

Room-by-Room Checklist

Entrance

- ☐ Is there light at the door after dark, and can it be switched on from inside?
- ☐ Is there a place to set down bags while unlocking the door?
- ☐ Are keys, mail, and outgoing items stored within easy reach of the door?
- ☐ Is there a spot to sit while putting on or taking off shoes?
- ☐ Is the doormat flat, with edges that do not curl?
- ☐ Is the path from the door into the home clear of shoes, bags, and boxes?
- ☐ Can the house number be read from the street, day and night?

Hallways & stairs (observe only; repairs → professional)

- ☐ Can hallway and stair lights be switched on from both ends?
- ☐ Is the hallway floor clear of baskets, shoes, and stored items?
- ☐ Are there cords or rugs crossing the walking path?
- ☐ Do handrails feel loose? Note it for a qualified professional; do not repair yourself
- ☐ Are any steps uneven, worn, or damaged? Note it for a qualified professional
- ☐ Is anything stored on the stairs, even temporarily?

Living room

- ☐ Is there a clear path from the main seat to the doorway?
- ☐ Is there a lamp within reach of each main seat?
- ☐ Are remotes, glasses, phone, and chargers kept in one spot near the main seat?
- ☐ Are cords routed along walls rather than across the floor?
- ☐ Do rugs lie flat, with edges that do not curl?
- ☐ Is there enough light for reading or hobbies at the usual seat?
- ☐ Is the most-used chair easy to sit down in and get up from for the person who uses it?

Kitchen

- ☐ Are daily dishes, glasses, and mugs stored between hip and shoulder height?
- ☐ Are heavy pots and appliances on lower shelves or the counter, not overhead?
- ☐ Is there task lighting over the counter where food is prepared?
- ☐ Is there a clear counter area next to the refrigerator and the stove for setting things down?
- ☐ Is a step stool used often? Note which items could move lower instead
- ☐ Are cabinet and drawer handles easy to grip for everyone who cooks?
- ☐ Is the floor in front of the sink and stove clear?

Bathroom

- ☐ Is there a light that can be found and switched on easily at night?
- ☐ Are towels, toilet paper, and soap within reach without stretching or bending far?
- ☐ Is the floor clear, and do bath mats lie flat?
- ☐ Are daily items on the counter or in the top drawer, not under the sink?
- ☐ Is there a place to set things down near the shower or tub?
- ☐ If support near the toilet or tub is wanted, note it; grab bars must be installed by a qualified installer

Bedroom

- ☐ Can a light be switched on from the bed?
- ☐ Is there a clear path from the bed to the door and to the bathroom?
- ☐ Is there low lighting along the route to the bathroom at night?
- ☐ Is the nightstand at a comfortable height, with a phone and glasses within reach?
- ☐ Are everyday clothes in the easiest-to-reach drawers and closet rod?
- ☐ Is there a chair or bench to sit on while dressing?
- ☐ Is the floor clear of shoes, bags, and laundry?

Laundry / utility

- ☐ Is there enough light to read care labels and control dials?
- ☐ Are detergent and supplies on a shelf within easy reach, not overhead?
- ☐ Is there a surface for sorting and folding?
- ☐ Is the path to the laundry area clear, including any stairs?
- ☐ Can the laundry basket be carried without blocking the view of the floor?
- ☐ Are cleaning products stored away from food and out of reach of young children?

Outdoor paths

- ☐ Is the walkway from the driveway or street lit after dark?
- ☐ Is the path clear of hoses, planters, and overgrown plants?
- ☐ Are leaves, snow, or ice cleared regularly in season? Note who is responsible
- ☐ Are any pavers, steps, or path surfaces uneven or broken? Note it for a qualified professional
- ☐ Is there a spot to set down groceries near the door?
- ☐ Can the trash and recycling bins be reached and moved easily?

General information only, not medical, legal, financial, or professional safety advice. In an emergency, call 911.