

# Aging In Place Checklist

## Bedroom Modifications

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- Bed rail to prevent falls
- Phone beside the bed for emergencies
- Bedside lamp or night lights for visibility
- Lowered bed frame for accessibility
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## Bathroom Modifications

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- Walk-in shower and seat instead of bathtub
- Grab bars in shower and toilet area
- Anti-slip strips and mats to prevent slipping
- Adjustable-height shower head
- Raised toilet seat
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## Questions/Concerns

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## Kitchen Modifications

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- Shallow sinks
- Pull-out drawers instead of cabinets
- Accessible or lowered countertops
- Heavy items in lower areas for easy access
- Elevated dishwasher
- Induction cooktop to reduce chances of burns
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## Living Area Modifications

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- Padding in sharp corners
- Eliminate cords and clutter to prevent falls and trips
- Widened doorways
- Slip-resistant flooring
- Adjust the height of everyday items for easy access
- Replace knobs with levers
- Sturdy handrails throughout the house
- Avoid area rugs to prevent trips
- Sufficient lighting
- Upgraded cooling and heating system
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## Questions/Concerns

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