

**The Regional Geriatric
Assessment Program of Ottawa**
Senior Friendly Environment Checklist
The Ottawa Hospital ER Civic Campus

LIGHTING	YES	NO	COMMENTS
30-70 foot candles indoor illumination	X		
Natural fluorescents, full spectrum lights	X		
Direct illumination of vertical surfaces	X		
Light focused on signs and wayfinding cues	X		
Glare eliminated (cove lighting, no highly polished surfaces)			
Pooled lighting and shadows avoided	X		
Gradual changes of light coming from outdoors (e.g. awnings, brighter interior lights in entrance ways)	X		
NOISE/SOUND			
Hearing amplifiers available			To be made available as needed
Acoustical ceiling and wall products			Enclosed area to allow for hearing
Reduced number of hard surfaces and "echoes"		X	See above
Minimal ambient noise (radios etc)	X		
DÉCOR			
Colors at warm end of spectrum		X	Colours are in the cool end (blue and pastels)
Colours used to define functional areas (e.g. yellow hallways, green room etc)	X		For the majority of doorways
Color contrast to highlight areas such as doors to assist wayfinding	X		
Same colours on "out of bounds" doorways to reduce unwanted use.	X		
Plain upholstery fabrics with mild patterns (no strong flecks, "vibrational patterns", very dark colours and soft pastels)		X	The upholstery on the chairs were ordered.
Use of mirrors avoided	X		
Pictures on walls are clear and have realistic definition			N/A
ORIENTATION/WAYFINDING			
Large clocks and calendars			
Clear demarcation of different functional areas		X	See notes under signage
Uncluttered hallways to ensure that patients can clearly see their "destination"	X		
SIGNAGE			

Uncluttered with simple message (too much information on one sign avoided)	X		
Strong contrast of print on sign background and sign on wall background		X	Signage required near washrooms/intake areas
White on dark brown or black or black on yellow in a busy environment		X	The signage suggested to have this colour scheme
Black on white or dark green on white for general use	X		
Matte, non-glare finishes	X		
Simple explanatory graphics	X		
Key locations (e.g. bathroom) with signs perpendicular to the wall for easy identification		X	Addressed above
FLOORING			
Quiet cushion flooring with matte, non-slip finish or wax		X	Min pattern on floor. Need to minimize wax
If carpet, low pile			
Even colors (no bold patterns that can create visual perception challenges)	X		
Contrast between baseboards and floor border to define floor edge	X		
DOORS			
All wide enough for clearance of wheelchair	X		
Door threshold no more than 1/4" beveled edge	X		
Lever handles	X		
Maximum 8 lbs pull, 14 lbs push force	X		
Automatic door opening mechanisms for main entrances and hall doorways	X		
Seating just inside entrance to allow vision time to adjust	X		to be made available
Wheelchairs available at entrance	X		
Accessible parking	X		Limited spaces
Covered outside entranceway	X		
FUNCTIONAL AREAS			
Visually distinctive doorways	X		
Where applicable - direct sightline from washroom to bed (ex obs unit?)	X		In observation and clinic
Call bells easily activated			
Telephone with volume control and suitable for use with hearing aids			Not addressed
Clear , unimpeded hallways large enough for wheelchair/walker and caregiver in each direction	X		
Seating areas at regular intervals on long hallways	X		
Handrails in hallways - 1.5" diameter with 2" hand clearance - easy grip rounded style	X		

Small quiet waiting area to allow confidential conversation	X		
Full turning radius for wheelchairs and walkers in seating areas	X		
WASHROOMS			
Washroom large enough for wheelchair/walker, caregiver and client	X		
Toilets with minimum of one non-slip grab bar - 45 degree at side of toilet		X	Grab bars in all washrooms need to be adjusted
Accessible toilet paper dispenser (19" high at side and slightly in front of toilet)	X		Accessible but difficult for elder adult to manage
High toilets available in some areas			Suggest raised toilet seat be available for use
Autoflush or flush lever extending beyond toilet cover		X	Not located in all washrooms
Auto on/off sink faucets or lever faucet handles - controlled water temperature	X		Lever
Sinks with open area underneath and pipes insulated	X		
Towel dispense not above sink or counter - minimum 20" forward reach - max 47" from floor	X		located too far from sink. Spills may cause falls.
Easy access to towels or hand dryers	X		Not behind doors. See above
FURNITURE			
Tables sturdy, round corners, matte tops and edges defined with contrasting borders	X		
Available electric adjustable beds - to 18" low available	X		Adjustable to 12"
Overbed tables on glides instead of wheels		X	Not applicable
Chairs with seats 18- 19" high, 18-20" deep with firm cushion.	X		However, post tilt prevents getting up easily
Chair arms extend to front chair edge		X	
Non-slip, easy clean fabric	X		
Stable, tip free with minimal back recline and backwards seat tilt (lumbar support)		X	Posterior tilt prevents ease of transfers
Chair legs able to be fit with blocks to further raise seat height		X	
OTHER FACTORS			
Large print for all written materials provided (minimum 14 font) with simple nonserif characters			To be reviewed
Hearing amplifiers available for use by all staff			To be reviewed
Vounteer guides to accompany seniors to their destination instead of relying on verbal directions			To be reviewed