



**ROCKET CITY SENIORS**  
**REAL ESTATE**

ADAPT • RIGHTSIZED • RELOCATE

[www.RocketCitySeniors.com](http://www.RocketCitySeniors.com)

## **AGING-IN-PLACE HOME SAFETY CHECKLIST**

### **ENTRANCES AND EXITS**

- Establish a zero-step entry into the home
- Install outdoor lights
- Make the house or apartment number fully visible
- Add a bench or small table near the exterior door for placing packages while the door is being locked or unlocked
- Create a spot inside the entry for storing shoes; hanging coats; placing bags, keys, etc.
- Install a no-step, no-trip threshold
- Add a second handrail if the stairs only have one
- Install lever-style door handles
- Install easy-to-use deadbolt locks and/or slide latches or chain locks on exterior doors
- Install a security peephole or viewing panel on the exterior door at a suitable height for residents
- Install a camera, video doorbell or other electronic system for seeing who's at the door
- Install sensors on outdoor lights to automatically turn lights on at dusk and off at dawn and/or when motion is detected
- Repair holes, loose bricks or uneven pavement on exterior walkways
- Clear paths so they're free of leaves, moss, mold or other slipping hazards
- Remove throw rugs from the front stoop and inside the foyer and replace with sturdy doormats and/or floor mats
- Remove clutter from hallways
- Widen doorways to at least 32" by replacing traditional door hinges with swing-away or swing-clear types

### **BATHROOM**

- Change electrical outlets and switches near water to ones equipped with a GFCI
- Install lever-, touch- or sensor-style faucets for the sink, bathtub and shower
- Install pressure balanced faucets and/or thermostatic valves for the sink, shower and tub faucets
- Install a nonskid mat or nonslip strips in the bathtub and/or shower
- Purchase nonslip rugs (or secure mats with double-sided rug tape or rubber carpet mesh) for the bathroom floor
- Install grab (or assist) bars in the bathtub, shower and adjacent to the toilet
- Install a comfort-height toilet or toilet seat riser
- Install a bidet or toilet-based bidet attachment
- Insulate exposed pipes beneath sinks to protect against hot pipes
- Install a handheld or adjustable showerhead
- Install a shower seat
- Set the water heater at or below 120°F to avoid scalding
- Install night-lights and/or illuminated light switches in the bathroom and the hallway leading to it

### **LIVING ROOM AND BEDROOM**

- Arrange furniture to allow for clear, wide passageways
- Position beds to allow easy access to the bathroom
- Use natural light to the fullest by opening curtains, blinds and shades during daylight hours
- Remove scatter and throw rugs, and secure large area rugs to the floor with double-sided tape or nonslip mats
- Install interior lights and adjustable rods and shelves in closets



## STEPS AND STAIRWAYS

- \_\_\_ Repair or renovate stairways that are unstable, have open backs, raised nail heads, missing treads, loose steps, etc.
- \_\_\_ Cover steps with a tightly woven, low-pile carpet with thin padding
- \_\_\_ Apply nonslip adhesive strips to uncarpeted steps
- \_\_\_ Install handrails on both sides of all staircases
- \_\_\_ Install a light fixture to illuminate the entire staircase
- \_\_\_ Add light switches at the top and bottom of the stairs
- \_\_\_ Plug automatic night-lights into outlets near steps and staircases
- \_\_\_ Clear the stairs of clutter
- \_\_\_ Place a tote or handled basket at the top and bottom of the staircase to use while carrying items up or down the steps

## KITCHEN

- \_\_\_ Install task lighting for the sink, stove and other work areas
- \_\_\_ Replace knobs on cabinets and drawers with easy-to-grasp, D-shaped handles
- \_\_\_ Install a stove or cooktop with controls near the front of the device
- \_\_\_ Place a lightweight, ABC-rated fire extinguisher in an easy-to-reach location
- \_\_\_ Purchase a step stool that has nonslip steps and a grip handle
- \_\_\_ Install adjustable, pull-down or similar shelving for safe access to upper cabinets
- \_\_\_ Install pull-out cabinetry shelves beneath counters and place turntables in corner cabinets
- \_\_\_ Install a lever-, touch- or sensor-style kitchen faucet that's temperature-regulated and kept at or below 120°F
- \_\_\_ Ensure that electrical outlets and switches near water are equipped with a GFCI
- \_\_\_ Establish a kitchen surface for working while seated
- \_\_\_ Place or install bins for trash and recycling
- \_\_\_ Periodically check for and discard expired food and condiments
- \_\_\_ Place a list of emergency names and phone numbers in an easily found location. Include the senior's name and medical conditions and medications that emergency personnel would need to know quickly

## THROUGHOUT THE HOUSE

- \_\_\_ Place flashlights in multiple rooms
- \_\_\_ Replace a top-loading washer with an easier-to-use front loader
- \_\_\_ Place the washer and dryer on a raised platform if additional height is needed
- \_\_\_ Check that the light bulbs used for fixtures are the proper rating and have the highest allowed wattage
- \_\_\_ Plug automatic night-lights into hallway and bathroom outlets and near stairs
- \_\_\_ Replace traditional toggle light switches with easier-to-use rocker-style switches
- \_\_\_ Install smoke and carbon monoxide detectors on every level of the home and ensure they can be heard in all bedrooms
- \_\_\_ Place telephones (or cell phone charging stations) in or near multiple rooms
- \_\_\_ Purchase touch control lamps and devices that automatically turn lights on and off at set times
- \_\_\_ Place electrical cords out of the way and/or along the wall to prevent tripping
- \_\_\_ Choose a secure password or otherwise secure the home's internet network
- \_\_\_ Securely attach tall or easily tippable furniture to the wall with furniture straps
- \_\_\_ Reduce or eliminate excessive clutter throughout the home

## NOTES

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