

Aging-In-Place Checklist for a Multi-Level House

Essential Considerations For Each Level

Main Floor: The Heart of Your Home

- **Accessibility in Your Current Home**
 - **Wide Doorways and Hallways:** Ensure at least 32 inches of clear width for doorways and 36 inches for hallways.
 - **Stair Lifts and Ramps:** Install for easier access to upper floors or the main entrance.
 - **Flooring and Lighting:** Use non-slip flooring and ensure ample natural light with accessible light switches.
 - **Safety Features:** Install grab bars in hallways and bathrooms; check smoke detectors and carbon monoxide alarms.

Everyday Living on the First Floor

- **Open Floor Plan:** Minimize obstacles for easier movement.
- **Essential Rooms on Main Level:** Include master bedroom, full bath, and laundry to reduce stair use.
- **Furniture and Storage:** Choose comfortable, supportive furniture and ensure easy-to-reach storage.
- **Adaptive Equipment:** Consider items like shower chairs, residential elevators, wall ovens, lever handles, and curbless walk-in showers.

Upper Levels: Adapting for Accessibility

- **Stair Safety:** Ensure sturdy handrails that extend beyond the first and last steps.
- **Bedrooms and Bathrooms:** Equip with accessible showers or walk-in tubs, grab bars, and raised toilet seats.
- **Alert Devices:** Install voice-activated devices like Amazon Alexa in every room for easy emergency calls.

Additional Features for Comfort

- **Climate Control:** Install easy-to-use thermostats for consistent temperature.

Exterior Considerations: Safe Access to Your Home

- **Main Entrance Accessibility:** Install wheelchair ramps or stair lifts as needed.
- **Walkways and Patios:** Use non-slip surfaces and adequate lighting.

Embracing Technology and Automation

- Smart Home Systems: Automate lighting, thermostats, and appliances.
- Voice-Activated Assistants: Use for house control and emergencies.

Universal Design Principles: Making Your Home Future-Proof

- Adaptable Design Features: Include lever-operated door handles, adjustable countertops, adjustable beds, lift chairs, and space for mobility aids.

Resources and Recommendations: Where to Find Help

- Certified Aging-In-Place Specialists (CAPS): Seek tailored advice for home modifications.
- Financial Assistance Programs: Explore funding options for home improvements.