet.</p> <p>Person tends to fall onto the toilet when sitting down.</p> <p>Door opens in to a small toilet cubicle.</p>	<p><i>Refer to an occupational therapist.</i></p> <p><i>Refer to a physiotherapist for leg strengthening exercises.</i></p> <p>Install a commercially approved raised toilet seat/frame.</p> <p>Install a grab rail beside the toilet to follow accepted standards.</p> <p>Re-hang toilet door to swing outwards, or to fit a sliding door if possible.</p>
11.	<p>Is the person able to get in and out of the bath easily AND safely?</p> <p><i>Notes:</i></p> <p><input type="checkbox"/> Tick if there is no bath in the house</p>			<p>Person cannot step over the edge of the bath without risk of falling (e.g balancing on one leg).</p> <p>Bath has high sides making it difficult to step over and lower self to a sitting position in the bottom of the bath.</p> <p>Needs to use taps and other items to assist in getting out of the bath.</p> <p>Has no bath aids, or Is unable to use the bath aids if provided.</p> <p>A fixed bath screen obstructs access.</p> <p>If the person has a bathboard and uses this safely to avoid sitting in the bottom of the bath score YES.</p>	<p><i>Refer to an occupational therapist.</i></p> <p>Install commercially approved bath board and seat with a long shower hose to avoid getting in and out of the bath.</p> <p>Install a grab rail beside the bath to follow accepted standards.</p>

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12.	<p>Is the person able to walk in and out of the shower recess easily AND safely?</p> <p><i>Notes:</i></p> <p><input type="checkbox"/> Tick if there is no shower in the house.</p>			<p>Person unable to step over the shower hob or screen tracks without risk of falling or slipping.</p> <p>Person has to hold onto something for support when accessing the shower.</p> <p>Shower doors do not allow safe access to the recess (e.g open into the shower recess, or do not allow enough access space).</p>	<p><i>Refer to an occupational therapist.</i></p> <p>Replace shower doors with a weighted shower curtain.</p> <p>Remove shower hob.</p> <p>Install grab rails to follow accepted standards.</p> <p>Use a commercially approved shower chair or bench.</p> <p>Refer to a home maintenance service.</p>
13.	<p>Is there an accessible/ sturdy grab rail/s in the shower or beside the bath?</p> <p><i>Notes:</i></p>			<p>No rails exist.</p> <p>Rails that do exist are not fixed securely to the wall, are not robust, or are placed where the person has to reach too far to use them.</p> <p>Person is using a towel rail for support.</p>	<p><i>Refer to an occupational therapist.</i></p> <p>Install grab rails to follow accepted standards.</p> <p>Refer to a home maintenance service.</p>
14.	<p>Are slip resistant mats or strips used in the bath, bathroom or shower recess?</p> <p><i>Notes:</i></p>			<p>No slip resistant mats or non-slip strips exist.</p> <p>Slip resistant mats that are used are no longer effective and need to be replaced.</p>	<p>Install a high quality non-slip mat.</p> <p>Install adhesive non-slip strips for the base of the bath or shower recess.</p>

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15.	<p>Is the toilet in close proximity to the bedroom?</p> <p><i>Notes:</i></p>			<p>There are more than 2 doorways between the bedroom and bathroom doors.</p> <p>Toilet is situated outside a locked door at night.</p> <p>There are steps or stairs to negotiate between the bedroom and the toilet.</p>	<p>Use a commode at night.</p> <p>Re-locate the bedroom to a room closer to the toilet if possible.</p> <p>Provide nightlights along the route to the toilet from the bedroom for use at night.</p>
16.	<p>Can the person easily reach items in the kitchen that are used regularly, without climbing, bending or upsetting his/her balance?</p> <p><i>Notes:</i></p>			<p>Cupboards are not accessible between shoulder and knee height.</p> <p>Person has to reach items by kneeling or bending to access low cupboards.</p> <p>Person has to use a stool or a step ladder to access items.</p> <p>Storage is limited in the kitchen.</p> <p>Frequently used items are in low of high cupboards and are out of reach.</p> <p>Even if the person does not do the cooking, they cannot make a hot drink or snack. If they do not use the kitchen because of frailty score NO.</p>	<p>Re-organise cupboard storage so that frequently used items are easily accessible.</p> <p>Install shelving or hooks to hang some item on.</p> <p>Use deep drawers to store items rather than shelved cupboards.</p> <p>Use lazy susans to access corner cupboards.</p>

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17.	<p>Can the person carry meals easily AND safely from the kitchen to the dining area?</p> <p><i>Notes:</i></p>			<p>Person has to use a walking aid at the same time as carrying meals.</p> <p>There is no sturdy trolley to assist with transporting meals.</p> <p>Person with mobility problems has to eat meals outside the kitchen as there is no room to eat in the kitchen.</p> <p>If the person does not prepare meals because of frailty score NO</p>	<p><i>Refer to an occupational therapist</i></p> <p><i>Refer to a physiotherapist for a mobility assessment.</i></p> <p>Supply a commercially approved mobility trolley.</p> <p>Refer to a meals service.</p>
18.	<p>Do the INDOOR step/stairs have an accessible/sturdy grab rail extending the FULL LENGTH of the steps/stairs?</p> <p><input type="checkbox"/> Tick if there are no steps/stairs</p>			<p>No rail exists at indoor steps/stairs (defined as any change in floor level).</p> <p>If a rail exists it is not long enough, is not at a suitable height, is not easily grasped, is not firmly fixed, or is not a robust grab rail.</p>	<p><i>Refer to an occupational therapist.</i></p> <p>Install grab rails according to accepted standards – preferably on both sides of the steps.</p> <p>Refer to a home maintenance service.</p>
19.	<p>Do the OUTDOOR step/stairs have an accessible/sturdy grab rail extending the FULL LENGTH of the steps/stairs?</p> <p><input type="checkbox"/> Tick if there are no steps/stairs</p>			<p>No rail exists at outdoor steps/stairs (defined as any change in floor level).</p> <p>If a rail exists it is not long enough, is not at a suitable height, is not easily grasped, is not firmly fixed, or is not a robust grab rail.</p>	<p><i>Refer to an occupational therapist.</i></p> <p>Install grab rails according to accepted standards – preferably on both sides of the steps.</p> <p>If possible provide shelter for the steps from rain etc.</p> <p>Refer to home maintenance service.</p>

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20.	<p>Can the person easily AND safely go up and down the steps/stairs inside or outside the home?</p> <p><i>Notes:</i></p> <p><input type="checkbox"/> Tick if there are no steps/stairs</p>			<p>Steps are too high, too narrow, too loose or too uneven for feet to be firmly placed on the step treads.</p> <p>Person is tired and breathless when using the steps/stairs.</p> <p>Person has medical risk factors such as foot drop, poor sensation in feet, impaired control of movement, and uses a walking aid ineffectively.</p>	<p><i>Refer to an occupational therapist.</i></p> <p><i>Refer to a physiotherapist for a mobility assessment.</i></p> <p>Re-configure the step treads if possible, to allow for feet to be placed flat on the step tread.</p> <p>Refer to home maintenance service.</p>
21.	<p>Are the edges of the steps/stairs (both inside and outside the home) easily identified?</p> <p><i>Notes:</i></p> <p><input type="checkbox"/> Tick if there are no steps/stairs</p>			<p>Flooring on the steps, stairs is heavily patterned so the edges are obscured.</p> <p>There are no colour contrasts to identify the edge of the steps.</p> <p>Clutter is left on the steps/stairs.</p> <p>Lighting is poor over the steps/stairs so the edges are unclear.</p>	<p>Removed patterned floor coverings.</p> <p>Use an adhesive strip to identify the edge of steps.</p> <p>Paint the edge of steps a contrasting colour.</p> <p>Remove obstacles from the steps/stairs.</p> <p>Provide additional lighting over steps/stairs.</p>

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22.	<p>Can the person use the entrance door/s safely AND easily?</p> <p><i>Notes:</i></p>			<p>Person needs to bend over or reach too high to use locks and bolts on the door.</p> <p>Person has to balance on steps in order to access the home.</p> <p>Screen doors open outwards onto access steps making it difficult to reach the entrance door.</p> <p>Clutter on the access steps/stairs or close to the entrance door.</p> <p>Doors are heavy or have strong closing mechanisms.</p>	<p>Re-position locks and bolts.</p> <p>Re-hang screen doors.</p> <p>Use a different entrance if one is better accessed.</p> <p>Remove obstacles from the steps/stairs.</p> <p>Remove doormats.</p> <p>Adapt door opening & closing systems.</p> <p>Refer to home maintenance service.</p>
23.	<p>Are paths around the house in good repair and free of clutter?</p> <p><i>Notes:</i></p> <p><input type="checkbox"/> Tick if there is no yard or garden</p>			<p>Pathways are cracked, or consist of loose materials e.g. gravel.</p> <p>Items such as garden hoses, tools, bins, encroach on the pathway.</p> <p>Overhanging trees, tree roots or plants encroach on the walkway or make paths uneven.</p>	<p>Remove items that obstruct the pathway.</p> <p>Apply weedkiller to remove weeds from the pathway.</p> <p>Repair the pathway where necessary.</p> <p>Assistive devices for gardening.</p>
24.	<p>Is the person currently wearing well-fitting slippers or shoes?</p> <p><i>Notes:</i></p>			<p>Footwear is not being worn at the time of the assessment.</p> <p>Footwear is not supportive or does not fit properly e.g old slippers.</p> <p>Footwear does not have slip resistant soles.</p>	<p>Provide information about safe footwear.</p> <p>Refer to a podiatrist if there are persistent foot problems making shoes difficult to fit.</p>

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25.	<p>If there are pets, can the person care for them without bending over or being at risk of falling?</p> <p><i>Notes:</i></p> <p><input type="checkbox"/> Tick if there are no pets</p>			<p>Pets (or animals a person is responsible for) can get under foot, especially when being fed.</p> <p>Pets require walking or moving from place to place.</p> <p>Pets are fed by placing bowls on the floor.</p>	<p>Prepare pet food when pets are not in the room.</p> <p>Place pet food at a level up from the floor to avoid bending to change bowls.</p> <p>Obtain help with exercising or handling pets.</p> <p>Delegate tasks involved in caring for animals to someone else.</p>

SUMMARY OF HAZARDS:

Total number of hazards (items scored NO): _____

REFERRALS INDICATED:

Occupational Therapy

Physiotherapy

Podiatry

Home maintenance service

KEY ISSUES IDENTIFIED:

KEY RECOMMENDATIONS: