



Aging in Place & Caregiver-Friendly Home Checklist

Create a space that supports comfort, safety, dignity, and independence.



Furniture & Layout

Item	Y	N	Note
Furniture is at accessible height for sitting/standing (18–20")	<input type="checkbox"/>	<input type="checkbox"/>	
Sturdy chairs with arms and back support	<input type="checkbox"/>	<input type="checkbox"/>	
Adjustable features (e.g., height, tilt, lumbar support)	<input type="checkbox"/>	<input type="checkbox"/>	
Non-slip surfaces on seats, tabletops, and floors	<input type="checkbox"/>	<input type="checkbox"/>	
Rounded edges to prevent bruises or injury	<input type="checkbox"/>	<input type="checkbox"/>	
Flexible seating options (rockers, recliners, task chairs)	<input type="checkbox"/>	<input type="checkbox"/>	
Adequate clearance around furniture (36"+) for mobility aids	<input type="checkbox"/>	<input type="checkbox"/>	
Tactile or Braille labels on drawers/buttons if needed	<input type="checkbox"/>	<input type="checkbox"/>	



Home Environment & Navigation

Item	Y	N	Note
Wide, clutter-free pathways throughout home	<input type="checkbox"/>	<input type="checkbox"/>	
High-contrast colors between floors, walls, and furniture	<input type="checkbox"/>	<input type="checkbox"/>	
Good lighting, especially in entryways, hallways, and bathrooms	<input type="checkbox"/>	<input type="checkbox"/>	
Clear signage/labels for rooms or storage	<input type="checkbox"/>	<input type="checkbox"/>	

Grab bars in bathrooms and near bed if needed	<input type="checkbox"/>	<input type="checkbox"/>
No loose rugs or cords in walkways	<input type="checkbox"/>	<input type="checkbox"/>
Smooth transitions between floor surfaces	<input type="checkbox"/>	<input type="checkbox"/>
Space for caregiver to assist when needed	<input type="checkbox"/>	<input type="checkbox"/>

Caregiving Support Essentials

Item	Y	N	Note
Medication chart visible and up to date	<input type="checkbox"/>	<input type="checkbox"/>	
Emergency contact list posted	<input type="checkbox"/>	<input type="checkbox"/>	
Important documents organized and accessible	<input type="checkbox"/>	<input type="checkbox"/>	
Shared family calendar for appointments & tasks	<input type="checkbox"/>	<input type="checkbox"/>	
Grab-and-go bag with medical info and essentials	<input type="checkbox"/>	<input type="checkbox"/>	
Regular check-ins scheduled with caregiving team	<input type="checkbox"/>	<input type="checkbox"/>	
Backup care plan in case of emergency	<input type="checkbox"/>	<input type="checkbox"/>	

Emotional & Social Well-Being

Item	Y	N	Note
Space for hobbies or relaxing activities	<input type="checkbox"/>	<input type="checkbox"/>	
Safe tech setup for video calls or telehealth	<input type="checkbox"/>	<input type="checkbox"/>	
Access to outdoor space or natural light	<input type="checkbox"/>	<input type="checkbox"/>	
Transportation or rides to social events	<input type="checkbox"/>	<input type="checkbox"/>	
Daily routine includes joy, connection, and meaning	<input type="checkbox"/>	<input type="checkbox"/>	
