



## Aging at Home Checklist

Generally residential homes are not built with barrier-free living in mind. Choosing to age at home may require some changes to your home that will give you the confidence and peace of mind while enjoying your home.

### Exterior Spaces – Getting in and out of your home

Railings	Railings can be installed to help you climb exterior stairs safely.
Ramps	Ramps can be built when the steps are no longer safe to climb or you require a walker or wheelchair.  Exterior elevating device can be installed when stairs or ramp is not suitable.
Exterior Doors	Exterior doors can be modified to provide easier access for you in and out of your home.
Lighting	Increased lighting on the exterior of the home can provide a safer environment when exiting or entering the home. Lighting can prevent trips, slips and falls.

### Interior Spaces – Moving around inside your home

Door Knobs	Door knobs can be changed to lever style, which are easier to grasp and turn.
Doorways & Hallways	Doors can be modified and widened to allow for easier access.  Railings could be installed in hallways for safety and fall prevention.  Strategic lighting in hallways can improve visibility and safety
Flooring	Non-skid and slip resistant flooring can be installed for trip, slip and fall prevention. Replacing carpet can also provide greater access for those using walkers or wheelchairs.
Railings	Adding an additional railing to a staircase will ensure safety on both sides of the stairs.

### Interior Spaces – Bathrooms

Toilet	Using a comfort height (raised toilet) can make using the bathroom easier and installing grab bars or lift up rails on one or both sides of the toilet can help prevent falls.
Bathing	You may consider installing a walk in bathtub to eliminate climbing over the standard bathtub wall.  You may also consider replacing your bathtub for a walk-in shower. There are many barrier-free shower units available and there are also custom showers that can be built with your specific preference for design.  Grab bars can be installed to provide you with greater confidence when using the bathtub or shower.  Adding lighting above the bathtub or shower will increase safety in this area.

## Interior Spaces – Bathrooms (Continued)

Vanity & Sink	<p>You can have the vanity cabinet modified or replaced to allow for an open knee space underneath the sink that will allow you to pull up closely in a wheelchair or allow for a chair so you can sit while using the sink.</p> <p>You may consider installing lever-style taps so you can grasp and turn the taps and adjust the temperature with greater ease.</p>
Flooring	<p>A non-skid flooring in the bathroom will prevent falls and provide you with greater confidence while using the space.</p>
Grab Bars	<p>Grab bars are the most important and practical ways to increase safety and prevent falls in the bathroom. Grab bars should be installed to help use the toilet and get in and out of the shower.</p>
Complete Bathroom Renovation	<p>You may consider a complete bathroom remodel and have the space redesigned to meet your specific individual needs for accessibility. This may including adding more space for moving around and adding additional safety features to allow for a functionally barrier free space.</p>

## Interior Spaces – Accessible Kitchens

Kitchen	<p>To allow you to work more efficiently and effectively in your kitchen you may consider the following</p> <p>Cabinets and countertops can be modified or replaced. They can be lowered so you can use them with less strain. Or installation of special components will allow cabinets to be lowered and raised by pulling them down and similarly with the countertops.</p> <p>You can have an open knee space in strategic areas of the kitchen to allow you to work more efficiently.</p> <p>You can install roll out drawers and shelving to eliminate some need for bending.</p> <p>Appliances can be installed in comfort height position to allow you to operate them with greater ease.</p> <p>Electrical outlets can be installed in strategic position to allow you to operate with less strain.</p> <p>Using lever style faucets so you can turn the water on and off easier.</p> <p>Modifying, remodeling or redesigning a kitchen is an individual project with many choices and options.</p>
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## Interior Spaces – Making Activities of Daily Living More Accessible

Laundry & Storage	<p>You may consider relocating your laundry room from the basement to the main floor. This would give you confidence when doing laundry chores in a safer and easier fashion.</p> <p>Closets can be modified provide less strain on you. This could include lowering shelving and clothing racks.</p>
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## Complete home remodel for barrier-free living

Main Floor Living Space	<p>Some choose full home re-design that incorporates many of the above modifications. It may also incorporate additional main floor living spaces such as repurposing an unused space into a bathroom, laundry room or bedroom. Some choose to design and build a main floor addition that provides more space on the main level for greater individual accessibility.</p>
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Contact HomeFlex to discuss any of the above renovations or modifications **613-899-3044**