

Aging in Place Checklist

A Comprehensive Home Safety & Comfort Assessment | SeniorSafetyAdvice.com

Use this checklist to evaluate your home — or the home of an aging parent — for safety, accessibility, and long-term livability. Work through each section and check off completed or already-in-place items. Items left unchecked become your action list. Share results with a Certified Aging-in-Place Specialist (CAPS) for personalized recommendations.

■ ENTRANCES & EXTERIOR

Pathways & Approach

- ☐ Walkways are even, crack-free, and at least 36" wide
- ☐ Path from car/garage to entrance is well-lit
- ☐ Outdoor lighting includes motion-sensor or automatic timers
- ☐ No raised thresholds or lips greater than ½" at doorways
- ☐ Steps have high-contrast edge markings or non-slip treads
- ☐ A ramp or zero-step alternative entry is available or planned

Front Door

- ☐ Door handles are lever-style (not round knobs)
- ☐ Deadbolt and locks are easy to operate with limited grip
- ☐ Doorbell or smart doorbell is accessible from a seated position
- ☐ Covered entry provides protection from weather
- ☐ Keypad or smart lock installed as an alternative to keys

Garage

- ☐ Garage door opener with large, easy-to-press buttons
- ☐ Adequate lighting throughout garage
- ☐ Step between garage and home is ramped or minimized
- ☐ Vehicle height suitable for easy entry/exit

■ STAIRS & HALLWAYS

Stairways

- ☐ Handrails on both sides of ALL stairways
- ☐ Handrails extend beyond top and bottom steps
- ☐ Steps are uniform height and depth (no variations)

- ☐ Non-slip treads or carpet on all stairs
- ☐ Stairway lighting has switches at top AND bottom
- ☐ Stairlift assessed or installed if needed
- ☐ Single-floor living is possible or being planned

Hallways

- ☐ All hallways are at least 36" wide (42" preferred)
- ☐ Clutter, rugs, and cords removed from all pathways
- ☐ Nightlights installed in all hallways
- ☐ Floor surfaces are non-slip throughout

BATHROOM SAFETY

General Bathroom

- ☐ Non-slip mat or textured surface in bath/shower
- ☐ Non-slip rug with rubber backing outside tub/shower
- ☐ Grab bars installed at toilet (both sides if possible)
- ☐ Grab bars installed in shower/tub entry and interior wall
- ☐ Grab bars are properly anchored into wall studs
- ☐ Raised toilet seat or comfort-height toilet (17"–19")
- ☐ Toilet paper holder within easy reach from seated position
- ☐ Shower chair or transfer bench available
- ☐ Handheld showerhead installed (flexible hose, 60"+ length)
- ☐ Shower has zero-threshold or low-threshold entry
- ☐ Water heater set to 120°F or below to prevent scalding
- ☐ Single-lever faucets for easy temperature control
- ☐ Adequate lighting at vanity and inside shower area
- ☐ Medicine cabinet or storage accessible without reaching overhead
- ☐ Emergency call system or phone accessible from floor level

BEDROOM

Bed & Sleep Area

- ☐ Bed height allows feet to touch floor when seated (approx. 20"–23")
- ☐ Firm mattress edge to facilitate getting in and out
- ☐ Bedside lamp or nightlight within arm's reach

- ☐ Lamp switch or smart light accessible without getting up
- ☐ Phone or emergency alert device on nightstand
- ☐ Path from bed to bathroom is clear and lit
- ☐ Closet rods and shelves are at accessible height
- ☐ Grab bar or bed rail available if needed for repositioning

Clothing & Storage

- ☐ Frequently used items stored between hip and shoulder height
- ☐ Step stools avoided; reacher/grabber tool available instead
- ☐ Laundry handled on main floor (no basement stairs required)

KITCHEN

Appliances & Work Areas

- ☐ Counter height is comfortable for seated or standing work
- ☐ Cooktop controls are at front or side (not requiring reach over burners)
- ☐ Microwave installed at counter level, not above the range
- ☐ Refrigerator is side-by-side or French door style for easy access
- ☐ Dishwasher raised on platform or drawer-style to reduce bending
- ☐ Lever-style or single-handle faucets on kitchen sink

Storage & Safety

- ☐ Heavy items stored between hip and counter height
- ☐ Frequently used items in easy-reach cabinets or pull-out drawers
- ☐ D-ring or C-ring cabinet pulls replace knobs
- ☐ Stove auto-shutoff device installed
- ☐ Fire extinguisher accessible and recently inspected
- ☐ Smoke detector functional within 10 feet of kitchen
- ☐ Good task lighting under cabinets and over work areas

LIVING AREAS

Furniture & Layout

- ☐ Primary chair/sofa is firm enough to assist with sit-to-stand
- ☐ Chair arms extend to the front edge of seat for push-up support
- ☐ Clear 36" pathways between all furniture pieces
- ☐ Coffee table and ottomans have rounded (not sharp) corners

- ☐ Extension cords and cables routed along walls and secured

Flooring

- ☐ Area rugs removed or secured with non-slip backing and double-sided tape
- ☐ Thresholds between rooms are flush or ramped
- ☐ Hardwood or tile floors have non-slip finish or rugs with grippers
- ☐ Pet toys, shoes, and clutter kept off the floor

Lighting

- ☐ Bright overhead or floor lighting in all living areas
- ☐ Light switches at accessible height (max 48" from floor)
- ☐ Smart bulbs or touch lamps for easy on/off
- ☐ Window treatments allow for adjustable natural light

■ TECHNOLOGY & EMERGENCY PREPAREDNESS

Safety & Monitoring

- ☐ Personal Emergency Response System (PERS/medical alert) in use
- ☐ Smoke detectors on every level and in every bedroom
- ☐ Carbon monoxide detectors on every level
- ☐ Fire extinguishers on every level, inspected annually
- ☐ All detector batteries tested within the past 6 months

Communication & Smart Home

- ☐ Landline or cell phone always within reach
- ☐ Large-button phone or amplified phone available if needed
- ☐ Voice assistant (Alexa, Google Home) set up for hands-free help
- ☐ Smart thermostat for remote or voice-controlled climate control
- ☐ Video doorbell allows answering door without getting up
- ☐ Medication management app, pill organizer, or dispenser in use

Emergency Planning

- ☐ Emergency contact list posted in visible location
- ☐ Medications list (names, doses, prescribers) up to date
- ☐ 72-hour emergency supply kit assembled
- ☐ Neighbors or nearby friends know to check in regularly
- ☐ Evacuation plan practiced, especially for mobility limitations

■ HEALTH & DAILY LIVING SUPPORT

Medications & Medical Equipment

- ☐ Medications stored safely and organized by day/time
- ☐ Prescription labels are large-print or easy to read
- ☐ Medical equipment (CPAP, oxygen, mobility aids) properly maintained
- ☐ Mobility aid (cane, walker, wheelchair) properly fitted and in good repair
- ☐ Vision and hearing aids current and in working condition

Daily Activities

- ☐ Seating available in kitchen for meal preparation
- ☐ Laundry equipment accessible (front-load or top-load with riser)
- ☐ Grocery delivery or meal service plan in place if needed
- ☐ Transportation plan established for medical appointments
- ☐ Support services assessed (home health aide, housekeeping, etc.)

■ PROFESSIONAL RESOURCES

Specialists to Consider

- ☐ Consulted a Certified Aging-in-Place Specialist (CAPS contractor)
- ☐ Received a home safety assessment from an occupational therapist
- ☐ Reviewed local Area Agency on Aging resources
- ☐ Explored Medicaid waiver or home modification grant programs
- ☐ Consulted an elder law attorney for legal/financial planning
- ☐ Discussed care plan with primary care physician

Notes & Action Items:
