

Aging in Place Planning Checklist

Use this checklist to assess where you are today — and what steps to take next. Check off each item you've already completed. The unchecked boxes are your action plan.

SECTION 1: Signs It's Time to Start Planning

- ☐ **I have had a fall — even a minor one**
Falls are the #1 reason seniors lose their independence.
- ☐ **I am avoiding stairs or certain rooms in my home**
- ☐ **Getting in or out of the bathtub feels risky**
- ☐ **I have been diagnosed with a condition that may progress over time**
E.g., arthritis, Parkinson's, COPD, diabetes.
- ☐ **I use furniture for balance when walking**
- ☐ **My spouse or partner is showing signs of physical or cognitive decline**
- ☐ **I am approaching or have reached retirement age**

SECTION 2: Home Safety Modifications

- ☐ **Grab bars installed in the shower or tub**
This is the singlemost impactful change you can make.
- ☐ **Grab bar installed near the toilet**
- ☐ **Walk-in or curbless shower in place of a standard tub**
- ☐ **Non-slip flooring or rugs with secure, non-slip backing**
- ☐ **Handrails on both sides of all staircases**
- ☐ **Lever-style door handles throughout the home**
Easier to use with limited grip strength.
- ☐ **Improved lighting in hallways, stairwells, and entryways**
- ☐ **A bedroom and full bathroom accessible on the main floor**

Essential if stairs become difficult.

- **Clutter-free pathways throughout the home**
- **Nightlights in bedroom, hallway, and bathroom**

SECTION 3: Financial Planning

- **I have researched the cost of common home modifications**
Grab bars: ~\$200. Walk-in shower: \$3,000–\$15,000+.
- **I have explored local grant or assistance programs**
Contact your Area Agency on Aging for options.
- **I have looked into VA benefits (if applicable)**
- **I have reviewed my home equity options**
HELOC or reverse mortgage may help fund modifications.
- **I have a budget set aside for aging-in-place improvements**
- **I have spoken with a financial advisor about long-term care costs**

SECTION 4: Support Network & Care Planning

- **I have identified family members or friends who live nearby**
- **I have discussed my aging-in-place goals with my family**
Don't wait for a crisis to have this conversation.
- **I have a primary care physician I see regularly**
- **I have looked into local home care or companion services**
- **I am connected with my local Area Agency on Aging**
- **I have an emergency contact plan in place**
- **I have considered a medical alert system**
Especially important for those living alone.

SECTION 5: Professional Assessment

- **I have scheduled or completed a home safety assessment**

- **I have consulted a Certified Aging in Place Specialist (CAPS)**

Find one at nahb.org/caps.

- **I have spoken with my doctor about my long-term mobility outlook**

- **I have reviewed my home's layout for future accessibility needs**

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