

Aging In Place Checklist:

The Complete Home Safety, Mobility & Independence Planning Guide.

A practical step-by-step workbook for seniors, family caregivers, discharge planners and healthcare professionals.



MEDCARE MOBILITY
EMPOWERING INDEPENDENCE. DELIVERING CARE.

Helping Seniors Stay Safe,
Independent & Comfortable At Home



What Is Aging In Place?

Aging in place means remaining safely and comfortably in your own home as you age, rather than moving into assisted living or a nursing home.

Core Benefits



Independence



Familiar surroundings



Improved quality of life



Reduce Stress



Lower Long-term Care Cost

Aging In Place Readiness Score

Check every item that applies to the current situation. Count the total number of boxes checked and compare your score below.

MOBILITY

- Walk independently
- Use walker occasionally
- Use wheelchair
- Difficulty standing
- Frequent falls

DAILY LIVING

- Dress independently
- Bathe independently
- Prepare meals
- Manage medications
- Need caregiver assistance

HOME ACCESS

- No stairs
- Safe bathroom
- Good lighting
- Wide doorways
- Accessible entrances

AGING IN PLACE READINESS SCORE

11-15 points

Aging in Place Ready

The home environment and support systems appear generally appropriate. Continue monitoring safety and mobility needs.

6-10 Points

Improvements Recommended

Some areas may require attention to improve safety, accessibility, and independence.

0-5 Points

Immediate Safety Review Recommended

Multiple risk factors may be present. Consider discussing home safety improvements and mobility support options with healthcare professionals.



Home Accessibility Checklist

Entryways

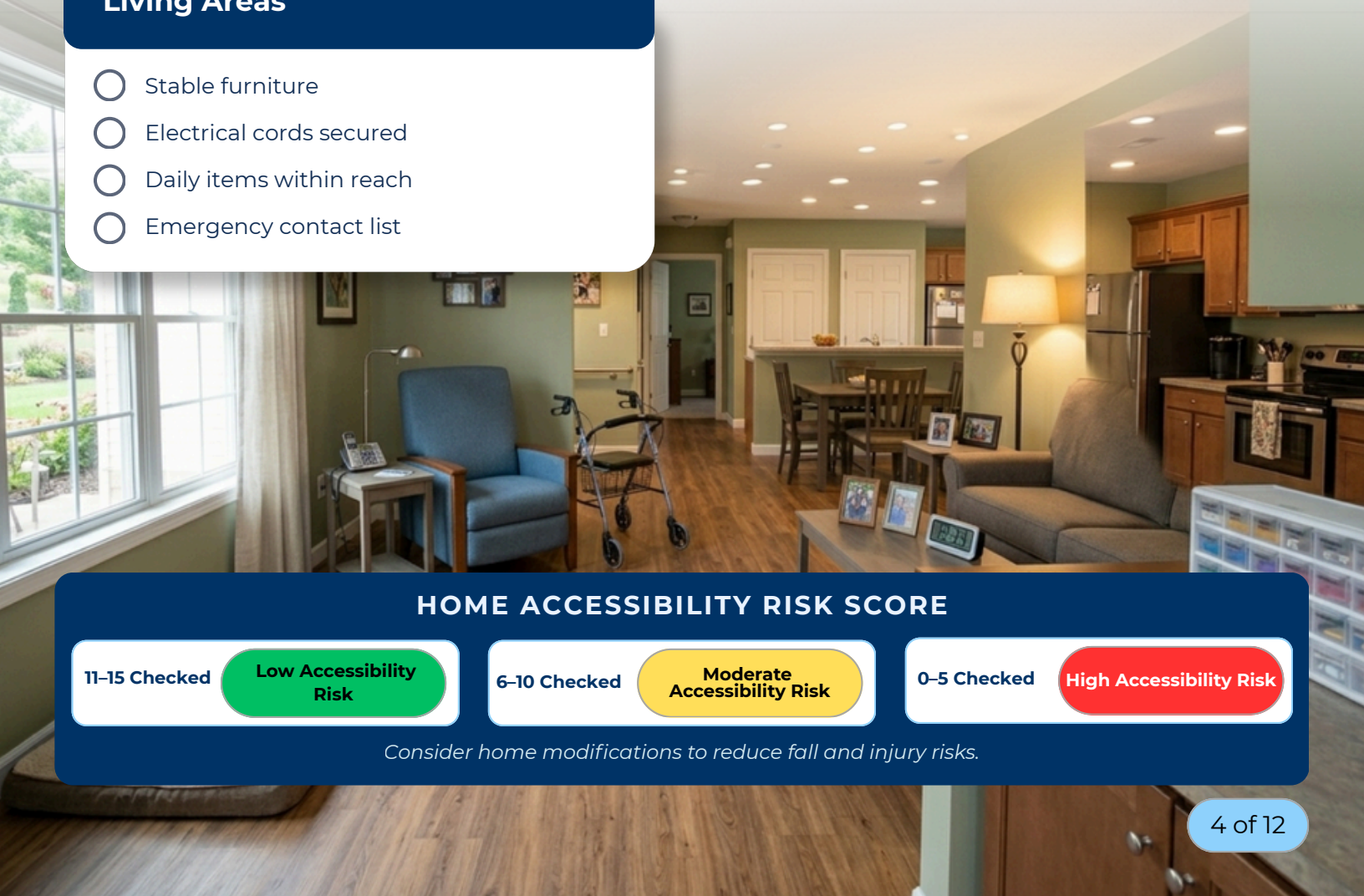
- Handrails Installed
- Pathways clear
- Non-slip surfaces
- Good lighting
- Accessible doorway

Hallways

- Free of clutter
- No loose rugs
- Wide enough for Walker
- Wide enough for wheelchair
- Light switches accessible

Living Areas

- Stable furniture
- Electrical cords secured
- Daily items within reach
- Emergency contact list



HOME ACCESSIBILITY RISK SCORE

11-15 Checked

Low Accessibility Risk

6-10 Checked

Moderate Accessibility Risk

0-5 Checked

High Accessibility Risk

Consider home modifications to reduce fall and injury risks.

Bathroom Safety Checklist

Shower

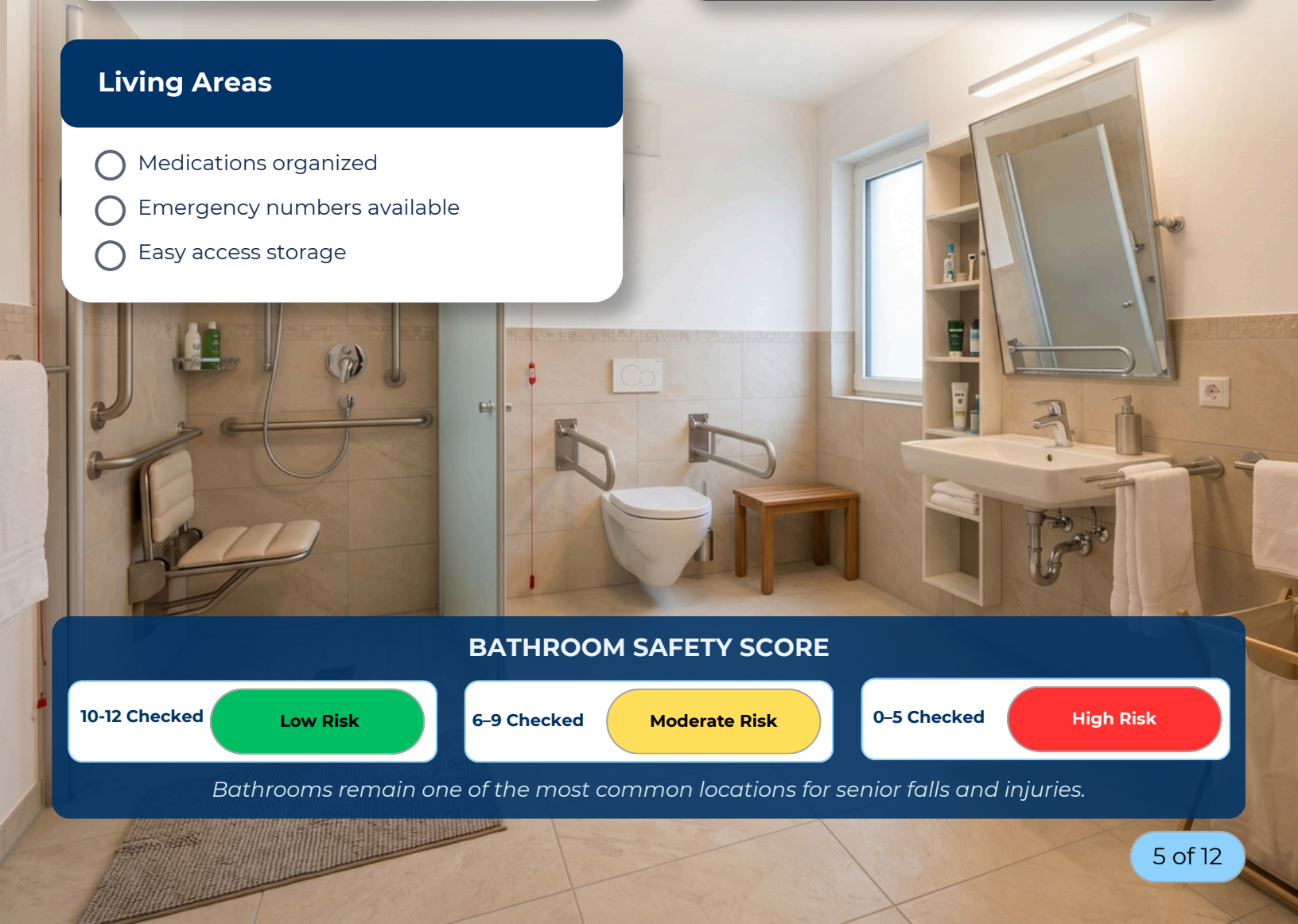
- Grab bars installed
- Non-slip flooring
- Shower chair available
- Handheld shower head
- Easy-to-reach toiletries

Toilet

- Raised toilet seat
- Toilet safety rails
- Adequate lighting
- Clear transfer space

Living Areas

- Medications organized
- Emergency numbers available
- Easy access storage



BATHROOM SAFETY SCORE

10-12 Checked

Low Risk

6-9 Checked

Moderate Risk

0-5 Checked

High Risk

Bathrooms remain one of the most common locations for senior falls and injuries.

Bedroom Safety & Mobility Checklist

Bed Safety

- Appropriate bed height
- Bedside lighting
- Clear walking path
- Phone within reach
- Emergency alert device

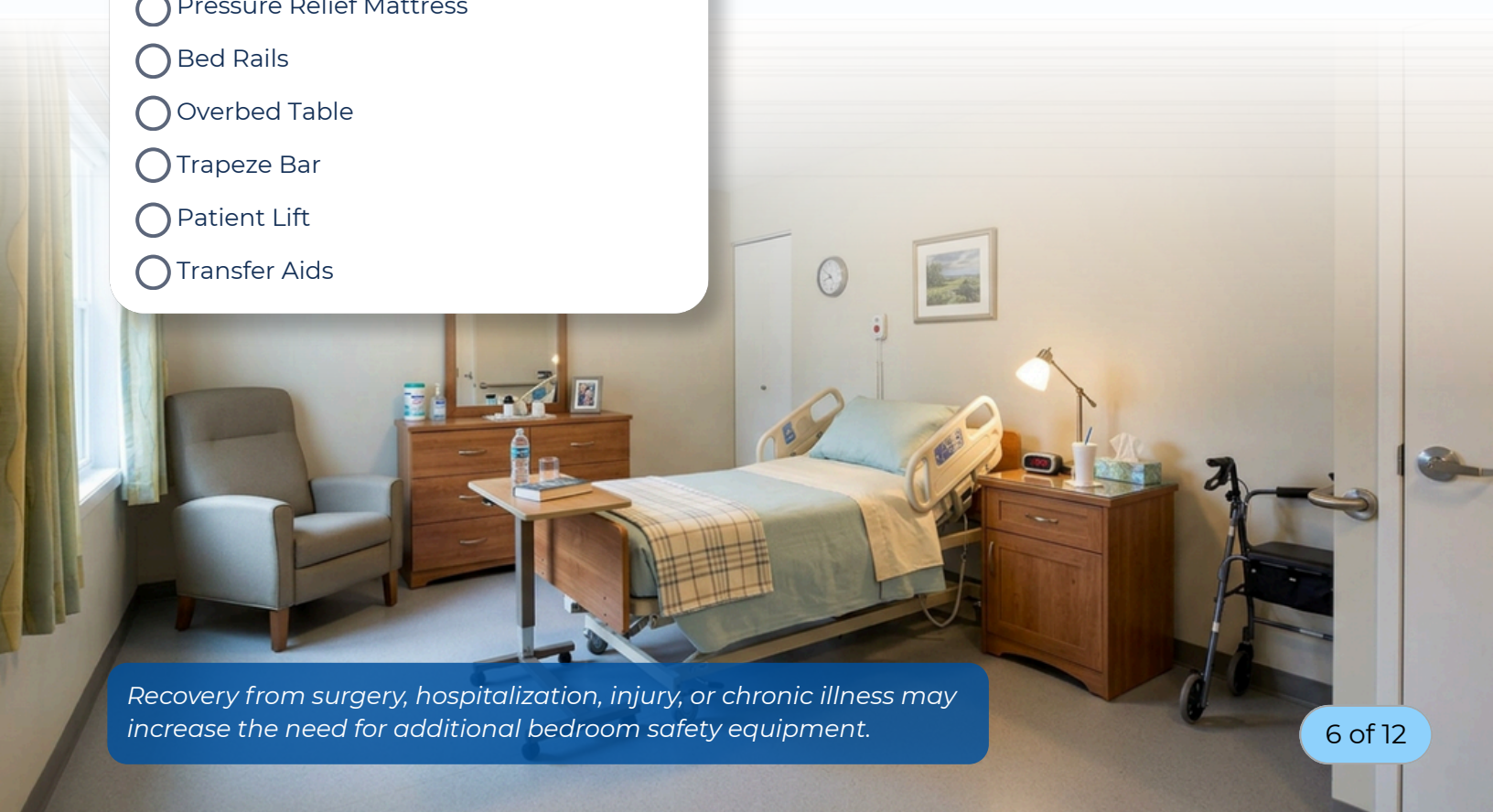
If Recovery Or Limited Mobility Exists

- Hospital bed considered
- Pressure relief mattress evaluated
- Bed rail assessment completed
- Overbed table available
- Trapeze bar evaluated

Equipment Worth Discussing

- Hospital Bed
- Pressure Relief Mattress
- Bed Rails
- Overbed Table
- Trapeze Bar
- Patient Lift
- Transfer Aids

Recovery from surgery, hospitalization, injury, or chronic illness may increase the need for additional bedroom safety equipment.



Preventing Falls Before They Happen

Include:

- Vision checked annually
- Medications reviewed
- Proper footwear worn
- Exercise program followed
- Walking aids inspected
- Home hazards removed
- Bathroom safety upgraded
- Stair safety evaluated
- Emergency plan established

1 in 4 older adults fall every year.

Why Fall Prevention Matters

Falls remain one of the leading causes of injury-related emergency room visits, hospitalization, and loss of independence among older adults.

Source: Centers for Disease Control and Prevention (CDC), Older Adult Falls Data, accessed June 2026.



Mobility Equipment Assessment

Situation	Recommended Equipment
Mild balance issues	→ Cane
Walking fatigue	→ Rollator
Frequent falls	→ Walker
Unable to walk safely	→ Wheelchair
Transfer assistance needed	→ Patient Lift
Bed mobility challenges	→ Hospital Bed

Many individuals benefit from more than one mobility solution.

Examples:

- Walker + Wheelchair
- Hospital Bed + Pressure Relief Mattress
- Patient Lift + Sling System
- Rollator + Bathroom Safety Equipment

Mobility needs often change over time.

Caregiver Warning Signs

You may benefit from additional support or mobility equipment if any of the following situations are becoming more common.

Include:

- Transfers are becoming difficult
- Fear of falling during transfers
- Patient requires assistance from multiple people
- Bathroom assistance has become challenging
- Frequent repositioning is needed
- Caregiver experiences back pain
- Walking has become increasingly unsafe
- Recovery after hospitalization is taking longer than expected
- Falls have occurred within the last year
- Patient spends most of the day in bed or seated

Consider Discussing

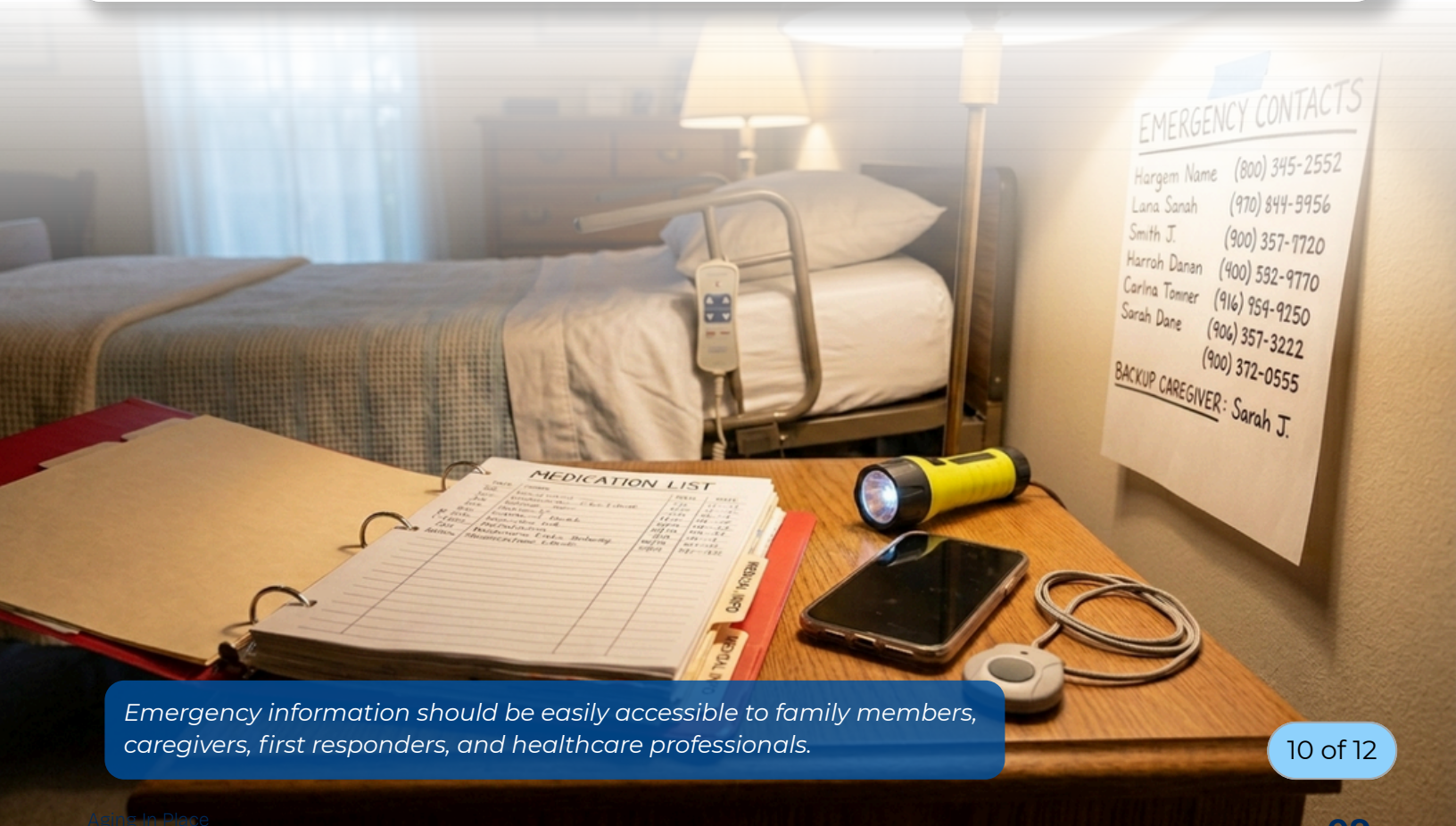
- ✓ *Patient Lifts*
- ✓ *Slings*
- ✓ *Hospital Beds*
- ✓ *Pressure Relief Mattresses*
- ✓ *Walkers & Rollators*
- ✓ *Wheelchairs*
- ✓ *Bathroom Safety Equipment*



Emergency Preparedness Checklist

Include:

- Medical information available
- Emergency contacts posted
- Flashlight available
- Emergency alert system considered
- Medication list updated
- Backup caregiver identified
- Cell phone accessible
- Important medical documents organized and easy to locate



EMERGENCY CONTACTS

Hargem Name (800) 345-2552
Lana Sarah (970) 844-9956
Smith J. (900) 357-7720
Harroh Danan (400) 592-9770
Carina Tomner (916) 954-9250
Sarah Dane (906) 357-3222
(900) 372-0555
BACKUP CAREGIVER: Sarah J.

Emergency information should be easily accessible to family members, caregivers, first responders, and healthcare professionals.

Aging In Place Action Plan

Use this page to identify improvements, equipment needs, and next steps that can help support safer aging in place.

Improvements Needed

Equipment To Research

Healthcare Providers To Contact

Target Completion Date

Additional Aging In Place Resources



Hospital Bed Guide



Patient Lift Guide



**Wheelchair
Cushion Guide**



Best Walkers Guide

Need Help Choosing the Right Home Medical Equipment?

Our team helps seniors, caregivers, families, discharge planners, and healthcare professionals identify solutions for safer aging in place.

Visit :

[MedCareMobility.com](https://www.MedCareMobility.com)