



ROCKET CITY SENIORS
REAL ESTATE

ADAPT • RIGHTSIZED • RELOCATE

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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
