

AARP Is This Home **HomeFit?**

Read the questions and check any box for which the answer is no. The responses will help identify what a home needs to become more 'HomeFit.'

☐ Is there at least one step-free entrance into the home?	☐ Is there task lighting above the sink, stove and other work areas?	☐ Do the exterior doors have secure locks that won't accidentally lock	□ Does the shower have a step-free entry?□ Are there nonslip strips
☐ Is the home's address number clearly visible?	☐ Does the stove or cooktop have controls	someone out? ☐ Does the entrance	or nonslip mats in the bathtub and/or shower?
☐ Are the exterior walkways and entrances well lighted?	near the front of the device? ☐ If a step stool is used,	door have a peephole, viewing panel or security technology for seeing	☐ Are the bathroom cabinets and shelves easy to reach and use?
☐ Are the exterior walkways safe and free of tripping hazards?	does it have nonslip surfaces and a grip handle?	who is outside? Do all area rugs have nonslip strips to prevent	☐ Does the bathroom have a lever-, touch- or sensor-style faucet?
☐ Are the exterior door thresholds flat and easy to see?	☐ Are there secure handrails on both sides of the stairs?	tripping and slipping? Is the carpeting on the stairs secure and in	☐ Are the toilets a comfortable height?
☐ Is there a bedroom, full bathroom and kitchen on the main level?	☐ Is there a tote bag or basket with a handle at the top and bottom of the staircase for safely	good condition? Are there switches at both the top and bottom of the stairs	☐ Are the electrical outlets and switches near water equipped with a GFCI (ground fault circuit
☐ Are the doorways and hallways at least	carrying items up or down the stairs?	to control the stairway light fixtures?	interrupter)? ☐ Are there smoke and
32″ wide? ☐ Does the kitchen have a work surface that can be	☐ Are the hallways well lighted? (i.e., Can people see what's in front of	☐ Are electrical cords located where they aren't a tripping hazard?	carbon monoxide detectors on each level of the home?
used while seated? ☐ Is there a fire extinguisher	them and on the floor?) ☐ Are the staircases	☐ Is there "blocking" (e.g., a wood stud or	☐ Can the smoke and carbon monoxide detectors be heard in
within reach of the oven and stove?	well lighted? ☐ Does the entrance door	other solid surface) behind the bathroom	every bedroom?
☐ Are the kitchen cabinets and shelves easy to reach and use?	have a secure slide latch, or a chain latch, so the door can be opened	walls so grab or assist bars can be securely installed in the bathtub, shower and toilet areas?	☐ Are there telephones accessible and available in different parts of the home?
☐ Do the cabinets and drawers have easy-to-grasp, D-shaped handles?	enough for speaking with someone on the other side without having to fully unlock	☐ Is the hot water heater set at or below 120°F?☐ Are the sink, shower	☐ Are flashlights available in multiple rooms (in case of a power failure)?
☐ Does the kitchen have a lever-, touch- or sensor-style faucet?	and open the door? ☐ Is the entrance door easy to lock, unlock, open and close?	and tub faucets pressure balanced and/ or equipped with a thermostatic valve?	

This worksheet is a supplement to the **AARP HomeFit Guide**.

Visit AARP.org/HomeFit for more information, to order or download the free guide, or to find more worksheets.



AARP The Room-by-Room **HomeFit To-Do List**

Check the box next to each needed repair or improvement

 ■ Establish a zero-step entry into the home □ Install outdoor lights □ Make the house or apartment number fully visible □ Add a bench, table or small piece of furniture near the exterior door for placing packages while the door is being 	 □ Install sensors on outdoor light fixtures to automatically turn lights on at dusk and off at dawn and/or when motion is detected □ Repair holes, loose bricks or uneven pavement on exterior walkways □ Clear paths so they're free of leaves, moss, mold or other slipping 	 ☐ Install handrails on both sides of all staircases ☐ Install a light fixture to illuminate the entire staircase ☐ Add light switches at the top and bottom of the stairs ☐ Plug automatic nightlights into outlets near steps and staircases ☐ Clear the stairs of 	 □ Install adjustable, pull-down or similar shelving for safe access to upper cabinets □ Install pull-out cabinetry shelves beneath counters and place turntables in corner cabinets □ Install a lever-, touchor sensor-style kitchen faucet — ideally one that's pressure-balanced, temperature-
locked or unlocked? ☐ Create a spot inside the entry for storing shoes; hanging coats; placing bags, keys, etc. ☐ Install a no-step, no-trip threshold	hazards Remove scatter or throw rugs from the front stoop and inside the foyer and replace with sturdy doormats and/or floor mats	clutter Place a tote or basket with a handle at both the top and bottom of the staircase to use while carrying items up or down the steps	regulated and kept at or below 120°F Ensure that electrical outlets and switches near water are equipped with a GFCI (ground fault circuit interrupter)
☐ Add a second handrail if the stairs only have one	☐ Remove clutter from hallways	KITCHEN	☐ Establish a kitchen surface for working
 □ Install lever-style door handles □ Install deadbolt locks and/or slide latches or chain locks on exterior doors 	☐ Widen doorways to at least 32″ by replacing traditional door hinges with swing-away or swing-clear types STEPS AND STAIRWAYS	 □ Install task lighting for the sink, stove and other work areas □ Replace knobs on cabinets and drawers with easy-to-grasp, D-shaped handles 	while seated Place or install bins for trash and recycling BATHROOM Change electrical outlets and switches

The Room-by-Room	HomeFit To-Do List (continued)	
☐ Install a nonskid mat or nonslip strips in the bathtub and/or shower	☐ Remove scatter and throw rugs, and secure large area rugs to the floor with double-sided	☐ Place electrical cords out of the way and/or along the wall to prevent tripping	
☐ Purchase rubber-backed rugs (or mats secured with double-sided rug tape or rubber carpet mesh) for the bathroom floor	tape or nonslip mats ☐ Install interior lights and adjustable rods and shelves in closets	☐ Choose a secure password or otherwise secure the home's internet network	
☐ Install grab (or assist) bars in the bathtub, shower and adjacent to the toilet	THROUGHOUT THE HOUSE □ Place flashlights in multiple rooms	☐ Securely attach tall or easily tippable furniture to the wall with furniture straps	
☐ Install a comfort-height toilet or toilet seat riser	Replace a top-loading washer with an easier-to-use front loader	☐ Reduce or eliminate excessive clutter throughout the home	
 ☐ Install a bidet or toilet-based bidet attachment ☐ Insulate exposed pipes beneath sinks to protect 	and place the washer and dryer on a raised platform if additional height is needed	OTHER TASKS	
against hot pipes Install a handheld or adjustable showerhead	☐ Check that the light bulbs used for fixtures are the proper rating,		
☐ Install a shower seat☐ Set the water heater at or below 120°F to avoid	have the highest allowed wattage and do not produce excessive glare		
scalding Install night-lights and/or illuminated light switches in the bathroom and the	 □ Plug automatic night- lights into hallway and bathroom outlets, and near stairs too □ Replace traditional 		
hallway leading to it LIVING ROOM AND BEDROOM	toggle light switches with easier-to-use rocker-style switches Install smoke and carbon		
☐ Arrange furniture to allow for clear, wide passageways	monoxide detectors on every level of the home and ensure they can be heard in all bedrooms		
☐ Position beds to allow easy access to the bathroom	☐ Place telephones in or near multiple rooms		A Note to Renters For changes that will
☐ Use natural light to the fullest by opening curtains, blinds and shades during daylight hours	☐ Purchase touch control lamps and devices that automatically turn lights on and off at set times		require some remodeling or installation work, a tenant may need to seek permission from the property owner.



AARP The Room-by-Room **HomeFit Supply List**

What's needed and where

Room	Need to Buy or Acquire



AARP The Room-by-Room

Do-It-Yourself List

What can be done without hiring a home improvement contractor

Room	Task

The Room-by-Room



Don't Do-It-Yourself List

Work that requires a home improvement contractor or other skilled help

Room	Task



MARP Home Improvement Contractor **Interview Notes**

Business/Contractor Name:	License No:
Owner/Representative Name:	Insurer:
Address:	
Phone(s):	
Email:	Website:
Referred by:	Meeting/Conversation Date:
Don't Forget to Ask About (insurance coverage, exam	ples of past projects, references):
First Impressions:	
Positives:	Negatives:

Contact Information for References:	Proposal Due Date:
	Cost Estimate:
	Price Valid Until:
	Insurer/Coverage Value:
	•
Notes:	



MARP Home Improvement Contractor **Reference Feedback**

Contractor/Business Name:			
Reference Name:			
Reference Location:			
Phone(s):	Email:		
Project Type/Date:	Meeting/Conversation Date:		
Positives:	Negatives:		
Notes:			
Letter grade he/she would give the contractor/busin	ness:		
Would he/she use the contractor again?			



AARP Home Emergency Contacts



Neighbors, family and home improvement and repair service providers

Resident(s):		Phone Number(s):	
ome Address:			
Who or What	Relationship/ Type of Business	Phone Number(s)	Location