



Aging at Home Checklist

A Brightway Aging Advocacy Resource

A gentle walkthrough of the daily details that support safe, comfortable living at home

At Brightway Aging Advocacy, we believe aging at home should feel safe, supported, and empowering - not overwhelming.

Aging at home is not just about staying in the house you love. It is about making daily life safer, easier, calmer, and more supportive - one small detail at a time.

Use this checklist as a gentle walkthrough. You do not need to fix everything at once. Start with the areas used most often, the places where falls or confusion are most likely, and the routines that matter most for comfort, dignity, and independence.

1. Entryway & Front Door

The goal: make coming and going as safe and simple as possible.

- Walkways are clear, even, and well lit.
- Steps, porches, and thresholds are easy to see.
- Railings are secure on both sides when possible.
- Door locks are easy to use.
- House numbers are visible from the street for emergency responders.
- There is a safe place to set down mail, bags, or a purse while unlocking the door.
- Outdoor lighting works and turns on easily.
- Delivery items do not block the doorway or walking path.
- There is a plan for safely answering the door.

Notes:

3. Lighting

The goal: make it easier to see clearly at all times of day.

- Light switches are easy to reach near room entrances.
- Hallways, stairs, bathrooms, and bedrooms have good lighting.
- Nightlights are placed between the bedroom and bathroom.
- Lamps are stable and easy to turn on.
- Burned-out bulbs are replaced promptly.
- Flashlights are easy to find during a power outage.
- Emergency lighting or battery-powered lights are available if needed.

Notes:

2. Walking Paths Inside the Home

The goal: create clear, steady pathways through the home.

- Main walking paths are free of clutter.
- Cords are tucked away or secured.
- Rugs are removed or firmly secured.
- Furniture placement allows easy movement.
- There is enough room for a walker, cane, or wheelchair if needed.
- Flooring is even and not slippery.
- Pet toys, baskets, shoes, and laundry are kept out of walkways.
- Nightlights or motion lights are used in halls and common paths.

Notes:

4. Stairs & Steps

The goal: reduce the chance of trips and falls.

- Stairs are free of clutter.
- Handrails are secure.
- Stair edges are easy to see.
- Lighting is bright at the top and bottom of stairs.
- Carpet or stair coverings are secure.
- Frequently used items are kept on the main living level when possible.
- There is a plan if stairs become difficult in the future.

Notes:



Aging at Home Checklist

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5. Bathroom Safety

The goal: support privacy, comfort, and safer movement.

- Grab bars are installed near the toilet and shower or tub.
- The shower or tub has a non-slip surface.
- A shower chair or bench is available if needed.
- Handheld shower head is available if helpful.
- Towels, soap, shampoo, and personal items are easy to reach.
- Toilet height is comfortable and safe.
- Bath mats are non-slip and do not slide.
- Water temperature is safe and not too hot.
- There is a way to call for help from the bathroom if needed.

Notes:

7. Kitchen Safety & Daily Meals

The goal: make food, hydration, and kitchen routines easier and safer.

- Frequently used dishes and foods are easy to reach.
- Heavy items are stored at waist level when possible.
- Step stools are avoided or used only with great caution.
- Stove and oven controls are easy to read.
- There is a reminder system for turning off burners or appliances.
- Refrigerator food is checked regularly for freshness.
- Easy meals, snacks, and drinks are available.
- Drinking water is easy to access.
- Trash is emptied regularly.
- There is a plan for meals if cooking becomes difficult.

Notes:

6. Bedroom Comfort & Safety

The goal: make rest, nighttime movement, and morning routines easier.

- Bed height allows safe sitting and standing.
- A lamp or light switch is reachable from the bed.
- Phone, glasses, water, and important items are within reach.
- A clear path leads from the bed to the bathroom.
- Nighttime footwear is supportive and easy to put on.
- Bedding does not drag on the floor.
- Medications are stored safely and clearly.
- Emergency contacts are easy to find.

Notes:

8. Medications & Health Routines

The goal: make daily health needs easier to manage.

- Current medication list is up to date.
- Medication list includes dose, schedule, and prescribing provider.
- Pill organizer or reminder system is used if helpful.
- Expired medications are removed safely.
- Pharmacy contact information is easy to find.
- Blood pressure, blood sugar, oxygen, or weight logs are used if needed.
- Medical equipment is clean, working, and easy to access.
- Upcoming appointments are written down or entered into a calendar.
- Someone trusted knows where important health information is kept.

Notes:



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9. Emergency Readiness

The goal: make help easier to reach when it is needed.

- Emergency contacts are posted clearly.
- Phone is charged and easy to reach.
- Medical alert device is considered if appropriate.
- A current medication list is available for emergency responders.
- Important documents are organized and accessible.
- Smoke detectors and carbon monoxide detectors are working.
- Fire extinguishers are available and not expired.
- There is a plan for power outages.
- There is a plan for pets during an emergency.
- Family, neighbors, or caregivers know how to check in.

Notes:

11. Comfort, Connection & Daily Well-Being

The goal: support not just safety, but quality of life.

- Favorite chair is supportive and easy to get out of.
- Temperature is comfortable throughout the day and night.
- The home feels calm, familiar, and pleasant.
- Hobbies, books, music, faith items, or meaningful activities are within reach.
- There is regular connection with family, friends, neighbors, or community.
- Transportation is available for appointments, errands, and social activities.
- There is a plan for loneliness, boredom, or changes in mood.
- The person feels heard, respected, and involved in decisions.

Notes:

Gentle Next Step

Choose just three items from this checklist to work on first.

1. _____
2. _____
3. _____

Small changes can make a home feel safer, calmer, and more supportive. The goal is not perfection. The goal is to help daily life work better - with dignity, comfort, and care.

10. Laundry, Housekeeping & Daily Tasks

The goal: reduce strain and prevent small tasks from becoming unsafe.

- Laundry area is easy to access.
- Laundry baskets are not too heavy to carry.
- Cleaning supplies are stored safely.
- Floors are kept dry and clear.
- Trash and recycling are manageable.
- Mail and paperwork are sorted regularly.
- Frequently used items are stored where they are easy to reach.
- There is help available for heavy cleaning, repairs, or lifting.

Notes:

12. Support Team & Planning Ahead

The goal: make sure no one has to figure everything out alone.

- Primary doctor contact information is available.
- Pharmacy, specialists, and home health contacts are listed.
- Family or trusted helpers know the current needs and concerns.
- Transportation options are identified.
- Home repair or handyman contacts are available.
- Backup caregivers or helpers are identified.
- Financial, legal, and insurance documents are organized.
- Advance directives or care preferences are discussed and accessible.
- There is a plan to reassess the home as needs change.

Notes:

About Brightway Aging Advocacy

Brightway Aging Advocacy supports older adults and their families in navigating the complexities of aging with clarity, compassion, and confidence. From home safety guidance to care coordination and advocacy, we are here to help you make thoughtful, informed decisions every step of the way.

If you would like personalized support or a guided home safety review, we are here to help.