

# Checklist for the Bathroom and Kitchen for Vertigo

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Print out this checklist, write the date on it, and check off the item if you have done it. Do this once a month to see how you are progressing with keeping your bathroom and kitchen safe in case of an attack of vertigo. Try to get all items checked.

Date:

## Environment

- I have grab bars in place in the shower and bathtub and near the toilet.
- I have nonskid mats in the shower and bathtub.
- I do not have any throw rugs in the bathroom or kitchen.
- I have a night-light in the bathroom.
- I store the materials and foods I use the most on lower shelves so that I don't need to climb or reach for them.

## Actions

- If I have to climb to reach a kitchen or bathroom shelf, I use a step stool with handrails.
- I do not stand on chairs.
- I clean up any spills immediately and keep the bathroom floor dry.