

Bedroom Safety Self Assessment

Yes	No	Questions
		Have you had a fall in the last year including non-injury falls.
		Do you live alone or lack needed support.
		Do you feel weak or frail.
		Are you over age 70.
		Are you reluctant to get out of bed.
		Do you fear falling.
		Are you unsteady on your feet or loose your balance easily.
		Do you feel weak or dizzy upon rising from the lying or sitting position.
		Do you use the furniture to help steady yourself.
		Do you have trouble walking, need the help of another person, use cane, walker or wheelchair.
		Is the pathway to your bathroom clear of objects, cords and furniture.
		Do you have throw rugs on the floor.
		Can you easily reach the light, phone and your glasses beside the bed.
		Is there a switch by the door that turns on a light.
		Do you feel confined or trapped when in bed.
		Do you find it difficult to roll or reposition yourself in bed.
		Do your feet touch the floor when sitting at the edge of your bed.
		Are you comfortable while lying in your bed, i.e. too soft, too hard, too old.
		Do you find it difficult to get up from a chair, or off the bed from time to time.
		At night, does it take you too long to get out of bed to make it easily to the toilet.
		Do you sometimes need some help dressing or undressing.
		Do you have skin integrity issues.
		Do you have diabetes, arthritis, Parkinson's; have you had a stroke, a heart condition or other chronic or multiple conditions or illnesses.
		Have you had a catastrophic injury that has impacted your mobility.
		Have you been admitted to the Hospital in the past year.
		Have the paramedics or fire department visited or been called to your home in the past year.
		Have you just begun taking a new medication(s) in the last 30 days.
		Take three or more medications including: sleeping tablets, tranquilizers or anti-depressants.
		Has it been more than 12 months since your Physician reviewed all the medications that you are taking, including over-the-counter medicines.
		Has it been more than 12 months since your eyes were tested or your glasses checked.
		Has it been more than 12 months since you had your hearing checked.
		Have you had your mineral and vitamin levels checked.
		Have you had your neck and/or back checked for proper alignment.

Why bedroom safety?

- Falls from bed are the second leading cause of fall deaths
- Over 50% of falls occur in the home

According to the National Safety Council (nsc.org)

Answering “yes” to any of the questions above is an indication that you should have a meaningful discussion about the issue(s) with your healthcare provider (physician, a nurse practitioner or other qualified healthcare individual). Answering yes to any of the questions above may indicate an addressable concern.

Your safety is our concern. We want you to stay in your home for as long as possible. We also know that there are many challenges that arise, as we grow older. By addressing those issues with qualified individuals, you can get the best possible assistance. Know what you want, (i.e. to stay in my home, get a little extra help, to be comfortable, to be alert). Be sure to communicate your wishes with those that you are trusting to give you good answers. The answers may vary depending on specific needs and wants that you communicate to the provider.

There are many things, big and small, that can be done to make your home safer and more comfortable for you. Your bedroom should be a refuge. Don't be afraid to add, remove or change things to make your room better and safer for you. Such changes will improve your quality of life.

Your health, mobility and life may depend on getting good answers and we want to help you get some of them.

Some qualified individuals that may be able to assist you are:

- Certified Aging In Place Specialist (CAPS)
- Physician
- Geriatric Care Physician
- Physician Assistants
- Nurse Practitioners
- Nurses
- Physical Therapist
- Occupational Therapist
- Care Managers
- Psychologists
- Counselors
- Assistive Technology Specialists
- Social Workers
- Pharmacist

Not intended to replace a skilled assessment or other appropriate medical advice.

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