



Age Institute

Residential safety walk for elderly people



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Residential safety walk for elderly people

- Safety walks intended for all ages have already been used in the past.
- In 2023 Age Institute developed a checklist for safe walking in the residential environment suitable for elderly people (Ministry of the Interior's working group)
- A joint evaluative walk helps to scan which places in the residential area are central to the everyday life and well-being of the elderly



Organizing a safety walk

- Various parties can organize a walk
 - municipal authority, rescue service, housing association, NGO, a council for the elderly,
- The leader of the walk is chosen. If necessary, volunteers and relatives are asked to help
- The evaluated route or area is placed on the map.
- The walk will be carried out in groups of 5–10 people, with discussion.
- Each participant evaluates the environment based on their own experiences and fills out their own evaluation form.
- After the walk, they discuss the observations and correction suggestions together
- The leader makes a summary and forwards it to the entity responsible for the environment



Checklist

1. Entrance to the building
2. Stairs and ramps
3. Access route in the yard area or in the surrounding area
4. Intersections, crosswalks and a buss stops
5. Yard area and surrounding area



Asuinympäristön turvallisuuskävelyn TARKISTUSLISTA

Tämän listan avulla voit arvioida, kuinka turvallinen asuinympäristösi on ja kuinka helppo siellä on kulkea.

Anna väittämiin oma arviosi siitä, miten asia mielestäsi toteutuu. Rastita mielestäsi sopivin vaihtoehto. Jos et pysty vastaamaan johonkin kohtaan, jätä se väliin. Lopussa olevaan Lisätietoja-kohtaan voit kirjoittaa tarkennuksia.

Nimi: _____

Osoite ja asunnon numero: _____

_____ Päivämäärä: _____

1. Sisäänkäynti rakennukseen (Nimeä kohde):	Käytän sisäänkäyntiä:		
	<input type="checkbox"/> Päivittäin	<input type="checkbox"/> Muutaman kerran viikossa	<input type="checkbox"/> Harvemmin
_____	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Kyllä	Jossain määrin	Ei
Sisäänkäynti näkyy helposti	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sisäänkäynnin valaistus on hyvä	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ovi on helppo avata	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ovesta voi kulkea apuvälineen kanssa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oven edusta on luistamaton (se ei ole liukas)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talvikunnossapito on hyvä	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Checklist

3. Access route in the yard area or in the surrounding area

I use the area:

Daily

A few times per week

Rarely

	Yes	Somewhat	No
The route is easy to walk			
The route is wide enough			
On the route you can use a rollator or a wheelchair			
The surface of the route is flat and hard (no bumps or bumps)			
The trail has good grip (it's not slippery)			
The route is plowed and sanded in winter			
There are enough benches along the route			
The directions are clear			
The route is well lit			
I dare to use the route also in the evenings			

Observations from one walk

- The painting of the pedestrian crossings is very worn in many places
- The road signs had turned
- More comfort - for example, big trees - was desired
- Some manhole covers are high
- the subway station's surroundings are messy
- Electric scooters were hated
- There could be more and more visible toilet signs.

