



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

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

Visit [AARP.org/HomeFit](http://AARP.org/HomeFit) for more information, to order or download the free guide, or to find more worksheets.

Copyright ©2020–2021 AARP



# The Room-by-Room HomeFit To-Do List

Check the box next to each needed repair or improvement

## ENTRANCES AND EXITS

- 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 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
- Add a second handrail if the stairs only have one
- 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 at a suitable height for residents
- Install a camera, video doorbell or other electronic system for seeing who's at 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
- 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 and replace with sturdy doormats and/or floor mats
- Remove clutter from hallways
- Widen doorways to at least 32" by replacing traditional door hinges with swing-away or swing-clear types

## STEPS AND STAIRWAYS

- Repair or renovate stairways that are unstable, have open backs, raised nail heads, missing treads, loose steps, etc.
- Cover steps with a tightly 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
- Add light switches at the top and bottom of the stairs
- Plug automatic night-lights into outlets near steps and staircases
- Clear the stairs of 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

## 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
- Install 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 turntables 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
- Ensure that electrical outlets and switches near water are equipped with a GFCI (ground fault circuit interrupter)
- Establish a kitchen surface for working while seated
- Place or install bins for trash and recycling

## BATHROOM

- Change electrical outlets and switches near water to ones equipped with a GFCI
- Install lever-, touch- or sensor-style faucets for the sink, bathtub and shower
- Install pressure balanced faucets and/or thermostatic valves for the sink, shower and tub faucets

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

Visit [AARP.org/HomeFit](https://www.aarp.org/HomeFit) for more information, to order or download the free guide, or to find more worksheets.

Copyright ©2020–2021 AARP



## The Room-by-Room HomeFit To-Do List (continued)

- Install a nonskid mat or nonslip strips in the bathtub and/or shower
- Purchase rubber-backed rugs (or mats secured with double-sided rug tape or rubber carpet mesh) for the bathroom floor
- Install grab (or assist) bars in the bathtub, shower and adjacent to the toilet
- Install a comfort-height toilet or toilet seat riser
- Install a bidet or toilet-based bidet attachment
- Insulate exposed pipes beneath sinks to protect against hot pipes
- Install a handheld or adjustable showerhead
- Install 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
- Position beds to allow 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

### THROUGHOUT THE HOUSE

- 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, have the highest allowed wattage and do not produce excessive 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 level of the home and ensure they can be heard in all bedrooms

- Place telephones in or near multiple rooms

- Purchase touch control lamps and devices that automatically turn lights on and off at set times

- Place electrical cords out of the way and/or along the wall to prevent tripping
- Choose a secure password or otherwise secure the home's internet network
- Securely attach tall or easily tippable furniture to the wall with furniture straps
- Reduce or eliminate excessive clutter throughout the home

### OTHER TASKS

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**A Note to Renters**  
For changes that will require some remodeling or installation work, a tenant may need to seek permission from the property owner.



# The Room-by-Room HomeFit Supply List

What's needed and where

Room	Need to Buy or Acquire



# The Room-by-Room Do-It-Yourself List

What can be done without hiring a home improvement contractor

Room	Task





# 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, examples of past projects, references):** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**First Impressions:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Positives:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Negatives:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_







# 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/business:** \_\_\_\_\_

**Would he/she use the contractor again?** \_\_\_\_\_



# Home Emergency Contacts

Neighbors, family and home improvement and repair service providers



Resident(s): \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Home Address: \_\_\_\_\_

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