



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 for more information, to order or download the free guide, or to find more worksheets.

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