

The **Essential** Room-By-Room Aging in Place Checklist

General Modifications

- Change to lever-style door handles.
- Remove throw rugs or add non-slip backing.
- Eliminate clutter.
- Keep cords tucked away from heavily-walked areas.
- Install video monitoring with permission.
- Change lighting to bright, LED bulbs.
- Install light switches on both ends of rooms and hallways.
- Put double-handrails on all staircases.
- Ensure a 5-by-5 foot turning space in major rooms.
- Widen doorways to a minimum of 36 inches.
- Get a digital thermostat with big numbers.

Entryway

- Remove stairs from outdoor entries or add handrails.
- Install a ramp that is a minimum of six inches of length for each inch of rise.
- Get a motion sensor light at main door.
- Build or purchase a covered carport if there is no garage.
- Install big, easy-to-read house numbers.
- Get a surface to place packages and bags when opening door.
- Install non-slip flooring in the foyer.

Bathroom

- Install grab bars near the toilet, bath and shower.
- Install shower seat.
- Raise toilet seat height to 17-19 inches.
- Change sink handles to levers.
- Add anti-slip coating the tub and shower.
- Get a slip-resistant floor treatment.
- Install a handheld showerhead.
- Change to a no-curb shower or walk-in tub.
- Add a light above the bathing area.
- Ensure door opens outward to maximize space.

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Kitchen

- Get a hands-free faucet or switch to lever handles.
- Switch to an electric stove with front-mounted controls.
- Buy a fire extinguisher and make it accessible.
- Add roll-out trays to base cabinets.
- Rearrange cabinets so most-accessed items are easy-to-reach.
- Buy a refrigerator with door storage and side-by-side freezer.
- Move microwave to counter height.
- Install Lazy Susans for corner cabinets.
- Mount under-cabinet lighting.
- Adjust sink and counter height to 36 inches.

Bedroom

- Get a low-profile bed that sits 20-23 inches from the top of the mattress to the floor.
- Install a light switch near bed or make sure there is a light on a nightstand.
- Buy a nightstand that is the same height as the bed.
- Install a bed rail.
- Add lighting to closets.
- Maintain adequate clearance for a walker or wheelchair around bed.
- Have a phone beside the bed.