

Is My Home “HomeFit”?

**Read the following questions and check the box when your answer is “No.”
Your responses will help you identify how your home can become more “HomeFit.”**

(Skip any questions that don’t apply or you’re unsure about.)

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Is there at least one step-free entrance into your home? | <input type="checkbox"/> Are your staircases well lighted? | <input type="checkbox"/> Are the exterior door thresholds easy to see? | <input type="checkbox"/> Are there nonslip strips or nonslip mats in the bathtub and/or shower? |
| <input type="checkbox"/> Is there a bedroom, full bathroom and kitchen on the main level? | <input type="checkbox"/> Are your exterior walkways and entrances well lighted? | <input type="checkbox"/> Do all of your area rugs have nonslip strips to prevent tripping or slipping? | <input type="checkbox"/> Is your hot water heater set at or below 120°F? |
| <input type="checkbox"/> Are the interior doorways at least 36” wide? | <input type="checkbox"/> Are your exterior walkways in a safe condition, free of tripping hazards? | <input type="checkbox"/> Is the carpeting on your stairs secure and in good condition? | <input type="checkbox"/> Are there smoke and carbon monoxide detectors on each floor of the home? |
| <input type="checkbox"/> Does your kitchen have a work surface you can use while seated? | <input type="checkbox"/> Is your home’s address number clearly visible from the street? | <input type="checkbox"/> Are the switches that control stairway light fixtures located at both the top and bottom of the stairs? | <input type="checkbox"/> Can a smoke and carbon monoxide detector be heard in every bedroom? |
| <input type="checkbox"/> Is there a fire extinguisher within reach of the oven or stove? | <input type="checkbox"/> Is the entrance door easy for you to unlock, lock, open and close? | <input type="checkbox"/> Are all electrical and phone cords safely located (so they aren’t a tripping hazard)? | <input type="checkbox"/> Is a telephone easily accessible on every level of your home? |
| <input type="checkbox"/> Are your kitchen cabinets and shelves easy for you to reach? | <input type="checkbox"/> Do your exterior doors have secure locks that can’t accidentally lock you in or out of the home? | <input type="checkbox"/> Do you have a shower with a step-free entry? | <input type="checkbox"/> Do you have flashlights in multiple rooms (in case of a power failure)? |
| <input type="checkbox"/> Does your kitchen have a lever-, touch- or sensor-style faucet? | <input type="checkbox"/> Does your entrance door have a peephole, viewing panel or security technology so you can see who is outside? | <input type="checkbox"/> Are the bathroom cabinets and shelves easy for you to reach? | |
| <input type="checkbox"/> If you use a step stool, does it have nonslip surfaces and a handle you can grip? | <input type="checkbox"/> Does your entrance door have a secure slide latch or chain so you can open the door enough to speak with someone outside while not fully unlocking and opening the door? | <input type="checkbox"/> Does your bathroom have a lever-, touch- or sensor-style faucet? | |
| <input type="checkbox"/> Are there secure handrails on both sides of your stairs? | | <input type="checkbox"/> Is there “blocking” (e.g., a wood stud or other solid surface) behind the bathroom walls so grab bars can be securely installed in the bathtub, shower and toilet areas? | |
| <input type="checkbox"/> Are your hallways well lighted? (Can you see what’s in front of you and on the floor beneath you?) | | | |



AARP
Real Possibilities



My Room-by-Room HomeFit™ List

Check the box next to the improvements you need or want to make.

Entrances and Exits

- Create a zero-step entry into the home
- Install a no-step, no-trip threshold
- Add handrails to both sides of all steps
- Install lever-style door handles
- Install deadbolt locks and/or slide latches or chain locks on exterior doors
- Install a security peephole or viewing panel on the exterior door
- Install a camera or other electronic system for seeing who's at the door
- Put a bench near the exterior door for placing packages while locking or unlocking the door
- Install sensors on outdoor light fixtures to automatically turn lights on at dusk and off at dawn and/or when motion is detected
- Add easy-to-see address numbers that are visible from the street

- Repair holes, loose bricks or uneven pavement on exterior walkways
- Clear paths so they're free of leaves, moss, mold or other slipping hazards
- Remove scatter or throw rugs from the front stoop and inside the foyer
- Remove clutter from hallways
- Widen doorways to at least 36" wide by replacing traditional door hinges with swing-away or swing-clear hinges

Steps and Stairways

- Repair or renovate stairways that are weak, have open backs, raised nail heads, missing treads, loose steps, etc.
- Cover steps with a tightly placed, woven low-pile carpet with thin padding
- Apply nonslip adhesive strips to uncarpeted steps
- Install handrails on both sides of all staircases

- Install a light fixture to illuminate the entire staircase, and place a light switch at the top and bottom of the stairs
- Plug automatic night-lights into outlets near steps and staircases
- Clear the stairs of clutter

Kitchen

- Install task lighting for the sink, stove and other work areas
- Replace knobs on cabinets and drawers with easy-to-grasp D-shaped handles
- Purchase a stove or cooktop with controls near the front of the device
- Place a lightweight, ABC-rated fire extinguisher in an easy-to-reach location
- Purchase a step stool that has nonslip steps and a grip handle
- Install adjustable, pull-down or similar shelving for safe access to upper cabinets

- Install pull-out cabinetry shelves beneath counters and place Lazy Susans in corner cabinets
- Install a lever-, touch- or sensor-style kitchen faucet (ideally one that's pressure-balanced, temperature-regulated and kept at or below 120°F)
- Establish a kitchen surface for working while seated

Bathroom

- Install easy-to-use lever-, touch- or sensor-faucets for the sink, bathtub and shower
- Install a nonskid mat or nonslip strips in the bathtub and/or shower
- Use rubber-backed rugs (or mats secured with double-sided rug tape or rubber carpet mesh) on the bathroom floor
- Install attractive grab bars in the bathtub, shower and adjacent to the toilet
- Install a comfort-height toilet (or a toilet seat riser)



My Room-by-Room HomeFit List (continued)

- Insulate exposed pipes beneath the sink to protect against touching a hot pipe
- Install a hand-held or adjustable showerhead
- Install or purchase a shower seat
- Set the water heater at or below 120°F to avoid scalding
- Install night-lights and/or illuminated light switches in the bathroom and the hallway leading to it

Living Room and Bedroom

- Arrange furniture to allow for clear, wide passageways
- Place the bed so it allows easy access to the bathroom
- Use natural light to the fullest by opening curtains, blinds and shades during daylight hours
- Remove scatter and throw rugs, and secure large area rugs to the floor with double-sided tape or nonslip mats
- Install interior lights and adjustable rods and shelves in closets

Elsewhere and Throughout the Home

- Place flashlights in multiple rooms
- Replace a top-loading washer with an easier-to-use front loader and place the washer and dryer on a raised platform if additional height is needed
- Check that the light bulbs used for fixtures are the proper rating, are of the highest allowed wattage and do not produce an excessive amount of glare
- Plug automatic night-lights into hallway and bathroom outlets, and near stairs too

- Replace traditional toggle light switches with easier-to-use rocker-style switches
- Install smoke and carbon monoxide detectors on every floor, and ensure they can be heard in all bedrooms
- Be sure a telephone is available in or near multiple rooms (including the bedroom and bathroom)
- Get some touch control lamps and devices that automatically turn lights on and off at set times
- Place electrical and phone cords out of the way and along the wall to prevent tripping

Other Tasks: _____

A Note to Renters

Many of these suggestions are doable even if you don't own the house or apartment where you live. For changes that will require some remodeling or installation work, you may need to seek permission from the property owner. You can indicate those items with a question mark as a reminder.



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My Contractor Interview Notes

Business Name: _____ License No: _____

Owner/Representative Name: _____

Address: _____

Phone(s): _____

Email: _____ Website: _____

Referred by: _____ Meeting/Conversation Date: _____

Don't Forget to Ask About (insurance coverage, examples of past projects, references): _____

My First Impressions: _____

Positives: _____

Negatives: _____



My Contractor Reference Check Notes

Contractor/Business Name: _____

Reference Name: _____

Location: _____

Phone(s): _____

Email: _____

Project Type/Date: _____

Meeting/Conversation Date: _____

Positives: _____

Negatives: _____

Notes: _____

Letter grade he/she would give the contractor/business? _____

Would he/she use the contractor again? _____





My Home Maintenance Schedule

A well-maintained home is a safer, less problematic home. Here are some suggestions to help you build a maintenance checklist and schedule for where you live.

Monthly or as needed

- Keep all doorways, hallways and stairs free of clutter
- Keep all indoor and outdoor stairs slip-proof, well lighted and in good condition
- Check door locks and handles to be sure they're in good working order
- Check outdoor lights and replace bulbs as needed
- Keep walkways, paths, steps, entrances and the driveway clear of leaves, debris, snow and ice
- Mow the lawn and trim shrubs, making sure bushes don't obscure windows or doorways
- Empty the clothes dryer's lint filter after each use
- If on a well water system, check and change filters and add salt to the water conditioner as needed
- Run a monthly test of the home security system

Notes: _____

Every 3 to 6 months

- Clean windows
- Inspect and clean gutters, downspouts and eaves
- Check indoors and outside for signs of pests, such as termites or rodents — call an exterminator if needed
- Check sinks, tubs and toilets for leaks
- Clean the clothes dryer's metal- or flexible-tube venting system
- Replace HVAC filters every three months or sooner, according to the manufacturer's rating

Notes: _____



My Emergency Contacts

This list contains the names, telephone numbers and addresses that may be needed in case of an emergency.

My Name: _____

Phone Number(s): _____

My Address: _____

Who or What	Relationship/ Type of Business	Phone Number(s)	Location

Notes: _____

