

Home Checklist for Aging in Place

An overwhelming majority of America's seniors want to remain in their homes during their golden years. But aging in place doesn't have to be in your current home, it can mean relocating to a senior apartment or a retirement community. Whether you move somewhere new or stay put, your home should be senior-friendly. This checklist covers things to consider when choosing somewhere to age in place.

Accessible Floor Plan

- Is at least one entrance to the home free of steps in case you need a wheelchair at some point?
- Is the interior flooring ADA-compliant, having secured rugs, low-pile carpet, and no uneven transitions?
- Can you convert a downstairs room to a bedroom if your home isn't on one level?
- Can you install a chairlift to navigate the stairs if you can't convert a downstairs room?
- Is the hallway wide enough (ideally, 36 inches) for assistive devices, such as walkers and wheelchairs?

Bathroom

- Is the toilet at a comfortable height (typically 2 -3 inches above the norm)?
- Is the shower step-free, non-slip and fitted with grab bars?
- Is there room in the shower to add a seat or bench?
- If there is a tub, is it a walk-in tub?
- Is there sufficient space in the bathroom for a wheelchair, walker, or other assistive device?
- Can you replace a glass-shower surround with a non-shattering material?

