

FREE GUIDE

THE 15-MINUTE AGING-IN-PLACE HOME SAFETY CHECKLIST



A SIMPLE, FREE GUIDE FOR CREATING
A SECURE & COMFORTABLE HOME



✓ **ENSURE INDEPENDENCE,
PEACE OF MIND & COMFORT
MODERN & PRACTICAL TIPS**

The 15-Minute Aging-in-Place Home Safety Checklist

Don't wait until after a fall to ask these questions.

This checklist is designed to help you quickly assess your home (or your parent's home) for the most common—and most preventable—safety hazards.

1. The Entryway & Exterior

The majority of severe mobility challenges start at the front door.

- Are there zero-step entry options?** If not, is there room for a ramp?
- Are the stairs even and slip-resistant?**
- Is there a continuous handrail on at least one side of the exterior stairs?**
- Is the pathway well-lit with motion-sensor lighting?**
- Are the door locks lever-style?** (Knobs require grip strength that diminishes with age; levers just require downward pressure).

2. The Bathroom (Highest Priority)

Bathrooms are the site of over 80% of in-home senior falls.

- Is there a step to get into the shower or tub?**
- Are there permanently installed, load-rated grab bars?** (NOTE: Suction cup bars are extremely dangerous as they are not rated for a falling adult's body weight).
- Is the toilet "comfort height" (17-19 inches)?**
- Is the bathroom flooring slip-resistant, especially when wet?**
- Is there a motion-sensor nightlight installed?**

3. The Stairs & Hallways

Stair falls often result in the most severe injuries.

- Are there continuous handrails on BOTH sides of all staircases?** (They must extend past the top and bottom steps).
- Are all hallways completely free of throw rugs, cords, and clutter?**
- Is there a light switch at both the top and bottom of the stairs?**
- Are pathways illuminated with floor-level nightlights?**

4. The Kitchen & Bedroom

Daily convenience directly impacts safety.

- Are the most frequently used kitchen items stored between waist and shoulder height?** (Avoiding stretching and bending).
 - Does the kitchen sink have a lever-style faucet handle?**
 - Is the bed at a safe height?** (When sitting on the edge, feet should be flat on the floor with knees at a 90-degree angle).
 - Is there a clear, well-lit path directly from the bed to the bathroom?**
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The “DIY vs. Pro” Guide

Things you should do today (DIY): - Remove all throw rugs. - Add plug-in motion-sensor nightlights to hallways and bathrooms. - Reorganize kitchen cabinets to move heavy items to waist height. - Clear clutter from all major walking paths.

Things you MUST leave to a Professional: - **Grab Bars:** If not anchored into structural studs with proper hardware, a grab bar will pull out of the wall during a fall. A CAPS-certified pro knows how to find the studs, reinforce the wall, and place the bar at the exact clinical height needed. - **Ramps & Thresholds:** Incorrectly sloped ramps are a tipping hazard for wheelchairs. - **Curbless Showers:** Requires plumbing and subfloor modifications to ensure proper drainage and waterproofing.

Don't Guess on Safety.

You've identified the hazards. Now bring in an expert to fix them.

AgeProofPros connects you exclusively with Certified Aging-in-Place Specialists (CAPS). These contractors are rigorously trained by the National Association of Home Builders (NAHB) to understand the clinical and structural needs of older adults.

-> **Click here to get matched with a CAPS-certified professional in Pittsburgh for a free home assessment.**