

# AGING IN PLACE CHECKLIST

## Monitor accessibility needs

Adjust doorways, hallways, and key areas as needed to accommodate changing mobility with walkers, wheelchairs, or other aids.

## Check emergency preparedness

Assemble emergency kits, develop communication plans, and install medical alert systems for quick access to help.

## Declutter high-traffic areas

Keep paths free of obstacles, secure rugs, and organize cords to prevent trips and falls inside and outside the home.

## Review insurance coverage

Check if your policy includes coverage for accessibility renovations or liability risks.

## Upgrade kitchen features

Lower counters, add pull-out shelves, and use anti-scald devices on faucets to make cooking safer and more accessible.

## Improve flooring

Replace slippery surfaces with non-slip materials and smooth transitions between rooms to accommodate mobility aids.

## Plan for home maintenance

Schedule regular inspections of roofing, plumbing, and HVAC systems. Handle simple maintenance yourself or outsource more demanding tasks.

## Ensure entryway accessibility

Install ramps and handrails. Keep pathways clear and well-lit for safer movement in and out of the home.

## Incorporate smart home tech

Use fall detection sensors, motion-sensor lights, and remote monitoring tools to enhance safety and connectivity.

## Update bathroom safety features

Add grab bars, non-slip mats, and consider walk-in showers to reduce the risk of falls.

## Educate family members

Discuss safety plans and involve caregivers or family in regular safety checks and updates to the home environment.

## Make stairways safer

Install handrails, non-slip treads, and stairlifts if needed to prevent injuries and support multi-level living.