

## HOME MODIFICATION CHECKLIST

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### FROM AARP

#### Do It Yourself

- Install night-lights in the bathroom and hallways that are used after dark
- Apply non slip adhesive strips to uncarpeted stair treads
- Remove all scatter rugs or use double-sided tape to secure them to the floor
- Install a rubber-suction bath mat or anti-slip floor strips or decals in the tub and shower
- Place a lightweight, easy-to-use ABC-rated fire extinguisher in an easily accessible location in the kitchen
- Arrange furniture to allow for easy passage
- Check the carpeting on stairs to be sure it's firmly attached
- Set the hot water heater to 120F or below to reduce energy costs and prevent scalding
- Install address numbers that can be easily seen from the street
- Install lever-style door handles, which are easier to use than doorknobs
- Keep a phone near your bed and in the rooms you spend a lot of time. (If you use a corded phone, take care to avoid tripping over the cord.)
- Install a hand-held, adjustable-height showerhead for easier bathing
- Check the wattage ratings on your lamps and light fixtures, and install the brightest bulbs allowed
- Place electrical and phone cords along a wall where they won't be a tripping hazard
- Install smoke and carbon monoxide detectors on all levels of the house, especially in or near the bedrooms
- Replace knobs on cabinets and drawers with easier-to-grip D-shaped handles
- Add a work surface you can sit at by placing a table where needed, or by removing some cabinet doors and shelving beneath a countertop
- Check outdoor walkways for loose bricks or pavers, and keep the paths clear of debris, including slippery wet leaves, moss or mold
- Trim overgrown shrubbery to provide a clear view from doors and windows
- Create an emergency exit plan for getting yourself and others out of your home.
- Certain companies like Mobility 101 offer stair lifts and other transfer devices that can be installed.
- Replace traditional light switches with easier to use rocker-style light switches

### May Need Professional Assistance

- Install a handrail on both sides of any staircase
- Mount grab bars next to the toilet, tub and in the shower
- Install swing-away or swing-clear door hinges to add two inches of width for easier access
- Install a security peephole on exterior doors
- Install deadbolts and other protective hardware on exterior doors
- Install photosensitive porch or entryway lighting that will turn on at dusk and off at dawn
- Install outdoor floodlights with motion sensors
- Replace or remove any worn, torn or loose carpeting
- Install a Lazy Susan in corner cabinets and pull-out cabinetry or shelving under counters

Based on an [AARP list](#). For a deep dive, download their full 28-page [Home Fit Guide](#).