

THE FUTURE-PROOF LIFESTYLE PLAN: A SELF-CHECK

The Goal: Identifying these convenience updates to ensure your home stays comfortable as your needs change.

The 7-Point Lifestyle Inspection

Please answer honestly regarding your current home environment:

1. **HARDWARE:** Are all interior doors and sink faucets equipped with **lever-style handles** rather than round knobs?
 - a. **YES** / **NO**
2. **ACCESSIBILITY:** Are frequently used kitchen and storage items at waist-height or on **pull-out shelving** (no deep bending or step stools required)?
 - a. **YES** / **NO**
3. **ENTRY SECURITY:** Can you see and speak to visitors via a **video doorbell** and provide emergency access to family through a **smart lock** without rushing to the door?
 - a. **YES** / **NO**
4. **SINGLE-FLOOR LIVING:** Are your primary bedroom and a full restroom located on the **main floor**, eliminating the daily necessity of climbing stairs?
 - a. **YES** / **NO**
5. **RESTROOM ACCESS:** Is there a functional restroom located on **every floor** of your home?
 - a. **YES** / **NO**
6. **ERGONOMICS:** Are your washer and dryer raised on **pedestals** or located at a height that eliminates the need to stoop or crouch during laundry?
 - a. **YES** / **NO**
7. **SMART AWARENESS:** Does your home have **integrated sensors** for leaks, fire, and carbon monoxide that automatically alert your phone or a loved one's device?
 - a. **YES** / **NO**

YOUR LIFESTYLE SCORE

Did you answer "NO" to 3 or more items?

STATUS: READY FOR A LIFESTYLE EVOLUTION

If you answered "NO" to 3 or more of these points, your home may be causing unnecessary physical strain or daily friction. These "low-hanging fruit" updates—from simple hardware swaps to smart technology—are designed to simplify your routine today while ensuring your home remains a functional sanctuary for your future self.