

# **GEM**

**Gerontological Environmental Modifications**

## **Environmental Assessment**

### **Apartment Safety & Design**

Rosemary Bakker, MS, ASID  
Director, Project GEM, Gerontological Environmental Modifications  
Weill Medical College of Cornell University  
<http://cornellaging.org/gem>  
[rob2013@med.cornell.edu](mailto:rob2013@med.cornell.edu)

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# GEM Environmental Assessment

Client \_\_\_\_\_  
 Address \_\_\_\_\_

Date \_\_\_\_\_

## Living Room

**Client Uses Living Room**      Y    N

### Accessibility

<b>Client moves in/out &amp; through room without bumping/tripping into anything (T)</b>	Y	N
Suggestions: remove doorsill, door frame, door, or clutter      install offset hinges re-arrange furniture      other		NA
Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		

### Flooring

<b>Lamp, extension &amp; telephone cords are located outside of walking path</b>	Y	N
Suggestions: furniture re-arranged      cords relocated      outlets installed or repaired      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA
<b>Area rugs in walking path are taped to floor with double-sided tape or have a non-skid pad</b>	Y	N
Suggestions: tape rugs to floor      purchase non-skid pad      remove rugs      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA
<b>Flooring is free from rips &amp; holes</b>	Y	N
Suggestions: flooring removed/repaired      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA

### Furniture

<b>Client uses furniture for support while ambulating (T)</b>	Y	N
If Yes Suggestions: cane/walker      furniture replaced/repaired      castors removed      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA
<b>Low tables or ottomans are located out of walking path for person with low vision</b>	Y	N
Suggestions: low lying furniture removed/replaced      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA
<b>Table tops &amp; floor are free of excessive clutter (answer no for either case)</b>	Y	N
Suggestions: furniture needed      baskets needed      clutter reorganized      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA

### Lighting (ask client if you can turn on all lights)

<b>Lighting is adequate to client</b> (make recommendations if there are significant dark areas with lights on)	Y	N
Suggestions: new light bulbs      lamp(s) repaired      new lamp(s)      lamp(s) relocated      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA
<b>Client has lamp(s) nearby main seating area</b>	Y	N
Suggestions: fixture relocated      new fixture      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA
<b>Client can easily turn lights on/off</b>	Y	N
Suggestions: switch or outlet replaced/repaired      table top pad switch or touch turn-on adaptor      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA

### Seating

<b>Seating has firm seat that doesn't sag, arm rests on both sides (for chairs) &amp; not too low or deep</b>	Y	N
Suggestions: new chair      extender legs      seat or back cushion restuffed      or replaced      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA
<b>If wheelchair is used, it has a pressure relief seat cushion (not patient's own seat pillow) (T)</b>	Y	N
Suggestions: Contact doctor for prescription      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA

### Windows & Shades

<b>Client easily opens/closes at least one window &amp; all blinds or shades</b>	Y	N
Suggestions: reduce tension in window frame rods      remove paint on window casing      reorganize furniture shades or blinds fixed      new shades/blinds      furniture relocated      other Corrected by: _____ Not corrected due to: client refusal      funding      inadequate solution      other		NA

# Bedroom

Client Uses Bedroom Y N

## Accessibility

<b>Client moves in/out &amp; through the room without bumping/tripping into anything</b> Suggestions: remove: doorsill , door frame , door , or clutter install offset hinges re-arrange furniture other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
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## Bed

<b>Sitting on edge of bed, client's thighs are parallel with floor, with feet firmly on floor</b> Suggestions: lower bed: remove castors cut wooden frame order new 3" frame Raise bed: new 7" frame leg extenders other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Client has a handle to help get in &amp; out of bed if needed (T)</b> Suggestions: new handrail other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Bedcovering hangs above the floor</b> Suggestions: hem bedcovering new bedcovering other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Hospital bed only: There is minimal spacing between mattress &amp; siderails</b> Suggestions: contact home care agency replace bed, mattress or rails other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Mattress is supportive &amp; does not sag when sat on (assessor: ask client if you can sit on bed to test)</b> Suggestions: replace mattress other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Bedside commode available if nighttime trips to bathroom are difficult (T)</b> Suggestions: Doctor to prescribe commode other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA

## Communication

<b>Telephone next to bed is usable by client</b> Suggestions: large print dial overlay new phone/large type hearing impaired phone or flashing light adaptor voice activated service furniture rearranged other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Doorbell can be heard by client in bedroom</b> Suggestions: plug-in remote doorbell doorbell with flashing light other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA

## Flooring

<b>Lamp, extension &amp; telephone cords are located outside of walking path</b> Suggestions: furniture re-arranged cords relocated outlets installed or repaired other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Area rugs in walking path are taped to floor with double-sided tape or have a non-skid pad</b> Suggestions: tape rugs to floor purchase non-skid pad remove rugs other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>The flooring is free from rips &amp; holes</b> Suggestions: carpet removed/repaired flooring patched other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA

## Furniture & Storage

<b>Furniture is stable for support if client holds or leans on while ambulating (T)</b> Suggestions: cane/walker furniture replaced/repaired castors removed other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Doorknobs/furniture knobs are easy-to-use</b> Suggestions: Install "C" shaped handles textured hand grip over doorknobs lever adaptor other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Floors &amp; tabletops are free of clutter</b> Suggestions: clutter organized/removed new dresser/night table drawers repaired other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Closet clothing is accessible without client standing on tiptoes or chair</b> Suggestions: hanging pole lowered clothing rearranged new door or door removed hanging shoe bag stepstool with handle other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA



Suggestions: raised seat with attached grab bars toilet safety frame grab bar on wall other Corrected by: Not corrected due to: client refusal funding inadequate solution other	NA
<b>Toilet paper roll is easy to use &amp; less than one outstretched arm distance from toilet</b> Suggestions: new roll relocate roll attachable bidet other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA

## Bathing

Observation: <b>wall grab bar</b> on back wall & side tub wall tub seat	Y N NA
<b>Client lowers into bathtub or showers</b> Suggestions: check stability of wall surface & order/install grab bars along back & inner tub wall contrasting color tub bench/hand-held shower hose shower curtain bath lift soap mitt other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Client can easily reach/use faucets &amp; controls</b> Suggestions: lever adaptors hand-held shower hose hook at lower height other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>For frail elders at risk, anti-scald valves are installed in showerhead &amp;/or bathtub spout</b> Suggestions: install showerhead valve or bathtub spout other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Non-skid safety treads or mat on bottom of bathtub</b> Suggestions: install treads/mat other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA

## Flooring

<b>Bathroom flooring is non-skid (not slippery) with matte finish with no holes or rips</b> Suggestions: no wax or non skid wax used flooring repaired new flooring other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Bathroom floor mat is non-skid with intact backing &amp; hung on side of tub when not in use</b> Suggestions: new floor bath mat hang up floor bath mat Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Floor surface is free from clutter</b> Suggestions: remove clutter other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA

## Sink Area

<b>Faucets are easy-to-use</b> Suggestions: faucet adaptors non-flood faucets (for memory impaired) other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Client can reach medicine cabinet</b> Suggestions: supplies rearranged shelf installed medicine cabinet lowered other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA

## Lighting (assessor, ask client if you can turn on all lights)

<b>Lighting is adequate to client</b> (make recommendations if there are significant dark areas with lights on) Suggestions: new light bulb(s) fixture(s) repaired new light switch or outlet repaired new fixture(s) switch extender other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Nightlight is used</b> (or flashlight or light left on) Suggestions: automatic nightlights battery sensor light lighted switchplate other Corrected by: Not corrected due to: client refusal funding inadequate solution other	Y N NA

## Kitchen

Client Uses Kitchen Y N

## Accessibility

<b>Client moves in/out &amp; through the room without bumping/tripping into anything (T)</b> Suggestions: remove: doorsill , door frame , door , or clutter install offset-hinges	Y N NA
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re-arrange furniture other Corrected by: _____ Not corrected due to: client refusal funding inadequate solution other	
<b>Client has access to sink &amp; to food preparation areas</b> Suggestions: bottom cabinet removed cabinet under sink removed other Corrected by: _____ Not corrected due to: client refusal funding inadequate solution other	Y N NA

### Flooring

<b>Kitchen flooring is non-skid (not slippery) with matte finish with no holes or rips</b> Suggestions: no wax or non-skid wax used flooring repaired new flooring other Corrected by: _____ Not corrected due to: client refusal funding inadequate solution other	Y N NA
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### Storage

<b>Client can easily access needed food &amp; supplies</b> Suggestions: organize supplies reacher lazy susans "C" handles loop strap on refrigerator tape on refrigerator door gasket other Corrected by: _____ Not corrected due to: client refusal funding inadequate solution other	Y N NA
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### Cooking & Serving

<b>Faucets are easy-to-use</b> Suggestions: faucet adaptors non-flood faucets (for memory impaired) other Corrected by: _____ Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Client can easily use appliances pots/pans (T)</b> Suggestions: appliance repair new microwave new toaster oven automatic coffee maker tactile dots large print dials pan/handles both sides pan/flat bottom flame retardant pot holder other Corrected by: _____ Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Client can easily use utensils &amp; plate (T)</b> Suggestions: large handled utensils rocking knife can opener color contrast plate with scoop edge other Corrected by: _____ Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Client can easily transfer food from kitchen to table (T)</b> Suggestions: wheeled cart attachable tray for walker or wheelchair other Corrected by: _____ Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Stove area is clear of grease, towels &amp; flammable materials</b> Suggestions: cleaning service needed rearrange materials new hooks other Corrected by: _____ Not corrected due to: client refusal funding inadequate solution other	Y N NA
<b>Client Education:</b> For fire safety, do not cook in clothing with long loose sleeves	

### Lighting (assessor, ask client if you can turn on all lights)

<b>Lighting is adequate to client</b> (make recommendations if there are significant dark areas with lights on) Suggestions: new lightbulbs lamp(s) repaired new fixture(s) battery-operated undercounter lights switch or outlet repaired other Corrected by: _____ Not corrected due to: client refusal funding inadequate solution other	Y N NA
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# Other

<b>Extension cord/outlet strip with circuit breaker is used with multiple fixtures</b> Suggestions: new extension cord/outlet strip Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Client uses pillbox that is easy to read &amp; use</b> Suggestions: weekly multiple compartment pill    automatic dispenser    other Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Walls &amp; ceilings are free of holes &amp; peeling paint</b> Suggestions: repair    repaint Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Smoke detector is in working order</b> Suggestions: replace battery    replace detector Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Temperature is comfortable to client (not overly hot or cold to assessor)</b> Suggestions: repair windows    repair or purchase air conditioner    check heating system    other Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>The dwelling is free of noxious odors</b> Suggestions: cleaning service    other Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>The dwelling is free of vermin or insects</b> Suggestions: contact landlord    or pest control agency    other Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Client has a deadbolt front door lock &amp; can easily use it</b> Suggestions: repair or    replace lock Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Front door peephole is usable to client</b> Suggestions: install new peephole Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Clients that live on low floors have window gates</b> Suggestions: install or repair new gates Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Food bowls &amp; kitty litter are out of circulation path</b> Suggestions: set food bowls on table    relocate bowls or kitty litter Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Client wears footwear that have closed backs &amp; medium thickness treads</b> Suggestions: new shoes/slippers needed    elastic shoelaces Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Rubber tip on cane is in good condition</b> Suggestions: new rubber tip Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Client uses glass ashtray (4"-6") with cutouts for cigarettes</b> Suggestions: new ashtray Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Frail or at risk clients have a personal emergency response system</b> Suggestions: contact doctor for Medicaid prescription    other Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	Y    N NA
<b>Radiators or hot pipes in walkways are covered</b> Suggestions: contact superintendent    purchase radiator covers Corrected by: _____ Not corrected due to: client refusal    funding    inadequate solution    other	

## Observational Comments

Circle Y if the following answers are yes:

- Client holds onto furniture while walking Y
- Client unsteady upon arising from seating or bedding Y
- Client trips or has difficulty walking over threshold or through doorway Y

## Other:

## Follow up Referral to Health Care Professionals (T)

A no response to any of the trigger questions (T) may be indicative of functional or physical deterioration & may require additional action. Depending on the situation, you may need to contact a health professional,

including a Primary Physician or Nurse, & request a functional assessment &/or equipment from a physical & occupational therapist.

### **Low Vision Suggested Adaptations**

Large print

Lighting (preferred lighting levels will vary depending on patient's type of low vision)

- Shielded light bulbs
- Dimmers switches
- 3-way bulbs
- Compact fluorescent or full spectrum bulbs
- Window treatment to shield natural light/glare
- Task lighting

Color

- Use strong contrasting colors (i.e. royal blue grab bar against white wall) to distinguish foreground from background
- Use bright colors to help identify select objects

Texture or tactile markers

- Rubber band around milk carton to distinguish from juice carton
- Raised tactile dots to locate on/off controls

## **Follow-Up List**

<b>Bathroom</b>	<b>Kitchen</b>
<b>Bedroom</b>	<b>Living Room</b>
<b>Hallways (s)</b>	<b>Other</b>



