“AGING IN PLACE” CHECKLIST
Use this checklist to identify fall hazards and accessibility for the homeowner and family members.

EXTERIOR ENTRANCES AND EXITS:

- Note condition of walk and drive surface; existence of curb cuts
- Note handrail condition, right and left sides
- Note light level for driveway, walk, porch
- Check door threshold height
- Note ability to use knob, lock, key, mailbox, peephole and package shelf
- Do door and window locks work easily?
- Are the house numbers visible from the street?
- Are bushes and shrubs trimmed to allow safe access?
- Is there a working doorbell?

INTERIOR DOORS, STAIRS, HALLS:

- Note height of door threshold, knob and hinge types; clear width door opening; determine direction that door swings
- Note presence of floor level changes
- Note hall width, adequate for walker/wheelchair
- Determine stair flight run: straight or curved
- Note stair rails: condition, right and left side
- Examine stairway light level
- Note floor surface texture and contrast
- Note if there is clutter on stairway

BATHROOM:

- Are sink basin and tub faucets, shower control and drain plugs manageable?
- Are hot water pipes covered?
- Is mirror height appropriate, sit and stand?
- Note ability reach shelf above, below sink basin
- Note ability to step in and out of the bath and shower
- Can resident use bath bench in tub or shower?
- Note toilet height; ability to reach paper; flush; come from sit to stand posture
- Is space available for caregiver to assist?

KITCHEN:

- Note overall light level and task lighting
- Note sink and counter heights
- Note wall and floor storage shelf heights
- Are under sink hot water pipes covered?
- Is there under counter knee space?
☐ Is there a nearby surface to rest hot foods on when removed from oven?
☐ Note stove condition and control location (rear or front)
☐ Is there adequate counter space to safely prepare meals?

LIVING, DINING, BEDROOM:

☐ Chair, sofa, bed heights allow sitting or standing?
☐ Do rugs have non-slip pad or rug tape?
☐ Chair available with arm rests?
☐ Able to turn on light, radio, TV, place a phone call from bed, chair, and sofa?

LAUNDRY:

☐ Able to hand-wash and hang clothes to dry?
☐ Able to safely access washer/dryer?

BASEMENT:

☐ Are the basement stairs stable and well lit?
☐ Is there any storage of combustible materials?
☐ Note any evidence of mold or mildew
☐ Is there easy access to utility service panels and meters?
☐ Note if lighting is adequate

TELEPHONE AND DOOR:

☐ Phone jack location near bed, sofa, chair?
☐ Able to get phone, dial, hear caller?
☐ Able to identify visitors, hear doorbell?
☐ Able to reach and empty mailbox?
☐ Wears neck/wrist device to obtain emergency help?
☐ Is there an answering machine?
☐ Is there a wireless phone system?

STORAGE SPACE:

☐ Able to reach closet rods and hooks, open bureau drawers?
☐ Is there a light inside the closet?

WINDOWS:

☐ Opening mechanism at 42 inches from floor?
☐ Lock accessible, easy to operate?
☐ Sill height above floor level?
☐ Are storm windows functional?

ELECTRIC OUTLETS AND CONTROLS:

☐ Sufficient outlets?
Are there ground fault outlets in kitchen and bathroom?
Light switch at the entrance to each room
Outlet height, wall locations or Low vision/sound warnings available?
Extension cord hazard?
Are there any uncovered outlets or switches?

HEAT, LIGHT, VENTILATION, SMOKE, CARBON MONOXIDE, WATER TEMP CONTROL:

Are there smoke/CO alarms and a fire extinguisher?
Are thermostat displays easily accessible and readable?
Note rooms where poor light level exists
Able to open windows; slide patio doors?
Able to open drapes or curtains?
Note last service date for heating/cooling system
Observe temperature setting of the water heater
Safety enhancements, fall prevention and suggestions for modifications.

EXTERIOR ENTRANCES AND EXITS:

- Increase lighting at entry area
- Install stair rails on both sides
- Install door lever handles; double-bolt lock
- Install beveled, no step, no trip threshold
- Remove screen or storm door if needed
- Create surface to place packages when opening door
- Install peephole on exterior door
- Repair holes, uneven joints on walkway
- Provide non-slip finish to walkway surface
- Add ramp as needed
- Trim bushes and shrubs to provide clear view from doors and windows
- Trim low hanging branches

INTERIOR DOORS, HALLS, STAIRS:

- Create clear pathways between rooms
- Apply color contrast or texture change at top and bottom stair edges
- Install door lever handle
- Install swing-clear hinges to widen doorway. Minimum width: 32 inches
- Install beveled thresholds (max 1/2 inch)
- Replace or add non-slip surface on steps
- Repair or install stair handrails on both sides

BATHROOM:

- Install swing-clear hinges to widen doorway. Minimum width: 32 inches
- Install secure grab bars at toilet, bath and shower
- Install adjustable-height, hand held shower head
- Install non-slip strips in bath/shower
- Secure floor bathmat with non-slip, double-sided rug tape
- Adapt flush handle or install flush sensor
- Adapt or relocate toilet paper dispenser
- Round counter corners to provide safety
- Insulate hot water pipes if exposed
- Create sitting knee clearance at basin by removing vanity door and shelves underneath
- Install mirror for sitting or standing view
- Install good-quality non-glare lighting
- Install shower with no threshold if bathing abilities are severely limited
- Elevate toilet height by adding under seat riser, portable seat, or raising toilet at the base

KITCHEN:

- Increase task lighting at sink, stove, etc.
- Install D-type cupboard door handles
- Install adjustable shelving to increase access to upper cabinets
- Increase access to under counter storage space by installing pullout units
- Insulate hot water pipes if exposed
- Install hot-proof surface near oven
- Install switches and outlets at front of counter
- Install pressure-balanced, temperature-regulated, lever faucets
- Expand counter surface
- Create sitting knee clearance under work sites by removing doors or shelves
- Improve color contrast of cabinet and counters surface edges for those with low vision
- Add tactile and color-contrasted controls for those with low vision
- Provide sturdy step stool with hand rail
- Clean or install new range hood

**LIVING, DINING, BEDROOM:**

- Widen or clear pathways within each room by rear-ranging furniture
- Secure throw and area rug edges with double-sided tape
- Improve access to and from chairs and beds by inserting risers under furniture legs
- Use side bed rail or chairs with armrests
- Enlarge lamp switch or install touch-control lamp at bedside
- Install adjustable closet rods, shelving, and light source for better storage access
- Install vertical pole adjacent to chair and sofa
- Raise furniture to appropriate height using leg extender products
- Install uniform level floor surfaces using wood, tile, or low-pile rugs
- Install telephone jack near bed and favorite chair

**LAUNDRY:**

- Build a counter for sorting and folding clothes
- Adjust clothesline to convenient height
- Relocate laundry appliances
- Clean dryer vent or replace with metallic hose

**BASEMENT:**

- Identify and eliminate sources of water in basement (usually gutters or our plumbing)
- Add additional lighting as needed
- Remove combustible materials and hazardous waste
- Clear pathway to utilities

**TELEPHONE AND DOOR:**

- Install wireless phone system near bed, sofa, and chair
- Install peephole at convenient height
- Install flashing light or sound amplifier to indicate ringing doorbell for those with visual or hearing problems
☐ Install mailbox at accessible height

STORAGE SPACE:

☐ Install lights inside closet
☐ Install adjustable closet rods and shelves
☐ Install bi-fold or pocket doors

WINDOWS:

☐ Install handles and locks that are easy to grip, placed at appropriate heights
☐ Replace windows or storms that are not functional

ELECTRICAL OUTLETS AND CONTROLS:

☐ Install light fixtures or outlet for lamps
☐ Install switches at top and bottom of stairs
☐ Install Ground Fault outlets in kitchen and bathroom
☐ Install wireless light switches where needed

HEAT, AIR, LIGHT, SMOKE, CARBON MONOXIDE, WATER TEMP CONTROLS:

☐ Install smoke/CO alarms, fire extinguishers
☐ Replace thermostat with easy to read programmable type
☐ Order service for heating/AC system
☐ Install Compact Florescent lights where appropriate
☐ Reduce hot water temperature to 120 degrees