

Is the 'Place You Call Home' Ready for Aging-In-Place?



Take this simple assessment to determine your safety and preparedness for living independently! Whether you're living independently now or you're a loved one concerned about someone living independently, this tool will help you in knowing what areas may need attention.

Answer each of the questions below, tally the number of "Yeses" and "Nos" to see how you score.

Kitchen

- Yes No Are cabinet doorknobs easy to use?
- Yes No Are faucets easy to use and do they completely turn off?
- Yes No Are there 'grab bars' installed where needed?
- Yes No Is there a place to sit down while working?
- Yes No Are all the appliances and utensils conveniently and safely located?

Home Appliances

- Yes No Can the oven and refrigerator be opened easily?
- Yes No Are the stove controls easy to reach and clearly marked?
- Yes No Are the stove controls on the front of the stove rather than high up?
- Yes No Is the microwave easy to reach?
- Yes No Would you benefit from convenience items such as a garbage disposal, a trash compactor or handheld showerhead?

Bedroom & Bathroom

- Yes No Is it easy to get in and out of the bathtub?
- Yes No Is the water temperature regulated to prevent scalding or burning?
- Yes No Do you have a shower/tub mat?
- Yes No Do you have a shower chair?
- Yes No Are there grab bars in or beside the tub/shower?
- Yes No Is your bed a comfortable height?
- Yes No Is the floor clear and free of objects you could trip over?
- Yes No Do you have an emergency alert system available to you in the bathroom and next to your bed?

Floors

- Yes No Do you have 2 or more levels to your home?
- Yes No Are steps or changes in floor height clearly marked and easily seen?
- Yes No Are floor surfaces safe and covered with non-slip/non-skid material?
- Yes No Are there any rugs or doormats that could slip or trip someone?

Electrical Outlets, Switches, & Safety Devices

- Yes No Are lights and power switches easily turned on and off?
- Yes No Are electrical outlets easy to reach?
- Yes No Are the electrical outlets properly grounded to prevent shocks?
- Yes No Are your extension chords in good condition and out of the walking area?
- Yes No Is the doorbell audible from every room in the home?
- Yes No Do you have updated smoke detectors throughout the home?
- Yes No Do you have an alarm system? Do you know how to turn it off and on?
- Yes No Do you have a phone available to you 24/7?
- Yes No Do you need an assistive device to help you hear and talk on the phone?

Closets & Storage

- Yes No Are closets and storage areas conveniently located?
- Yes No Are all shelves and items therein within reach?
- Yes No Is there enough space? If not, are there other areas you could use as storage?
- Yes No Are your storage spaces organized efficiently? If no, do you have someone who could help you maximize use of the space?

Hallways, Steps, & Stairways (If a question does not apply to your home, check yes)

- Yes No Are hallways and stairs safe and in good condition?
- Yes No Are these areas smooth, safe surfaces?
- Yes No Do stairs have steps big enough for your whole foot?
- Yes No Are you able to grasp hand rails securely?
- Yes No Do you have a ramp anywhere outside or inside your home?
- Yes No Are your stairs at a comfortable angle for you? Are they easy for you to use?

Doors & Windows

- Yes No Are your doors and windows easy to open and close?
- Yes No Are locks sturdy and easy to operate?
- Yes No Are doorways wide enough to accommodate a walker, wheelchair, or scooter?
- Yes No Do you have a peep-hole or viewing panel? Is it at an appropriate height?
- Yes No Is your threshold at an appropriate height for your needs? Is it easy to go in and out of your home?
- Yes No Is there enough space for you to move around while opening or closing the door?

Driveway & Garage

- Yes No Does your garage door have an automatic opener?
 Yes No Is your parking space always available?
 Yes No Is your parking space close to the entrance of your home?
 Yes No Do you use your garage door regularly?
 Yes No Do you keep the garage overhead door closed at all times?

of Yeses

of No's

Scoring Your Assessment

If the number of 'No's is greater than or equal to 25, your home is Not Safe for an aging adult.
If the number of 'No's is between 16 - 25, your home is Not Prepared for an aging adult.
If the number of 'No's is between 6 - 15, your home is Almost Ready for an aging adult.
If the number of 'No's is between 0 and 5, your home is Safe and Ready for an aging adult.

Thank you for taking our preparedness assessment



I'm Diana Beam, Founder of Keeping in Touch Solutions. It is my heartfelt desire for every person to live a happy and safe life in the place they call home, no matter what their age. You can't put a price on peace of mind for your parents and yourself. It's priceless . . . and significant. For that reason, the goal of every Keeping In Touch Solutions program is to provide a caring connection and service that both the elderly and their caregivers can rely on to make living that good life easier.

When it comes to balancing aging and living independently, there isn't a one-size-fits-all approach. Schedule a call with me, let's discuss your situation, and we will map out a plan that works for everyone.

[Schedule Your Free Call Now](#)