



# My Room-by-Room HomeFit™ List

Check the box next to the improvements you need or want to make.

## Entrances and Exits

- Create a zero-step entry into the home
- Install a no-step, no-trip threshold
- Add handrails to both sides of all steps
- 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
- Install a camera or other electronic system for seeing who's at the door
- Put a bench near the exterior door for placing packages while locking or unlocking the door
- Install sensors on outdoor light fixtures to automatically turn lights on at dusk and off at dawn and/or when motion is detected
- Add easy-to-see address numbers that are visible from the street

- Repair holes, loose bricks or uneven pavement on exterior walkways
- Clear paths so they're free of leaves, moss, mold or other slipping hazards
- Remove scatter or throw rugs from the front stoop and inside the foyer
- Remove clutter from hallways
- Widen doorways to at least 36" wide by replacing traditional door hinges with swing-away or swing-clear hinges

## Steps and Stairways

- Repair or renovate stairways that are weak, have open backs, raised nail heads, missing treads, loose steps, etc.
- Cover steps with a tightly placed, woven low-pile carpet with thin padding
- Apply nonslip adhesive strips to uncarpeted steps
- Install handrails on both sides of all staircases

- Install a light fixture to illuminate the entire staircase, and place a light switch at the top and bottom of the stairs
- Plug automatic night-lights into outlets near steps and staircases
- Clear the stairs of clutter

## Kitchen

- Install task lighting for the sink, stove and other work areas
- Replace knobs on cabinets and drawers with easy-to-grasp D-shaped handles
- Purchase a stove or cooktop with controls near the front of the device
- Place a lightweight, ABC-rated fire extinguisher in an easy-to-reach location
- Purchase a step stool that has nonslip steps and a grip handle
- Install adjustable, pull-down or similar shelving for safe access to upper cabinets

- Install pull-out cabinetry shelves beneath counters and place Lazy Susans in corner cabinets
- Install a lever-, touch- or sensor-style kitchen faucet (ideally one that's pressure-balanced, temperature-regulated and kept at or below 120°F)
- Establish a kitchen surface for working while seated

## Bathroom

- Install easy-to-use lever-, touch- or sensor-faucets for the sink, bathtub and shower
- Install a nonskid mat or nonslip strips in the bathtub and/or shower
- Use rubber-backed rugs (or mats secured with double-sided rug tape or rubber carpet mesh) on the bathroom floor
- Install attractive grab bars in the bathtub, shower and adjacent to the toilet
- Install a comfort-height toilet (or a toilet seat riser)

## My Room-by-Room HomeFit List (continued)

- Insulate exposed pipes beneath the sink to protect against touching a hot pipe
- Install a hand-held or adjustable showerhead
- Install or purchase a shower seat
- Set the water heater at or below 120°F to avoid scalding
- Install night-lights and/or illuminated light switches in the bathroom and the hallway leading to it

### Living Room and Bedroom

- Arrange furniture to allow for clear, wide passageways
- Place the bed so it allows easy access to the bathroom
- Use natural light to the fullest by opening curtains, blinds and shades during daylight hours
- Remove scatter and throw rugs, and secure large area rugs to the floor with double-sided tape or nonslip mats
- Install interior lights and adjustable rods and shelves in closets

### Elsewhere and Throughout the Home

- Place flashlights in multiple rooms
- Replace a top-loading washer with an easier-to-use front loader and place the washer and dryer on a raised platform if additional height is needed
- Check that the light bulbs used for fixtures are the proper rating, are of the highest allowed wattage and do not produce an excessive amount of glare
- Plug automatic night-lights into hallway and bathroom outlets, and near stairs too

- Replace traditional toggle light switches with easier-to-use rocker-style switches
- Install smoke and carbon monoxide detectors on every floor, and ensure they can be heard in all bedrooms
- Be sure a telephone is available in or near multiple rooms (including the bedroom and bathroom)
- Get some touch control lamps and devices that automatically turn lights on and off at set times
- Place electrical and phone cords out of the way and along the wall to prevent tripping

Other Tasks: \_\_\_\_\_

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### A Note to Renters

Many of these suggestions are doable even if you don't own the house or apartment where you live. For changes that will require some remodeling or installation work, you may need to seek permission from the property owner. You can indicate those items with a question mark as a reminder.



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