

A Room-By-Room Aging in Place Checklist

More seniors are choosing to stay in their homes as they age rather than move to senior living. A Seniors Real Estate Specialist® (SRES®) can help you plan ahead and evaluate your home for safety and accessibility.



USE THIS QUICK CHECKLIST AS A STARTING POINT:

OVERALL

- ☐ Are there lever-style door handles and faucets?
- ☐ Do rugs have a non-slip backing?
- ☐ Are the clutter and cords cleared from walkways?
- ☐ Is the thermostat readable?
- ☐ Is there bright lighting and switches at both ends of rooms/halls?
- ☐ Do all staircases have handrails?
- ☐ Are doorways at least 36 inches?
- ☐ Are door thresholds level with the floor?
- ☐ Is there turning space in rooms to accommodate a wheelchair?

BATHROOM

- ☐ Are there grab bars near the toilet, bath, and shower?
- ☐ Is the toilet seat 17-19 inches high?
- ☐ Do the tub and shower have anti-slip coating?
- ☐ Is there a handheld showerhead?
- ☐ Is there a no-curb shower or walk-in tub?
- ☐ Does the bathing area have a light above?
- ☐ Is there a chair or bench in the shower?
- ☐ Is the shower enclosure made of non-shattering material?

BEDROOM

- ☐ Does the mattress to the floor measure 20-23 inches?
- ☐ Is there a lamp or light switch near the bed?
- ☐ Do closets have lighting?
- ☐ Would a night light be appropriate?
- ☐ Does the bed need rails?
- ☐ Is there adequate clearance for a walker or wheelchair around the bed?
- ☐ Can a phone be easily reached from the bed?

KITCHEN

- ☐ Are the stove controls easily accessible?
- ☐ Is there a fire extinguisher handy?
- ☐ Do base cabinets have roll-out trays and/or Lazy Susans?
- ☐ Is there under-cabinet lighting?
- ☐ Does the stove alert you if a burner is left on?
- ☐ Are the sink and counter height 36 inches?



I'm Your SRES®.