

# The See and Hear video series - support sheet

# E 5. Outside the home

#### Helpful questions to ask

- Which door do you tend to use when entering your home?
- Do you come through the garage when you are using your car?
- Can you show me around the outside of your home?
- Do you have any difficulties entering and exiting your home?
- Are you able to get to your washing line easily?
- · Have you had any falls in your garden?

## What to look out for

- · Slopes and steps in the garden.
- Unsafe steps. (too steep/cracked)
- · Holding on to walls or greenery for support.
- Appearing off balance.
- Cracked/Uneven paths.
- · Not using walking aid in garden.
- · Unmarked or raised thresholds.
- Short of breath when walking.
- Needing help from another person to walk around garden.
- Overgrown greenery obstructing pathways.

## Translating what you see & hear into your assessment

- Grassy slope leading to washing line in back garden. X observed mobilising up slope towards washing line with difficulty.
- X mostly enters and exits their home using the garage door.
- There is a high step from the garage into the house. X observed gripping door frame for support.
- X appeared unbalanced when mobilising from path to grassy area.
- X was unable to push walking aid over threshold at front door.