

# **AARP** Is This Home **HomeFit?**

Read the questions and check any box for which the answer is no. The responses will help identify what a home needs to become more 'HomeFit.'

☐ Is there at least one step-free entrance into the home?	☐ Is there task lighting above the sink, stove and other work areas?	☐ Do the exterior doors have secure locks that won't accidentally lock	☐ Does the shower have a step-free entry?
☐ Is the home's address number clearly visible?	☐ Does the stove or cooktop have controls	someone out?  ☐ Does the entrance	Are there nonslip strips or nonslip mats in the bathtub and/or shower?
☐ Are the exterior walkways and entrances well lighted?	near the front of the device?  ☐ If a step stool is used,	door have a peephole, viewing panel or security technology for seeing who is outside?	☐ Are the bathroom cabinets and shelves easy to reach and use?
☐ Are the exterior walkways safe and free of tripping hazards?	does it have nonslip surfaces and a grip handle?	☐ Do all area rugs have nonslip strips to prevent tripping and slipping?	☐ Does the bathroom have a lever-, touch- or sensor-style faucet?
☐ Are the exterior door thresholds flat and easy to see?	☐ Are there secure handrails on both sides of the stairs?	☐ Is the carpeting on the stairs secure and in	☐ Are the toilets a comfortable height?
☐ Is there a bedroom, full bathroom and kitchen on the main level?	☐ Is there a tote bag or basket with a handle at the top and bottom of the staircase for safely	good condition?  Are there switches at both the top and bottom of the stairs	☐ Are the electrical outlets and switches near water equipped with a GFCI (ground fault circuit
☐ Are the doorways and hallways at least	carrying items up or down the stairs?	to control the stairway light fixtures?	interrupter)?  ☐ Are there smoke and
32″ wide?  ☐ Does the kitchen have a work surface that can be	☐ Are the hallways well lighted? (i.e., Can people see what's in front of	☐ Are electrical cords located where they aren't a tripping hazard?	carbon monoxide detectors on each level of the home?
used while seated?  ☐ Is there a fire extinguisher	them and on the floor?)  Are the staircases	☐ Is there "blocking" (e.g., a wood stud or	☐ Can the smoke and carbon monoxide
within reach of the oven and stove?	well lighted?  ☐ Does the entrance door	other solid surface) behind the bathroom	detectors be heard in every bedroom?
☐ Are the kitchen cabinets and shelves easy to reach and use?	have a secure slide latch, or a chain latch, so the door can be opened	walls so grab or assist bars can be securely installed in the bathtub, shower and toilet areas?	☐ Are there telephones accessible and available in different parts of the home?
☐ Do the cabinets and drawers have easy-to-grasp, D-shaped handles?	enough for speaking with someone on the other side without having to fully unlock	<ul><li>☐ Is the hot water heater set at or below 120°F?</li><li>☐ Are the sink, shower</li></ul>	☐ Are flashlights available in multiple rooms (in case of a power failure)?
☐ Does the kitchen have a lever-, touch- or sensor-style faucet?	and open the door?  ☐ Is the entrance door easy to lock, unlock, open and close?	and tub faucets pressure balanced and/ or equipped with a thermostatic valve?	



### **AARP** The Room-by-Room **HomeFit To-Do List**

#### Check the box next to each needed repair or improvement

ENTRANCES AND EXITS	☐ Install sensors on	☐ Install handrails on both	☐ Install adjustable,	
☐ Establish a zero-step entry into the home	outdoor light fixtures to automatically turn	sides of all staircases	pull-down or similar shelving for safe access	
☐ Install outdoor lights	lights on at dusk and off at dawn and/or when	at dawn and/or when	to upper cabinets	
☐ Make the house or	motion is detected	staircase	☐ Install pull-out cabinetry shelves beneath counters	
apartment number fully visible	☐ Repair holes, loose bricks or uneven	☐ Add light switches at the top and bottom of the stairs		
☐ Add a bench, table or small piece of furniture	pavement on exterior walkways	☐ Plug automatic night-	☐ Install a lever-, touch- or sensor-style kitchen	
near the exterior door for placing packages	☐ Clear paths so they're free of leaves, moss,	lights into outlets near steps and staircases	faucet — ideally one that's pressure-	
while the door is being locked or unlocked?	mold or other slipping hazards	☐ Clear the stairs of clutter	balanced, temperature- regulated and kept at or	
☐ Create a spot inside the entry for storing shoes; hanging coats; placing bags, keys, etc.	☐ Remove scatter or throw rugs from the front stoop and inside the foyer and replace	☐ Place a tote or basket with a handle at both the top and bottom of the staircase to use	below 120°F  Ensure that electrical outlets and switches near water are equipped	
☐ Install a no-step, no-trip	with sturdy doormats	with sturdy doormats while carrying items up wi	with a GFCI (ground fault circuit interrupter)	
threshold	and/or floor mats	or down the steps	rault circuit interrupter)	
	□ Remove clutter from hallways	KITCHEN	☐ Establish a kitchen surface for working	
threshold  ☐ Add a second handrail if	<ul><li>□ Remove clutter from hallways</li><li>□ Widen doorways to at least 32" by replacing</li></ul>	'	<ul><li>☐ Establish a kitchen surface for working while seated</li><li>☐ Place or install bins for</li></ul>	
threshold  ☐ Add a second handrail if the stairs only have one  ☐ Install lever-style door handles  ☐ Install deadbolt locks	□ Remove clutter from hallways □ Widen doorways to at least 32″ by replacing traditional door hinges with swing-away or	<ul><li>KITCHEN</li><li>☐ Install task lighting for the sink, stove and other work areas</li><li>☐ Replace knobs on</li></ul>	<ul> <li>Establish a kitchen surface for working while seated</li> <li>Place or install bins for trash and recycling</li> </ul>	
threshold  ☐ Add a second handrail if the stairs only have one  ☐ Install lever-style door handles	<ul> <li>□ Remove clutter from hallways</li> <li>□ Widen doorways to at least 32″ by replacing traditional door hinges</li> </ul>	<ul> <li>KITCHEN</li> <li>☐ Install task lighting for the sink, stove and other work areas</li> <li>☐ Replace knobs on cabinets and drawers</li> </ul>	<ul> <li>□ Establish a kitchen surface for working while seated</li> <li>□ Place or install bins for trash and recycling</li> <li>BATHROOM</li> </ul>	
threshold  Add a second handrail if the stairs only have one  Install lever-style door handles  Install deadbolt locks and/or slide latches	□ Remove clutter from hallways □ Widen doorways to at least 32″ by replacing traditional door hinges with swing-away or	<ul><li>KITCHEN</li><li>☐ Install task lighting for the sink, stove and other work areas</li><li>☐ Replace knobs on</li></ul>	<ul> <li>Establish a kitchen surface for working while seated</li> <li>Place or install bins for trash and recycling</li> </ul>	
threshold  Add a second handrail if the stairs only have one  Install lever-style door handles  Install deadbolt locks and/or slide latches or chain locks on	<ul> <li>□ Remove clutter from hallways</li> <li>□ Widen doorways to at least 32″ by replacing traditional door hinges with swing-away or swing-clear types</li> </ul>	<ul> <li>KITCHEN</li> <li>☐ Install task lighting for the sink, stove and other work areas</li> <li>☐ Replace knobs on cabinets and drawers with easy-to-grasp, D-shaped handles</li> <li>☐ Install a stove or</li> </ul>	<ul> <li>□ Establish a kitchen surface for working while seated</li> <li>□ Place or install bins for trash and recycling</li> <li>BATHROOM</li> <li>□ Change electrical outlets and switches near water to ones</li> </ul>	
threshold  Add a second handrail if the stairs only have one  Install lever-style door handles  Install deadbolt locks and/or slide latches or chain locks on exterior doors  Install a security peephole or viewing panel on the exterior	□ Remove clutter from hallways □ Widen doorways to at least 32″ by replacing traditional door hinges with swing-away or swing-clear types  STEPS AND STAIRWAYS □ Repair or renovate stairways that are unstable, have open	<ul> <li>KITCHEN</li> <li>□ Install task lighting for the sink, stove and other work areas</li> <li>□ Replace knobs on cabinets and drawers with easy-to-grasp, D-shaped handles</li> <li>□ Install a stove or cooktop with controls near the front of the</li> </ul>	<ul> <li>□ Establish a kitchen surface for working while seated</li> <li>□ Place or install bins for trash and recycling</li> <li>BATHROOM</li> <li>□ Change electrical outlets and switches near water to ones equipped with a GFCI</li> <li>□ Install lever-, touch- or</li> </ul>	
threshold  Add a second handrail if the stairs only have one  Install lever-style door handles  Install deadbolt locks and/or slide latches or chain locks on exterior doors  Install a security peephole or viewing	<ul> <li>□ Remove clutter from hallways</li> <li>□ Widen doorways to at least 32″ by replacing traditional door hinges with swing-away or swing-clear types</li> <li>STEPS AND STAIRWAYS</li> <li>□ Repair or renovate stairways that are unstable, have open backs, raised nail heads, missing treads, loose</li> </ul>	<ul> <li>KITCHEN</li> <li>□ Install task lighting for the sink, stove and other work areas</li> <li>□ Replace knobs on cabinets and drawers with easy-to-grasp, D-shaped handles</li> <li>□ Install a stove or cooktop with controls near the front of the device</li> </ul>	<ul> <li>□ Establish a kitchen surface for working while seated</li> <li>□ Place or install bins for trash and recycling</li> <li>BATHROOM</li> <li>□ Change electrical outlets and switches near water to ones equipped with a GFCI</li> </ul>	
threshold  Add a second handrail if the stairs only have one  Install lever-style door handles  Install deadbolt locks and/or slide latches or chain locks on exterior doors  Install a security peephole or viewing panel on the exterior door at a suitable height for residents  Install a camera, video	<ul> <li>□ Remove clutter from hallways</li> <li>□ Widen doorways to at least 32″ by replacing traditional door hinges with swing-away or swing-clear types</li> <li>STEPS AND STAIRWAYS</li> <li>□ Repair or renovate stairways that are unstable, have open backs, raised nail heads, missing treads, loose steps, etc.</li> </ul>	<ul> <li>KITCHEN</li> <li>☐ Install task lighting for the sink, stove and other work areas</li> <li>☐ Replace knobs on cabinets and drawers with easy-to-grasp, D-shaped handles</li> <li>☐ Install a stove or cooktop with controls near the front of the device</li> <li>☐ Place a lightweight, ABC-rated fire</li> </ul>	<ul> <li>□ Establish a kitchen surface for working while seated</li> <li>□ Place or install bins for trash and recycling</li> <li>BATHROOM</li> <li>□ Change electrical outlets and switches near water to ones equipped with a GFCI</li> <li>□ Install lever-, touch- or sensor-style faucets for</li> </ul>	
threshold  Add a second handrail if the stairs only have one  Install lever-style door handles  Install deadbolt locks and/or slide latches or chain locks on exterior doors  Install a security peephole or viewing panel on the exterior door at a suitable height for residents	<ul> <li>□ Remove clutter from hallways</li> <li>□ Widen doorways to at least 32″ by replacing traditional door hinges with swing-away or swing-clear types</li> <li>STEPS AND STAIRWAYS</li> <li>□ Repair or renovate stairways that are unstable, have open backs, raised nail heads, missing treads, loose</li> </ul>	<ul> <li>KITCHEN</li> <li>□ Install task lighting for the sink, stove and other work areas</li> <li>□ Replace knobs on cabinets and drawers with easy-to-grasp, D-shaped handles</li> <li>□ Install a stove or cooktop with controls near the front of the device</li> <li>□ Place a lightweight,</li> </ul>	<ul> <li>□ Establish a kitchen surface for working while seated</li> <li>□ Place or install bins for trash and recycling</li> <li>BATHROOM</li> <li>□ Change electrical outlets and switches near water to ones equipped with a GFCI</li> <li>□ Install lever-, touch- or sensor-style faucets for the sink, bathtub and</li> </ul>	

The Room-by-Room	HomeFit To-Do List (	continued)	
☐ Install a nonskid mat or nonslip strips in the bathtub and/or shower	☐ Remove scatter and throw rugs, and secure large area rugs to the floor with double-sided	☐ Place electrical cords out of the way and/or along the wall to prevent tripping	
☐ Purchase rubber-backed rugs (or mats secured with double-sided rug tape or rubber carpet mesh) for the bathroom floor	tape or nonslip mats  ☐ Install interior lights and adjustable rods and shelves in closets	☐ Choose a secure  password or otherwise  secure the home's  internet network	
☐ Install grab (or assist) bars in the bathtub, shower and adjacent to the toilet	THROUGHOUT THE HOUSE  □ Place flashlights in multiple rooms	☐ Securely attach tall or easily tippable furniture to the wall with furniture straps	
☐ Install a comfort-height toilet or toilet seat riser	☐ Replace a top-loading washer with an easier-to-use front loader	☐ Reduce or eliminate excessive clutter throughout the home	
<ul> <li>☐ Install a bidet or toilet-based bidet attachment</li> <li>☐ Insulate exposed pipes beneath sinks to protect</li> </ul>	and place the washer and dryer on a raised platform if additional height is needed	OTHER TASKS	
against hot pipes  ☐ Install a handheld or adjustable showerhead	☐ Check that the light bulbs used for fixtures are the proper rating,		
☐ Install a shower seat ☐ Set the water heater at or below 120°F to avoid	have the highest allowed wattage and do not produce excessive glare  □ Plug automatic night-		
scalding  Install night-lights and/or illuminated light switches in the bathroom and the	lights into hallway and bathroom outlets, and near stairs too  Replace traditional		
hallway leading to it  LIVING ROOM AND BEDROOM	toggle light switches with easier-to-use rocker-style switches  Install smoke and carbon		
☐ Arrange furniture to allow for clear, wide passageways	monoxide detectors on every level of the home and ensure they can be heard in all bedrooms		
☐ Position beds to allow easy access to the bathroom	☐ Place telephones in or near multiple rooms		A Note to Renters For changes that will require some remodeling
☐ Use natural light to the fullest by opening curtains, blinds and shades during daylight hours	☐ Purchase touch control lamps and devices that automatically turn lights on and off at set times		or installation work, a tenant may need to seek permission from the property owner.



# **AARP** The Room-by-Room **HomeFit Supply List**

What's needed and where

Room	Need to Buy or Acquire



### **AARP** The Room-by-Room

# **Do-It-Yourself List**

What can be done without hiring a home improvement contractor

Room	Task

#### The Room-by-Room



# Don't Do-It-Yourself List

Work that requires a home improvement contractor or other skilled help

Room	Task



# **MARP** Home Improvement Contractor **Interview Notes**

Business/Contractor Name:	License No:
Owner/Representative Name:	Insurer:
Address:	
Phone(s):	
Email:	Website:
Referred by:	Meeting/Conversation Date:
Don't Forget to Ask About (insurance coverage, exa	amples of past projects, references):
First Impressions:	
Decisioner	Non-Mirror
Positives:	Negatives:

Contact Information for References:	Proposal Due Date:
	Cost Estimate:
	Price Valid Until:
	Insurer/Coverage Value:
	Anticipated Start Date:
	•
Notes:	



# **MARP** Home Improvement Contractor **Reference Feedback**

Contractor/Business Name:	
Reference Name:	
Reference Location:	
Phone(s):	Email:
Project Type/Date:	Meeting/Conversation Date:
Positives:	Negatives:
Notes:	
Letter grade he/she would give the contractor/busine	
Would he/she use the contractor again?	



### **AARP** Home Emergency Contacts



Neighbors, family and home improvement and repair service providers

Resident(s):		Phone Number(s):	
ome Address:			
Who or What	Relationship/ Type of Business	Phone Number(s)	Location