# Kitchen Checklist

By: AARP Outreach & Service | Source: AARP.org

**Is there good lighting over the sink, stove and countertop work areas?**  
        • Increase task lighting at sink, stove, and work areas.  
        • Use highest wattage bulb allowed by the fixture.  
  
**Area cabinets and cupboards easy to open?**  
        • Install C or D-type handles on cabinets and cupboards.  
  
**Are stove controls easily reached?**  
        • Consider purchasing with controls at the front of the stove if there are no young children in the house.  
        • Add tactile and color-contrasted controls for those with low vision.

**Is a fire extinguisher within easy reach of the stove?**  
        • Mount an ABC rated fire extinguisher in an easy to reach place near the stove.  
  
**Do you have a sturdy step stool with handrails?**  
        • Use step stools that have non-slip steps and grip handrails.  
  
**Are objects on shelves or in drawers easily accessible?**  
        • Install adjustable shelving to increase access to upper cabinets.  
        • Install pull-out shelves under counters and corner Lazy Susans.**Does the sink faucet have an anti-scald device?**  
         • Install a pressure balanced, temperature regulated faucet.  
**Are the countertops and sink easy to use when seated?**  
        • Create knee clearance by removing doors or shelves**.**

# Entrances & Exits Checklist

By: AARP Outreach & Service | Source: AARP.org

**Are exterior pathways, porches and doorways well lit?**  
        • Increase lighting along pathways and entryway.  
        • Install floodlights with motion sensors.  
        • Install photoelectric eyes in light fixtures so lighting will turn on automatically at dusk.  
**Are the walkways in good condition?**  
        • Repair any holes, loose bricks, or uneven areas of pathways.  
**Are there handrails on both sides of the steps?**  
        • Install handrails on both sides of steps.  
**Are the doorknobs easy to use?**  
        • Install lever door handles.  
**Are you able to identify who is at the front door without opening it?**        • Install peephole on the exterior door at the correct height for you.  
**Does the threshold of the door contribute to trips or falls?**        • Install beveled, no step, no trip threshold.

**Den & Living Room Checklist**

By: AARP Outreach & Service | Source: AARP.org

**Are all passageways clear and well lit?**  
        • Rearrange furniture and remove any clutter to allow for clear, wide passageways.  
        • Use natural light to the fullest by opening curtains and shades during daylight hours.  
        • Use highest wattage light bulb allowed for the fixture or lamp.  
**Are any electrical or telephone cords exposed?**  
        • Place all cords along a wall where they can’t be tripped over.  
        • Remove cords from under furniture or carpeting to prevent fires.  
**Are rugs or carpets secured to floor? Are there any scatter rugs?**  
        • Use double-sided tape or carpet mesh to secure all rugs.  
        • Remove all scatter rugs.  
**Are dining chairs easy to use?**  
**Is it difficult to rise out of low furniture?**  
        • Raise furniture using leg extenders or risers.

# Bathroom Checklist

By: AARP Outreach & Service | Source: [AARP.org](http://www.aarp.org)

**Are the sink, bathtub and shower faucets easy to use?**  
        • Install lever handles on sink, bathtub and shower faucets?  
  
**Are the floor surfaces slippery?**  
        • Use non-skid mats or non-slip strips on bathtub and shower floors.  
        • Secure floor mats or rugs with double-sided rug tape or carpet mesh.  
  
**Are there grab bars in the bathtub/shower and toilet areas?**  
        • Install grab bars in the bathtub/shower and toilet areas.  
  
**Is a low toilet seat making it hard to stand up?**  
        • Install a toilet seat extender or consider purchasing a toilet with a higher seat.  
  
**Are there exposed hot water pipes beneath the sink?**  
        • Insulate hot water pipes underneath the sink.  
  
**Is there a handheld or adjustable height shower head?**  
        • Install a handheld or adjustable showerhead.  
**Is there a bath seat in bathtub or shower?**  
         • Install a bath seat or bench in bathtub or shower.  
**Is the hot water heater set at 120°?**  
        • Set the water heater to 120° to avoid scalding.  
**Is there good lighting?**    
        • Install highest wattage bulb allowed for fixture.  
        • Install night light and/or replace light switch with glow switch that can be seen in the dark.  
  
**Are there small electrical appliances including hairdryers, curling irons, shavers, etc. plugged in when not in use?**  
         • Unplug all electrical appliances when not in use and never use any electrical appliance near a filled sink or bathtub?

# Bedroom Checklist

By: AARP Outreach & Service | Source: AARP.org

**Is it difficult to rise out of low furniture or beds?**  
        • Raise furniture using leg extenders or risers.  
**Are smoke and carbon monoxide detectors on each floor and outside bedrooms?**  
        • Install alarms on every floor where they can be heard from all rooms, especially bedrooms.  
**Is the telephone easily accessible from bed?**  
        • Install telephone jack close to favorite chair and bed to improve accessibility.  
**Are light switches easy to use?**  
        • Install rocker light switches and consider installing glow switches in bathrooms and hallways.  
**Can you see everything in your closet clearly?**  
        • Install light in the closet to see your clothes and shoes clearly?  
**Can you easily reach a bedside light from your bed?**  
        • Make sure your bedside light is easily reachable from the bed to prevent falling out while trying to reach

it.

# Stairways & Hallways Checklist

By: AARP Outreach & Service | Source: AARP.org

**Are the steps in good repair?**

        • Replace or remove any worn or torn carpeting.  
        • Make sure no nail heads are sticking out.  
        • Refinish or replace worn treads.  
**Are there handrails on both sides of stairway?**  
        • Install handrails on both sides of steps for better balance.  
**Are there any objects on the stairs?**  
        • Remove all clutter from steps to avoid tripping and falling.  
**Are there light switches at both the top and bottom of the stairs?**  
**Are the stairs well lit?**  
        • Install the highest wattage light bulb allowed for overhead or nearby light fixture.  
        • Install night lights in nearby outlets.  
**Can you clearly see the edges of the steps?**        • Paint or put tape with contrasting color at edge of step.        • Replace or add non-slip adhesive strips.