



Age in Place Home Checklist

The checklist below can help you prepare for successfully Aging in Place by spotting potential hazards to address or changes to make. Use this tool to determine any necessary changes or repairs to enhance your safety and wellness in your home. Not all suggested modifications may be required. Remember, it's necessary to regularly reassess your home's safety as your needs change.

BATHROOM

	Install walk-in shower rather than a tub to avoid having to step over the tub wall.
	Place a shower chair or bench in the shower for decreased energy spent and decreased slipping risk.
	Change your shower head to a handheld nozzle to allow for sitting while rinsing. Ensure to keep the nozzle in an easy-to-reach place.
	Install grab bars on shower wall and near toilet for increased support.
	Apply slip-resistant strips to the floor of the shower. These help reduce slipping more than mats.
	Add a toilet riser to increase height on your toilet, decreases need to sit further down and stand up from a lower height.
	Change faucets to lever-style to decrease joint pain and improve access.

BEDROOM

	If stairs are difficult to navigate, move a bedroom downstairs if possible.
	Make sure the bed is easy to get in and out of. Purchase bed risers, if needed.
	Include a bed handrail for increased support when pulling to a seated position.
	Ensure phone is in easy reach, such as on a close bedside table in case of emergency.



KITCHEN

	Install safety knobs on stove or an automatic shut-off switch.
	Check for spoiled food in the fridge to throw out.
	Move mostly used items to an easy to reach spot on the countertop or lower cabinet. Have someone help move heavy pots, pans, appliances to an easy to reach place.
	Use a rolling cart to move items around the kitchen, to avoid carrying heavy plates, pots, and more.

FURNITURE

	Declutter for clear pathways and get rid of extra furniture to make rooms easier to navigate.
	Opt for chairs with armrests to make it easier to stand and sit.
	Keep electric cords out of pathways, but don't put them under rugs.

FLOORING AND RUGS

	Consider installing non-shag or low-pile carpet installed over concrete, ceramic, and marble floors to lessen risk of slipping or falls.
	Make sure carpet pile is short enough to accommodate a wheelchair or walker.
	Avoid use of scatter rugs that can be a tripping hazard.
	Make sure area rugs stay in place by using double-sided tape or slip-resistant backing.

DOORS

	Swap door knobs for lever handles, which are easier on joints.
	Widen doors to accommodate wheelchairs or walkers. Consider switching hinges to swing-clear hinges, which provide more space.



STAIRS

	Install a sturdy railing, ideally one on each side of the stairs. Make sure lighting is adequate with a light switch on the top and bottom of the stairs.
	Carpet stairs for better grip and reduced slipping.
	Highlight outline of stairs with colored tape to create contrast.
	Install an electric stair lift if needed to help you safely get up and down the stairs.
	Check that outdoor steps are sturdy and textured for wet or icy weather. Mark edges with bright or reflective tape.

ENTRIES

	Create at least one no-step entry into the home. Consider adding a ramp. Discuss with a contractor.
	Consider a covered entryway for protection from the elements.
	Put a bench in the foyer to sit on when removing and putting on shoes.
	Clear entryways and walkways of tripping hazards.
	Keep outdoor steps and walkways in good repair with no loose stone, concrete, or rotted wood.

YARD

	Swap out low flowerbeds for raised garden boxes to avoid excessive bending.
	Create stable seating options outdoors, so they do not tip and you can sit for a rest.
	Install lights that turn on automatically when it gets dark.
	Add a small bench or table by the entry door to hold bags and packages while unlocking or opening the door.
	Have bushes and foliage cut away from walkways and doorways.



LIGHTING

	Install easy-access light switches at room entrances and exits.
	Ensure you have a good amount of indoor and outdoor lighting for safe navigation throughout all spaces, including basements, attics, and closets.
	Put in night-lights, especially in bedrooms and bathrooms. Opt for motion-activated if desired.
	Consider voice-activated or clap-activated lighting.

OVERALL SAFETY

	Add emergency phone numbers (ambulance, poison control, doctors, hospital, family members) and your home address in a common place, such as the kitchen.
	Clearly label each prescription medicine with the name of the drug, what it's for, what amount to take, how often to take, and expiration date in large and clear print.
	Add secure locks on all outside doors and windows.

OVERALL WELLNESS

	Maintain strong social relationships with friends and family, engage in regular get-togethers.
	Participate in community groups, such as hobby-based or wellness workshops.
	Continue participating in meaningful activities and daily routines.

Revisiting this checklist regularly is beneficial for people of all ages. It makes sure your home is safe and promoting the wellness of you and your family. Changing everything at once can feel overwhelming, one tip is to choose one or two categories or rooms to focus on each spring cleaning. This way, you can make changes little by little. Use this checklist to prepare yourself and your home to live in safely as long as possible.

Pajer, N. (2024, September 20). Your home checklist for aging in place. AARP. <https://www.aarp.org/home-living/aging-in-place-checklist/#:~:text=Purchase%20a%20stove%20with%20safety,can%20be%20a%20tripping%20hazard>

National Institute on Aging. (n.d.) Worksheet: Home safety checklist. https://www.nia.nih.gov/sites/default/files/2023-04/worksheet-home-safety-checklist_1