

# **COUGAR HOME SAFETY ASSESSMENT- VERSION 3.0**

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The Cougar Home Safety Assessment for Older Persons- Version 1.0, by G. Fisher, N. Bryan, K. Coolbaugh, & C. Rhodes. Copyright 2004. College Misericordia, Dallas, PA

The Cougar Home Safety Assessment- Version 2.0, by G. Fisher, A. Baker, D. Koval, C. Lishok, and E. Stine. Copyright 2004. College Misericordia, Dallas, PA

The Safety for Older Consumers Home Safety Checklist, by Consumer Product Safety Commission. (N.D.) Retrieved on November 23, 2003 from <http://www.cpsc.gov/CPSCPUB/PUBS/701.html>. (This document is in the public domain).

### Description of Assessment and Procedures for Administration:

- This occupational therapy assessment requires the administrator to have competency and knowledge in environmental and home safety.
- The Cougar Home Safety Assessment 3.0 contains 66 criteria that can be answered by observation, testing of certain home items, and questioning the resident.
- The Cougar Home Safety Assessment 3.0 includes the following categories: fire hazards/ carbon monoxide, emergency/ medical, electrical/ water temperature, flooring/ hallways, kitchen, bedroom, bathroom(s), closets / storage areas, parking areas and entrances.
- The occupational therapist will be escorted on a tour of the resident's home or apartment and complete the Cougar Home Safety Assessment 3.0. The occupational therapist may use clinical reasoning to determine if areas are safe or unsafe. If any criterion is not applicable, mark it "N/A". Unsafe items found will be reviewed with the participants and recommendations will be offered.
- Tools required: thermometer, flashlight, reaching stick/yard stick to test smoke detector, pen, and a copy of the assessment.

## FIRE HAZARDS / CARBON MONOXIDE

1. There is a fire extinguisher present on every level of the house or apartment.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

2. There is a functional smoke detector present on every level of the house or apartment.

Safe\_\_\_      Unsafe\_\_\_      Battery\_\_\_      Electric\_\_\_      How many\_\_\_      N/A\_\_\_

3. Portable heaters, ashtrays, or other fire sources are located away from flammable objects.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

4. Candles are burned in places away from flammable objects.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

5. There is a functional carbon monoxide detector present on every level of the house or apartment.

Safe \_\_\_      Unsafe \_\_\_      Battery\_\_\_      Electric\_\_\_      N/A\_\_\_

6. An operating smoke detector is located near the bedroom either on the ceiling or 6"-12" below the ceiling on the wall.

Safe\_\_\_      Unsafe\_\_\_      N/A \_\_\_

7. Chimney sweeps are conducted as required:

Every 3 months for wood      Bi-yearly for coal

Safe\_\_\_      Unsafe\_\_\_      Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

Yearly for oil, gas, and any other fuel that does not produce smoke

Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

Comments / Recommendations:

**EMERGENCY / MEDICAL**

8. An accessible telephone is in every room, a medical alert device, or a cordless telephone is accessible.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

9. Emergency numbers are posted on or near the telephone, or are easily accessible (i.e. primary physician, pharmacy, closest family member, etc).

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

10. Flashlights are accessible and functional.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

11. Assistive devices are in accessible areas (i.e. walkers, canes, glasses, hearing aides, long handled reacher, etc.).

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

12. Medications are in an accessible area.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

13. All areas of the home are in a sanitary condition.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

14. A first aid kit is easily assessable containing simple instructions for its use.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

Comments / Recommendations:

## **ELECTRICAL / WATER TEMPERATURE**

15. Large appliances such as laundry machines and/ or refrigerators are accessible.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

16. All outlets and switches have plate covers, so that there is no exposed wiring.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

17. All cords are placed out of the flow of traffic.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

18. Cords are not attached to walls or baseboards with nails or staples.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

19. Cords are in good condition (not frayed or cracked).

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

20. Electrical cords and appliance cords are located away from the sink and stove areas

Safe\_\_\_      Unsafe\_\_\_      Ground fault switch present \_\_\_      N/A\_\_\_

21. Small electrical appliances (such as hairdryers, curling irons, etc) are unplugged when not in use

Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

22. Outlets do not appear to be over-loaded.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

23. The water temperature is 120° F degrees or lower.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

Comments / Recommendations:

## FLOORING / HALLWAYS

24. Floor surfaces are level

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

25. Floor surfaces are slip-resistant

Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

26. Carpeting is secure and level.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

27. Throw rugs have a slip-resistant backing.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

28. Hallways, passageways, and stairways are free of clutter.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

29. Hallways, passageways, and stairways between rooms have lighting available.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

30. Night lights are available and are used at night or for unlit areas.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

31. Indoor stairways have a secure railing on at least one side.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

32. Doorway thresholds have no more than 1" height difference compared to the floor.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

33. Transitions between rooms are level or there is a rail, if needed.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

Comments / Recommendations:

## KITCHEN

34. Flammable objects such as towels or curtains are located away from the stove area.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

35. Dials are labeled on stove.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

36. There is no excessive grease or clutter on or around the stove area.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

37. Commonly used items are stored in accessible locations.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

38. Garbage cans, pet bowls, and other objects are not located in the walking path.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

39. A stable step stool is available, if items are stored above arms reach.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

40. The countertops are free of rough or sharp edges.

Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

41. There is existing, adequate lighting over the stove and sink areas, where food is cut or sliced.

Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

Comments / Recommendations:

**BATHROOM (S)**

42. A slip-resistant mat or surface is outside all bathtubs or showers.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

43. A slip-resistant, mat or abrasive strips are in all the bathtubs or showers.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

44. All bathroom areas are accessible.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

45. A properly installed grab bar or other stable surface is available near the tub and toilet.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

Comments/Recommendations:



## **CLOSETS / STORAGE AREAS**

46. Closets and/or storage areas have lighting available either inside or outside of the closet

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

47. Commonly used items are accessible.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

48. Walk space is free of clutter.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

49. The garage, if used, is accessible and has lighting available.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

50. The attic, if used, is accessible and has lighting available.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

51. All chemical products are stored in a safe manner.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

Comments / Recommendations:

## **PARKING AREA / ENTRANCES**

52. Parking areas have lighting available.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

53. Parking areas are reasonably level and have a non-slip surface.

Safe \_\_\_      Unsafe \_\_\_      N/A/\_\_\_

54. Walkways and sidewalks are clutter free and level.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

55. Walkways and sidewalks have lighting available.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

56. The doorbell or door- knocker is functional.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

57. House numbers are visible on the home or mailbox.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

58. Outside stairways, if present, have a secure railing on at least one side.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

59. Entrance and doorways to home are free of clutter and hazards.

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

60. Outside porch or exit area has a working light available

Safe \_\_\_      Unsafe \_\_\_      N/A\_\_\_

Comments / Recommendations:

## **BEDROOM**

61. The bed height allows for getting in and out safely.

Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

62. Pathways in the bedroom are clear.

Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

63. A phone is within reach of the bed.

Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

64. Curtains/furniture are at least 12" from the baseboard or portable heater.

Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

65. Lamps or light switches are within reach of each bed.

Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

66. Ash trays, smoking materials or other fire sources are located away from beds or bedding.

Safe\_\_\_      Unsafe\_\_\_      N/A\_\_\_

Comments / Recommendations

