

BRIGHT IDEAS for Home Improvement



Green & Healthy Homes
Initiative® | Salt Lake



BEN McADAMS
Salt Lake County Mayor

Dear Friend,

I'm pleased to present the latest Idea Book –an update on some practical, affordable tools for Salt Lake County homeowners. The County is part of a local coalition of 19 groups that have signed onto a Green & Healthy Homes Initiative. Together, we try to help those with chronic health conditions fix up their homes in ways that offer more comfort, safety and efficiency.

This Idea Book has practical ideas about you can make your home more energy efficient, use less water and add more appeal to the property.

In the meantime, you can see some of these ideas in practice. Come visit our Idea House model homes throughout Salt Lake County which have been remodeled to demonstrate what works. Every few months we'll open up another Idea House for the public to tour.

This is an exciting time for everyone who wants to use the latest tools and techniques to update the comfort and value of their most important asset—their home. You may find that you save money on maintenance and utility bills as well.

Sincerely,

Ben McAdams
Salt Lake County Mayor

Contents

Top 10 Ideas for:

- Healthy Homes 4-5
- Energy Efficiency 6-7
- Safety and Accessibility 8-9
- Water Conservation 10-11

Native and Low Water Plant Guide

- Trees 12-13
- Shrubs 14-15
- Grasses and Perennials 16-17

Healthy Home Guide

- Lead-Based Paint 18
- Asthma 19
- Mold & Asbestos 20
- Radon & Carbon Monoxide 21

Community Resources 22-23

Home Assessment Checklist 24-25

The Idea Book 2.0

Welcome to the 2nd Edition of Salt Lake County's Idea Book for home improvement, developed by the County's Green and Healthy Homes Initiative (GHHI). This edition includes "Top 10 Ideas for Healthy Homes," practical steps you can take to keep your family safe and healthy. This booklet also includes reference pages on preventing and responding to asthma and lead poisoning.

We encourage you to go through the Home Owner's Checklist and identify issues that may be affecting you or your family. We hope you find these *Bright Ideas for Home Improvement* useful and share them with family, friends and neighbors.

Content and design by ASSIST Inc in partnership with Salt Lake County
Published November 2014; Digital Edition March 2015

TOP 10 IDEAS FOR *Healthy Homes*



Fix Water Leaks Early

- Small leaks can become big problems if not addressed early
- Water damage leads quickly to mold growth
- Water damage weakens floor, ceiling and wall structure



Vacuum Carpets Often

- Carpet hides dust, grime, pet dander and droppings, pesticides and food particles
- Keeping carpet clean reduces odors, pests, air pollutants and asthma triggers
- Vacuum carpets weekly with a HEPA vacuum
- Deep clean carpets regularly
- Consider replacing carpets with solid flooring



Keep Kitchen Clean

- Food particles on counters and floors attract pests like cockroaches and mice
- Clean counters and dishes often
- Sweep and mop floors as needed and thoroughly once a week
- Use a trash can with a lid and take out often



Clean Up After Pets

- Pet food attracts pests; clean up pet food that has spilled onto the floor or counters
- Pet waste should not be left in the house
- Vacuum often to clean up pet hair and dander
- Store pet food in containers with lids



Ventilate Your Home

- Fresh air greatly improves overall health in your home; open windows to ventilate
- Change the furnace filter often (every 30-60 days) to ensure good filtration and efficiency
- Use kitchen and bathroom fans when cooking or showering

Never Smoke Indoors

- Indoor air pollution--especially from tobacco--triggers breathing problems
- Children exposed to tobacco smoke are at risk of asthma, bronchitis and ear infections
- Tobacco smoke sticks to clothes, furniture, walls and car interiors



Prevent Falls

- Install sturdy railings in stairways and grab bars in bathroom
- If using throw rugs, put non-skid mats under the rug to prevent slips
- Install night lights in hallways to prevent falls during the night



Be Safe From Toxic Chemicals

- Use non-toxic cleaning products like baking soda, vinegar, or lemon
- Pesticides are dangerous and should be a last resort for pest control
- Keep cleaners, medicines and other dangerous substances away from children



Protect Children from Lead Poisoning

- Lead poisoning can cause learning disabilities, nerve damage, and even death
- Lead paint exists in most homes built before 1978 and is often chipping around windows
- Kids should be tested for lead at ages 1 and 2

See **LEAD**



Maintain Smoke/CO Detectors

- Carbon Monoxide (CO) has no smell or taste
- Smoke and CO detectors should be placed according to the package's recommendations
- Batteries for the smoke and CO alarms should be changed every six months

See **CARBON MONOXIDE**



TOP 10 IDEAS FOR *Energy Efficiency*



Get a Home Energy Audit

- Energy audits help you identify ways you can save energy and money
- Free do-it-yourself audits available online
- Schedule a low cost in-home energy audit from a utility or private energy company

See **RESOURCES** for more information



Insulate your Home

- Increase insulation, especially in the attic, adding a minimum of R-19 to achieve a total insulation R-value of at least R-38
- Insulate the water heater with an approved water heater blanket



Seal, Caulk, and Weatherstrip

- Seal around pipes, wires, and vents passing through the walls, floors, or ceilings
- Put weather-stripping around doors and windows to eliminate drafts
- Adjust vents and close fireplace dampers when not in use



Heat and Cool Efficiently

- Install a high efficiency natural gas furnace*
- Set thermostat to 72 degrees in summer and 68 degrees in winter
- Use a programmable thermostat to save energy when you are away or sleeping
- Use ceiling and floor fans during summer



Light Efficiently

- Install compact fluorescent bulbs (CFLs) or LED lights in your most used fixtures
- Turn off lights when not in use
- Install timers or motion sensors on exterior lights

Shade the Exterior in Summer

- Direct sun exposure can make your home excessively hot during the summer
- Close blinds and drapes during the day
- Plant deciduous trees around your home
- Install shades, awnings, or shutters




Improve Ventilation

- Install an attic fan and venting system
- Make sure soffit, ridge, and gable vents are unobstructed
- In the summer, open windows at night to take advantage of fresh air, cool breezes and cross ventilation




Use Electronics Efficiently

- Use a power-strip and turn off when not in use
- Hang clothes to dry when possible
- Set your washing machine to use cold water
- Set your water heater to 120 degrees max
- Install  Energy Star rated appliances*
- Replace and recycle old refrigerator/freezer*



Improve Windows

- Use window insulation film for a fast, affordable fix
- Install  Energy Star rated windows*
- Repair any broken glass, caulking, weatherstripping, or window putty



Maintain Equipment

- Replace furnace filters at least every 30-60 days to maximize furnace efficiency
- Have a heating/cooling system inspection performed regularly
- Clean refrigerator coils and vents once a year



*Questar and Rocky Mountain Power rebates may apply

TOP 10 IDEAS FOR *Safety and Accessibility*



No-Step Entry

- A no-step or barrier-free entry allows wheelchair or walker users to easily enter your home
- Consider front, side or rear doors for a barrier-free entry modification
- If building a ramp, ensure a 1:12 slope (“a foot of ramp for each inch of rise”) or more gentle



Adequate Doorways

- Narrow doorways (less than 32” clear opening) can prevent a wheelchair user from freely moving around the home
- Bathroom doors are often too narrow
- Easily add 2” to a doorway’s clear opening with Swing-Clear Hinges (shown left)



Usable Bathroom

- A usable bathroom features a doorway with 32” clear passage and 30”x48” clear floor space beyond the door swing and next to each fixture
- An out-swinging door creates clear floor space
- Combined with a no-step entry and adequate doorways, a usable bathroom creates *visitability*



Railings

- Railings on both sides of all steps or stairs dramatically improve safety
- Have railings installed by a professional to ensure they are secure and reliable

Grab Bars

- Many falls at home occur in the bathroom and could be prevented with secure grab bars
- A vertical bar at shower entry and horizontal bar inside tub or shower are typical locations
- Bars should be installed by an experienced contractor; suction or clamp bars are not recommended



Usable Kitchen

- Roll-under counters, sinks and cook tops can be more convenient for wheelchair users
- Drawers are typically more usable than shelves; deep drawers can be used for pots and pans



Safe Floor Surfaces

- Hardwood floors or low-pile carpet are the most usable surfaces for wheelchair, walker and cane users
- Throw rugs should either be removed or placed on a non-skid mat
- Use slip-resistant tile or mats in bathrooms



Usable Outdoor Space

- Barrier-free access to an outdoor space allows all your friends and family to enjoy the patio or yard
- Consider threshold modifications or a sloped pathway to provide access to these areas



Step or Roll-In Shower

- The Tub Cut modification converts a standard bathtub to a step-in shower quickly and affordably (shown right)
- Roll-in shower conversions are also an option but usually require lowering the existing drain



Lever Handles and Faucets

- Arthritis and other infirmities impact a person’s ability to grip and turn faucet handles
- Lever handles are an easy modification that make doors and faucets usable for all friends and family



TOP 10 IDEAS FOR *Water Conservation*



Reduce Lawn Area

- The easiest way to reduce water consumption is to reduce or eliminate lawn area
- Lawns consume a huge portion of residential water and are often purely decorative
- Replace lawn area with or low-water planting, stone or brick patio, mulch or bark



Select Plants Appropriately

- Plants that have evolved in Utah require the least amount of extra watering
- Native plants are beautiful and are a smart choice for your garden

See **TREES** **SHRUBS** **GRASSES**



Conserve Water in the Kitchen

- Only run a dishwasher when it is full
- Try washing dishes by hand and only turning on the faucet when rinsing
- Reduce garbage disposal use



Conserve Water in the Bathroom

- Almost 50% of home water use occurs in the bathroom!
- Take short showers and limit bathtub use
- Switch to a dual-flush toilet
- When brushing teeth or shaving, turn off water when not rinsing



Irrigate Efficiently

- Find a seasonally appropriate watering schedule at slowtheflow.org
- Don't water lawn or plants during the day
- Water only planted areas, not sidewalks
- Install a drip irrigation system

Consider Low-Water Appliances

- Most dishwashers use 5-10 gallons of water per cycle - efficient models average 3.5
- Older toilets average over 3 gallons per flush while new toilets average 1.6
- High efficiency clothes washing machines use 1/2 as much water as older models



Repair Leaks and Drips

- Plumbing leaks average 14% of home water use - that's water *and* money wasted
- Check regularly for leaks in sinks, showers tubs, and toilets and have them repaired as soon as possible



Harvest Water

- Harvest rainwater to use for watering plants
- Direct downspouts from gutters to plants
- Research rainwater collection systems for design ideas (check with local city to verify that your system is code compliant)



Maintain

- Clean out and repair gutters and downspouts every spring and fall to avoid water damage to home
- Maintain irrigation system to catch and repair leaks early



Improve the Soil

- 3" of mulch on top of open soil helps the soil retain moisture and reduce watering needs
- Create a compost pile to improve the soil, use food scraps, egg shells, lawn clippings, etc.
- Research compost piles or bins to find the best design for you



NATIVE AND LOW WATER PLANTS

Trees

 Native Plant



Acer glabrum
Rocky Mountain Maple 

Water use: Low
Height: 20' Spread: 20'

Deciduous, yellow to orange fall color, often multi-trunked



Acer tartarica
Tartarian Maple

Water use: Low
Height: 20-25' Spread: 15-20'

Deciduous, brilliant fall color, native to Asia



Celtis reticulata
Hackberry 

Water use: Low
Height: 25-30' Spread: 30'

Deciduous, member of the Elm family, small berry like fruits are attractive to birds, picturesque bark with corky warts



Gleditsia tricanthos
Honeylocust

Water use: Adaptable
Height: 45' Spread: 35'

Deciduous, high environmental tolerance



Juniperus
Juniper Species 

Water use: Low
Height: 15-20' Spread: 15'

Evergreen Junipers come in many forms and colors

Zelkova serrata
Zelkova 'Village Green'

Water use: Medium
Height: 25-30' Spread: 25-30'

Broad and vase-shaped form, fall color is rusty red, pollution tolerant



Pinus nigra
Austrian Pine

Water use: Low
Height: 40' Spread: 20'

Spreading and open form. Adaptable to urban conditions. Tolerates salt around its root zone, and alkaline soils



Robina pseudoacacia
Purple Robe Locust

Water use: Low
Height: 50' Spread: 30'

Deciduous, yellow fall color, deep purple flowers



Sorbus scopulina
Western Mountain Ash 

Water use: Medium
Height: 15' Spread: 15'

Often with reddish bark, orange fall color, orange to bright red fruit



Tilia tomentosa
Silver Linden

Water use: Low once established
Height: 30-40' Spread: 25-30'

Deciduous, yellow fall color, pollution tolerant, conical form when young changing to rounded with age. Dense shade tree with very fragrant flowers



NATIVE AND LOW WATER PLANTS

Shrubs

 Native Plant



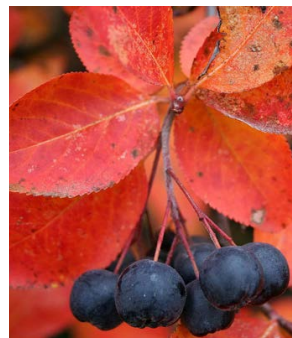
Artemisia ludoviciana
Silver King Artemisa 

Water use: Low
Height: 2-3' Spread: 2'
Slender, spreading branches and silvery white leaves, aromatic foliage



Amelanchier utahensis
Utah Serviceberry 

Water use: Low
Height: 8' Spread: 8'
White flowers, deciduous



Aronia melanocarpa
Chokeberry

Water use: Low
Height: 3-5' Spread: 4-6'
White flowers, deciduous, edible fruit, dark berries and red fall color



Buddleia davidii
Butterfly bush

Water use: Low
Height: 6-12' Spread: 4-15'
Blooms can be purple, pink, white or red. Blooms all summer. Attractive to hummingbirds, butterflies and bees



Rosa woodsii
Woods Rose 

Water use: Low
Height: 4' Spread: 4'
*Deciduous, pink flowers in spring, native *Other low water species: Rosa Rugosa and Meideland Roses**

Cercocarpus ledifolius
Curleaf Mountain Mahogany 

Water use: Low
Height: 12' Spread: 12'
Semi-evergreen, cream flowers in spring, feathery seeds, excellent screen

Mahonia repens
Creeping Oregon Grape

Water use: Adaptable to Low
Height: 1' Spread: 3'
Evergreen, reddish purple fall color, yellow flowers in spring, blue berries in summer, can take shade

Pinus mugo
Mugo Pine

Water use: Adaptable to Low
Height: 4' Spread: 4'
*Evergreen
Many sizes and shapes available*

Prunus besseyi
Western Sand Cherry 

Water use: Low
Height: 6' Spread: 6'
Deciduous, white flowers in spring, black fruit in summer, reddish fall color

Rhus aromatica 'Gro-low'
Grow Low Fragrant Sumac

Water use: Low
Height: 2' Spread: 8'
Deciduous, scarlet-orange fall color, many native Rhus species



NATIVE AND LOW WATER PLANTS

Perennials & Grasses

 Native Plant



Agastache sp.
Hyssop 

Water use: Low
Height: 24-30" Spread: 2-4'

Blooms all summer, fragrant, hummingbird attractor, multiple colors



Deschampsia caespitosa
Tufted Hairgrass 

Water use: Adaptable
Height: 3' Spread: 3'

Light green-brown pannicle



Echinacea purpurea
Purple Coneflower 

Water use: Adaptable
Height: 2-3' Spread: 18-24"

Purple flowers in summer



Gaillardia aristata
Blanket Flower

Water use: Low
Height: 12" Spread: 18-24"

Red and yellow flowers in summer



Gaura lindheimeri
Wandflower

Water use: Low
Height: 24-30" Spread: 2-4'

Loose bushy wiry stems, pink, red, or white flowers all summer

Geranium viscosissimum
Sticky Purple Geranium 

Water use: Adaptable
Height: 12-36" Spread: 18-24"

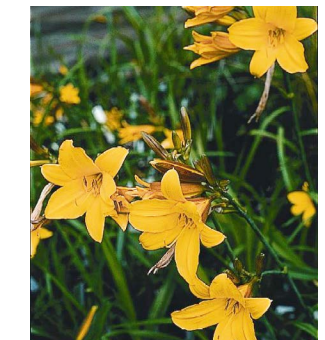
Purple flowers in summer, can take shade



Hemerocallis
Daylily

Water use: Low
Height: 1-3' Spread: 1-3'

White to purple flowers in spring, summer, or fall, some everblooming



Perovskia atriplicifolia
Russian Sage 

Water use: Low
Height: 3' Spread: 3'

Deciduous, blue flowers in summer



Schizachyrium scoparium
Little Bluestem 

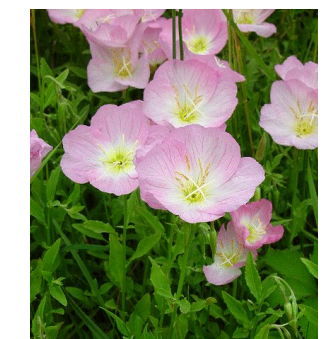
Water use: Low
Height: 3-5' Spread: 24-30"

Blueish gray color, tan flowers in fall



Oenothera speciosa
Pink Evening Primrose 

Water use: Low
Height: 12-18" Spread: Spreading
Blooms from May-July, flowers range from dark pink to almost white. Hardy and drought resistant

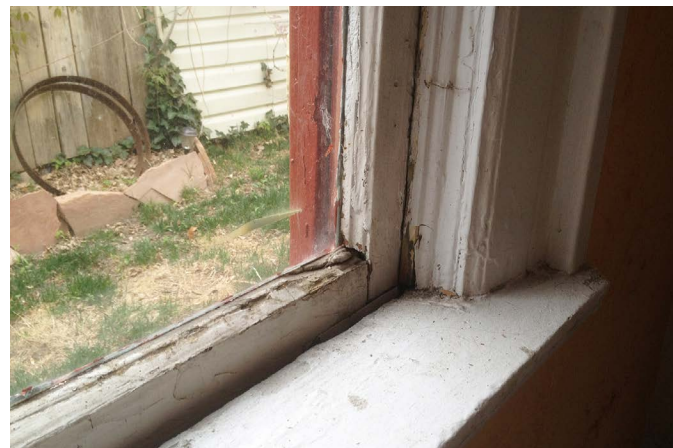


HEALTHY HOME GUIDE

Lead

What is lead?

Lead is a naturally occurring heavy metal that was used in residential paints until 1978, when it was banned. If your home was built before 1978, there is a good chance lead poisoning is a potential danger in your home. There is no way to know whether or not paint contains lead unless you specifically test for it.



Is lead dangerous?

Yes, lead is very poisonous, especially for children. Lead paint is potentially hazardous when it chips or becomes dust, like when paint is sanded. Typically lead gets into the body through ingestion—for example, children putting paint chips or lead-contaminated dirt in their mouth.

Lead poisoning can result in irritability, loss of energy or appetite, learning and developmental disabilities and worse.



Action steps

- Call Salt Lake County's Lead Safe Housing Program if you have any questions or concerns
- Test the paint in your home for lead—especially around windows and doors. Many hardware stores sell low-cost testing kits
- Never scrape, sand or burn lead based paint
- If you discover lead in your home, call a professional
- Feed your children a healthy diet—vitamin C, calcium and iron can help reduce the effects of lead poisoning

Who can I contact for help?

 Salt Lake County
Lead Safe Housing Program
saltlakecountyleadsafe.org
(385) 468-4892

National Lead Information Center
epa.gov/lead/pubs/nlic.htm
(800) 424-LEAD(5323)

Asthma

What is asthma?

What are the symptoms?

Asthma is a common respiratory disease with no known cure. During an asthma attack, breathing becomes extremely difficult and painful. Without medicine asthma can be very dangerous. Asthma is the leading reason children miss school or end up in the hospital.



What are asthma triggers?

While we don't know what causes asthma, we know that lots of things set off asthma attacks. These things are called asthma triggers.

Many asthma triggers occur in our homes. Some of the most common and severe triggers are tobacco smoke, dust, mold, cleaning products and hair spray.

Action steps

- If someone in your house has asthma symptoms, see a doctor to obtain medication
- Control asthma triggers, especially in the home:
 - Do not smoke in a home with someone who has asthma
 - Dust mites are especially triggering - wash bed sheets in hot water every week to eliminate dust and dust mites
 - Keep pets out of the room where the person with asthma sleeps
 - Use a medium grade quality furnace filter (or better) and replace the filter regularly
 - Keep your home dry and clean up mold properly
 - Dust, sweep, mop and vacuum regularly with a HEPA vacuum

Who can I contact for help?

 Salt Lake County
Green and Healthy Homes Initiative
greenandhealthyhomessaltlake.org
(385) 468-4892

Utah Department of Health
Asthma Program
health.utah.gov/asthma
(801) 538-6259

HEALTHY HOME GUIDE

Mold

What is mold? Mold is a group of naturally occurring organisms that grow in warm and damp areas. Mold often grows in bathrooms and kitchens as a result of moisture build up. Mold causes staining on walls or ceilings and a musty odor.

Is mold dangerous? Yes, mold can be very dangerous for you or your family. Mold causes allergic reactions, asthma attacks and infections such as athletes' foot. Mold can also contribute to other infections in people who have weak immune systems.

What steps can I take?

- Fix plumbing leaks
- Control moisture in your home--use exhaust fans in kitchens and bathrooms
- Remove carpet in bathrooms, kitchens and basements
- Clean mold with soap and water

Who can I contact for help?

A local Mold Remediation specialist



Salt Lake County
Green and Healthy Homes Initiative
greenandhealthyhomessaltlake.org
(385) 468-4892

Radon

What is radon? Radon is a naturally occurring radioactive gas that cannot be seen or smelled. Radon is found in the dirt and rocks under our homes. Performing a radon test is the only way to know if you have high levels of radon in your home.

Is radon dangerous? When you breathe in air containing radon, cells in your body can become damaged and are at higher risk for cancer. Radon is the second leading cause of lung cancer and is the leading cause of cancer among non-smokers.

What steps can I take?

- Test your home for radon! The test takes only a few minutes to set up. Inexpensive tests can be ordered from radon.utah.gov
- If your home has high levels of radon, a venting system can be installed to eliminate the radon from your home.

Who can I contact for help?

State of Utah Radon Program
radon.utah.gov
(800) 458-0145



Salt Lake County
Green and Healthy Homes Initiative
greenandhealthyhomessaltlake.org
(385) 468-4892

Asbestos

What is asbestos? Asbestos is a naturally occurring mineral that is found in many homes built or renovated before 2000. Asbestos is often found in ceilings, floor tiles, pipe insulation and heating ducts. Generally, you cannot tell if a material contains asbestos unless it is labeled. Have an asbestos inspection done before any remodeling.

Is asbestos dangerous? Asbestos can be very dangerous if it is disturbed. If the material is crumbling or cut, the microscopic fibers can be inhaled. Asbestos has been linked to lung cancer, and asbestosis, a scarring of lung tissue.

What steps can I take?

- Leave asbestos intact - do not cut it or attempt to remove it without assistance
- Any asbestos remediation work should be performed by a licensed specialist

Who can I contact for help?

A local Asbestos Remediation specialist



Salt Lake County
Green and Healthy Homes Initiative
greenandhealthyhomessaltlake.org
(385) 468-4892

Carbon Monoxide

What is carbon monoxide? Carbon monoxide (CO) is a gas that cannot be seen, smelled or tasted. CO is caused by fuel-burning products such as a furnace, water heater, or space heater. When these devices are not properly ventilated, CO can build up in your home.

Is carbon monoxide dangerous? At high levels, CO can be fatal. The symptoms of CO poisoning - like headaches and dizziness - are similar to common illnesses. Over 500 people in the U.S. die from accidental CO poisoning every year.

What steps can I take?

- CO detectors are not the same as smoke detectors - put CO detectors near every bedroom in your home
- Install proper ventilation for fuel-burning appliances
- Never idle a car in a garage, even if the door is open
- Never use a portable stove inside a home, tent or camper

Who can I contact for help?

Questar Gas Emergency Line
(800) 767-1689



Salt Lake County
Green and Healthy Homes Initiative
greenandhealthyhomessaltlake.org
(385) 468-4892

COMMUNITY RESOURCES

Healthy Homes

Community Development Corporation of Utah (CDCU)

cdc.utah.org

(801) 994-7222

Provides affordable homes, home buyer education and financial assistance

Habitat for Humanity

habitatsaltlake.com

(801) 263-0136

Provides affordable housing, home repairs and home improvement thrift store (ReStore)

NeighborWorks

nwsaltlake.org

(801) 539-1590

Provides home ownership services for low income households in Salt Lake City and Murray

Salt Lake County - Green and Healthy Homes Initiative (GHHI) & Lead Safe Housing Program

greenandhealthyhomessaltlake.org

saltlakecountyleadsafe.org

(385) 468-4892

GHHI: Provides free home assessment for health related issues (such as asthma).

Lead Safe: Provides lead paint remediation to low-income households with children under 6

Utah Poison Control Center

poisoncontrol.utah.edu

(800) 222-1222

A 24-hour free and private resource for poison information and education

Water Conservation

Division of Water Resources - Governor's Conservation Team

conservewater.utah.gov

(801) 538-7230

Provides resources for water conservation in Utah

Red Butte Garden

redbuttegarden.org

(801) 581-4747

Examples of native plants and landscaping techniques

Slow the Flow

slowtheflow.org

Provides resources and rebates for water conserving landscapes in Utah

Utah Native Plant Society

unps.org

Resource for Utah native plants

Energy Efficiency

Community Action Program/Weatherization

slcap.org

(801) 359-2444

Performs home weatherization improvements for low income households

Energy Audits

Questar: thermwise.com

Home Energy Saver: <http://hes.lbl.gov>

Energy Star

energystar.gov

(888) STAR-YES (782-7937)

Provides certification of energy efficient building components and appliances

Questar Gas

thermwise.com

(886) 699-6032 (**Emergency:** 800-767-1689)

Provides home energy audits, insulation and appliance rebates

Rocky Mountain Power

rockymountainpower.net

(800) 942-0266

Provides rebates for energy efficiency improvements to homes

Utah Clean Energy

utahcleanenergy.org

(801) 363-4046

Works to advance renewable energy and energy efficiency; provides information on solar panels

Safety and Accessibility

ASSIST Inc - A Community Design Center

assistutah.org

(801) 355-7085

Provides emergency home repairs and design assistance for safety and accessibility

Concrete Change

concretechange.org

Advocates *visitability* in all homes--a no-step entry, a usable bathroom and minimum 32" doors

Division of Services for People with Disabilities (DSPD), State of Utah

dspd.utah.gov

(801) 538-4200

DSPD provides a wide variety of services intended to help people with disabilities participate more fully in their communities and lead more self-determined lives

Independent Living Centers (ILC)

uilc.org

(800) 355-2195

Provides services such as assistive technology and education for independent living around Utah

Utah Center for Assistive Technology (UCAT)

ucat.usor.utah.gov

(801) 887-9533

Provides assistive technologies for people with disabilities

HOME ASSESSMENT CHECKLIST

This checklist can help you identify health, energy or safety concerns in your home. You can identify “actions needed” by referring to the *Top 10 Ideas for Healthy Homes, Energy and Safety and Accessibility*.

If you answer “yes” to many of these questions, consider contacting Salt Lake County’s Green and Healthy Homes Program or Lead Safe Housing Program for assistance (385) 468-4892

MOISTURE



	YES	NO	ACTIONS NEEDED
Does your roof leak? Is your roof more than 20 years old?			
Does your home have plumbing leaks? Are any drains slow or backed up?			
Does rain water enter your home?			
Do you see mold or smell a musty odor?			

CLEANLINESS



	YES	NO	ACTIONS NEEDED
Do you see dirt, grime or food particles built up on floors or counters?			
Are any carpets dirty, stained or smelly?			
Do pets live in the home? Is pet food kept or spilled on the floor?			
Is animal hair building up on surfaces?			
Is there trash on the floor? Are trashcans full or overflowing?			

SAFETY



	YES	NO	ACTIONS NEEDED
Are any areas of the home cluttered?			
Are toxic cleaners, paint thinner or gasoline used or stored inside?			
Are smoke detectors missing? Are they hard to find, reach or maintain?			
Are carbon monoxide detectors missing from any bedrooms?			
Does anyone feel unsafe on stairways inside or outside the home?			
Does anyone feel unsafe using the shower or bathtub? Are grab bars needed?			

ENERGY EFFICIENCY



	YES	NO	ACTIONS NEEDED
Do you have high energy costs?			
Do you feel uncomfortably hot or cold in your home?			
Do you feel drafts around windows or doors?			
Do you use incandescent (old fashioned) light bulbs?			
Do you have an old refrigerator or clothes washer/dryer (10 years old+)?			
Does your home need additional insulation?			

CONTAMINANTS



	YES	NO	ACTIONS NEEDED
Was your home built before 1978?			
Do children under 6 live in or visit the home? (Lead is especially dangerous for the young)			
Can you see chipping or peeling paint inside or outside the home?			
Are you unsure whether or not radon is an issue in your home?			

VENTILATION



	YES	NO	ACTIONS NEEDED
Does the home have a stale or musty odor?			
Does the kitchen lack adequate ventilation? (i.e. a working oven fan or kitchen windows)			
Does the bathroom lack adequate ventilation? (i.e. working bathroom fan or windows)			
Are any windows in the home difficult to open or close?			

ASTHMA TRIGGERS



	YES	NO	ACTIONS NEEDED
Does anyone in the home have asthma?			
Are there dogs or cats in the home?			
Is mold growing inside the home?			
Do people smoke in or near the home?			
Is wood burned in or near the home?			
Is any of the carpet in the home more than 10 years old?			

PESTS AND RODENTS



	YES	NO	ACTIONS NEEDED
Are there pests or pest droppings in the house? (i.e. cockroaches, mice)			
Are dirty dishes left overnight on tables, counters or floors?			
Are there open containers of food in the pantry or on counters, tables or floors?			
Are there any holes in the exterior wall of the home? Where? How big are the holes?			

MAINTENANCE



	YES	NO	ACTIONS NEEDED
Do you have difficulty replacing the furnace filter regularly? (Filter should be replaced at least every other month)			
Are the rain gutters full of leaves or dirt?			
Are there any other home repair needs? (i.e. broken windows, electrical problems, etc)			

ACKNOWLEDGEMENTS

1st Edition (2008) 2nd Edition (2014)

BOOKLET PRODUCTION

ASSIST Inc - A Community Design Center

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Children's Mercy Hospitals and Clinics
Community Development Corporation of Utah
NeighborWorks Salt Lake
Salt Lake Valley Habitat for Humanity

PROJECT SUPPORT

Salt Lake County Office of Regional Development
Kearns Community Council
Questar Gas
Rocky Mountain Power

Salt Lake County Office of Regional Development

Special Thanks to Our Green and Healthy Homes Initiative Partners:

ASSIST Inc

Comunidades Unidas

Community Action Program/Weatherization

Community Development Corporation of Utah

Intermountain Healthcare

NeighborWorks

Salt Lake Valley Habitat for Humanity

State of Utah Asthma Task Force

University of Utah Hospital Health Plan Caregiver Program

University of Utah Pediatrics

Utah Clean Energy

Utah State for Environmental Health Education

Publication Sponsored by



Published November 2014; Digital Edition March 2015
Salt Lake County Office of Regional Development
with ASSIST Inc - A Community Design Center



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[Lead Safe Housing Program](#)

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