

# A Room-By-Room Aging in Place Checklist

Here's a guide to help your clients start to think about the needs they might have in looking at their home's readiness for aging in place:



## OVERALL

- \_\_\_ Are there lever-style door handles?
- \_\_\_ Do throw or area rugs have a non-slip backing?
- \_\_\_ Is the home cluttered?
- \_\_\_ Are cords in heavily walked areas tucked away?
- \_\_\_ Is lighting bright?
- \_\_\_ Are there light switches on both ends of rooms and hallways?
- \_\_\_ Would voice-activated lighting be appropriate?
- \_\_\_ Do all staircases have handrails?
- \_\_\_ Is there a turning space in each room to accommodate a wheelchair (5-by-5 feet)?
- \_\_\_ Are doorways at least 36 inches?
- \_\_\_ Are door thresholds level with the floor?
- \_\_\_ Is the thermostat readable?

## ENTRYWAY

- \_\_\_ Are there stairs to the entry?
- \_\_\_ Do entry stairs have handrails?
- \_\_\_ Is there room for an entry ramp with a minimum of six inches of length for each inch of rise?
- \_\_\_ Is there a motion sensor light at main door?
- \_\_\_ Is there non-slip flooring in the foyer?
- \_\_\_ Would a bench in the entry be valuable?

## BATHROOM

- \_\_\_ Are there grab bars near the toilet, bath and shower?
- \_\_\_ Is the toilet seat 17-19 inches high?
- \_\_\_ Are there sink handle levers or is the faucet hands free?
- \_\_\_ Do the tub and shower have anti-slip coating?
- \_\_\_ Is there a slip-resistant floor treatment?
- \_\_\_ Is there a handheld showerhead?
- \_\_\_ Is there a no-curb shower or walk-in tub?
- \_\_\_ Does the bathing area have a light above?
- \_\_\_ Does the door open outward to maximize space?
- \_\_\_ Is there a chair or bench in the shower?
- \_\_\_ Is the shower enclosure made of non-shattering material?

## KITCHEN

- \_\_\_ Is there a lever-handle or hands-free faucet?
- \_\_\_ Are the stove controls easily accessible?
- \_\_\_ Is there a fire extinguisher handy?
- \_\_\_ Do base cabinets have roll-out trays?
- \_\_\_ Are the most-accessed items easy to reach?

- \_\_\_ Is the microwave easily accessible?
- \_\_\_ Do corner cabinets have Lazy Susans?
- \_\_\_ Is there under-cabinet lighting?
- \_\_\_ Does the stove alert you if a burner is left on?
- \_\_\_ Are the sink and counter height 36 inches?

## BEDROOM

- \_\_\_ Does the bed sit 20-23 inches from the top of the mattress to the floor?
- \_\_\_ Is there a light switch near the bed?
- \_\_\_ Is there a light on a nightstand?
- \_\_\_ Would a night light be appropriate?
- \_\_\_ Is the nightstand the same height as the bed?
- \_\_\_ Does the bed have rails?
- \_\_\_ Do closets have lighting?
- \_\_\_ Are all frequently used items in the closet easily accessible?
- \_\_\_ Is there adequate clearance for a walker or wheelchair around the bed?
- \_\_\_ Can a phone be easily reached from the bed?