

Aging in place checklist:

Prepare your home to support your needs as you age

As you or a loved one consider aging in place, it's important to make sure your home is as safe, comfortable, and accessible as possible. This checklist is based on information from AARP. Although it is not comprehensive, the list provides an overview of the major adjustments you can consider making to different areas of your home.

You may not need to make every addition or modification in this list. Consider your individual mobility and safety needs right now and how they may change as you age. Then decide what will work best to support your independence and enhance your daily life.

Bathroom

- Install a walk-in shower.
- Use a shower chair and handheld showerhead.
- If you have a tub, add grab bars and a non-slip mat.
- Raise the height of the toilet seat.
- Install lever-style faucets.

Kitchen

- Get a stove that alerts you if burners are left on.
- Move appliances to more convenient locations.
- Replace refrigerator and other appliances with more accessible models.
- Add slide-out drawers for easier access.

Bedroom

- Move your bedroom downstairs, if needed.
- Ensure your bed is easily accessible or purchase an adjustable bed.

Living areas

- Declutter and get rid of unneeded items taking up space.
- Choose chairs with armrests for easier sitting and standing.
- Purchase a lift chair, if needed.
- Keep all pathways clear of electrical cords and clutter.

Stairs

- Make sure railings are sturdy and secure.
- Add carpet or other non-slip material to steps.
- Install an electric stair lift, if needed.

Flooring

- Replace shaggy carpeting with short-pile carpets for easier mobility.
- Secure area rugs to avoid tripping.
- Consider covering hard flooring with short-pile carpet to reduce injuries from falls.

Lighting

- Install plenty of lighting and use easy-access switches.
- Add night-lights where needed.
- Consider smart home features like voice- or motion-activated lighting.

Doors and entryway

- Ensure doors are wide enough for wheelchair/walker access.
- Install swing-clear hinges on doors for more space.
- Replace doorknobs with lever-style handles.
- Install an entry ramp or other no-step option.
- Make sure any entry steps are in good condition.

Outdoor

- Install automatic lights outside and in your garage.
- If you garden, add raised garden beds for easier access.

Disclaimer: This checklist was adapted from AARP content. You should consult with financial and other professional advisors to consider your specific circumstances.

Sources:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9495472/>

<https://www.aarp.org/home-family/your-home/info-2021/aging-in-place-checklist.html>