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Archicentre Home Safety Checklist

Archicentre inspections help older Victorians maintain their independence by identifying ways to make the home a healthy and safe place to live. Below are 10 essential tips for people planning a long and enduring period of comfort in their own home.

1. A flat, easy-to-access site is ideal for older residents, who in their twilight years lose mobility and risk injury attempting to negotiate sloping sites and steps. Talk to an Archicentre architect about modifying your home for maximum health and safety benefits.
2. Covering from garage to house will help avoid precarious moments like carrying groceries in the rain over wet, slippery surfaces.
3. Fixed or fan forced vents achieve a desirable air flow, and eliminate the build up of air pollutants common in the home. Also helps prevent allergies and asthma.
4. Slip-resistant floor surfaces and stepless showers can help prevent the leading cause older people visit hospitals: falls.
5. Lever handles and lever taps are a better alternative than knobs which are too hard to turn for arthritis sufferers.
6. Interior colour scheme with good contrast helps people with diminishing eye sight identify doors and entranceways.
7. A hydronic heating unit radiates heat without blowing around dust or other particles that can cause allergic reactions.
8. Extra powerpoints eliminate the tangle of loose extension leads that can cause unexpected falls.
9. All bathroom and toilet doors should be conveniently re-hung to open outwards in the event someone loses consciousness against the bathroom door, thus denying rescuers emergency access.
10. Windows and skylights draw in natural light, improve health and safety and helps keep people alert. Make sure glare reduction measures (e.g. tinted glass, non-reflective hard surfaces outside windows) are used wherever possible.

If in doubt, enlist the services of a professional architect. Call Archicentre for a free house inspection or for more information, (03) 9815 1900.