

# Aging in Place Independent Checklist

## 1. Safe and Secure Entry

- Access path of travel with better outdoor lighting to get you from your car to the door. Low-maintenance shrubs and plants.
- Attractive ramps or a zero-step entrance for the home with covered area.
- Handrails at existing steps and porches.
- Doorbell in accessible location.
- Fewer or no stairs.

## 2. Exterior

- Low-maintenance exterior (vinyl, brick).
- Low-maintenance shrubs and plants.
- Deck, patio, or balcony surfaces are no more than a half inch below interior floor level if made of wood.

## 3. Overall Floor Plan

- Main living on a single story, including full bath.
- No step between rooms/areas on the same level.
- 5-foot by 5-foot clear/turn space in living area, kitchen, a bedroom, and a bathroom.
- Well-lit hall ways with minimum of 36-inches wide, wider preferred.
- Non-slip flooring in foyer.
- Entry door sidelight or high/low peep hole viewer; sidelight should provide both privacy and safety.
- Doorbell in accessible location.
- Low thresholds, 1/2" Exterior, 1/4" interior, flush preferred.

### Interior Doors

- 36-inches wide to insure accessible clearances.
- Levered door hardware.

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## Windows

- Low-maintenance exterior and interior finishes.
- Easy to operate hardware.

## Faucets

- Lever handles.
- Anti-scald controls.
- Pressure balanced faucets.

## 4. Kitchen & Laundry

### Counters

- Accented stripes on edge of counter tops to provide visual orientation to the workspace.
- Sufficient counter space.
- Base cabinet with roll out trays and lazy susans.
- Upper wall cabinets and shelves set at lower height and include features such as pull-down shelving as required.

### Appliances

- Easy to read controls
- Front loading laundry machines, raised.
- Microwave oven at counter height or in wall
- Side-by-side refrigerator/freezer
- Electric cook top with level burners for safety in transferring between the burners, front controls and downdraft feature to pull heat away from user; light to indicate when surface is hot.

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## Miscellaneous

- 30-inch by 48-inch clear space at appliances or 60-inch diameter clear space for turns.
- Placement of task lighting in appropriate work areas.
- Loop handles for easy grip and pull.
- Pull-out spray faucet; levered handles.

## 5. Bathroom

- Contrasting color edge border at counter tops and other visual cues.
- At least one wheelchair maneuverable bath on main level with 60-inch turning radius or acceptable T-turn space and 36-inch by 36-inch by 48-inch clear space.
- Bracing is walls around tub, shower, shower seat, and toilet for installation of grab bars to support 250-300 pounds.
- If stand-up shower is used in main bath, it is curb-less and minimum of 36-inches wide.
- Bathtub - lower for easier access.
- Fold down seat in the shower.
- Adjustable/handheld shower heads, 6-foot hose.
- Tub/shower controls offset from center.
- Light in shower stall.
- Toilet two and 1/2 inches higher than standard toilet (17-19 inches) or height-adjustable.
- Slip-resistant flooring in bathroom & shower.

## 6. Stairways, Lifts & Elevators

- Adequate hand rails on both sides of the stairway, 1 and 1/4" diameter.
- Increased visibility of stairs through contrast strip on top and bottom stairs, color contrast between treads and risers on stairs and use of lighting.
- Plan accommodations designed for elevator or lift as required.

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## Ramps

- Slope no greater than 1" rise for each 12" in length, adequate handrails.
- Five-foot landing provided at entrance.
- Two-inch curbs for safety.

## Storage

- Adjustable closet rods and shelves.
- Lighting in closets.
- Easy open doors that do not obstruct access.

## ***7. Electrical, Lighting, Safety, and Security***

### Switches

- Rocker or touch type.
- No higher than 48" with adequate floor clearances.
- Located at each hall and room entrance.

### Thermostats and Controls

- Easy to read.
- Preprogrammed.
- No higher than 48" with adequate floor clearances.

### Outlets

- Centered 15" above floor, at conveniently accessible locations.

### Lighting

- Receptacles with 2 bulbs in vital locations.

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## Technology & Security

- Audio & visual cues for home equipment.
- Environmental monitoring from any TV.
- Living space wired for computers and other life saving devices.

## 8. Flooring

- Smooth, non-glare, slip-resistance surfaces, interior and exterior.
- Color/texture contrast to indicate change in surface levels.

## 9. Heating, Ventilation, and Air Conditioning

- HVAC should be designed so filters are easily accessible.
- Windows that can be opened for cross ventilation, fresh air.

## 10. Energy-Efficient Features

- Efficient HVAC equipment, Appliances, and fixtures.
- Mechanical fresh air ventilation, installation of air returns in all bedrooms and use of carbon monoxide detectors.
- Installation of energy efficient windows with Low-E glass.

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