

# Homeowner's Guide to Aging in Place Upgrades in the PNW

A homeowner checklist for Aging in Place Upgrades

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## Bathroom Safety Audit

- Check for non-slip mats inside and outside the tub/shower.
- Photograph walls around toilet and shower to plan for grab bars.
- Assess if the toilet seat is at a comfortable height.
- Evaluate if you can step in and out of the shower easily.
- Test lighting to ensure there are no dark corners.
- Confirm you can easily reach shower controls and soap.
- Check that the flooring is not slippery when wet.

## Mobility & Access Audit

- Measure hallway and doorway widths to ensure clear passage.
- Scan all floors for trip hazards like loose carpet or power cords.
- Test all doorknobs to see if they are difficult to turn.
- Check stair handrails for stability on both sides.
- Evaluate outdoor lighting on all walkways and at every entrance.
- Inspect exterior steps and paths for moss, cracks, or uneven surfaces.
- Confirm thresholds between rooms are low and not a trip hazard.

## Kitchen & Living Area Audit

- Check accessibility of frequently used dishes and food items.
- Assess task lighting over countertops and the sink.
- Make sure appliance controls are easy to read and operate.
- Test cabinet and drawer pulls to ensure they are easy to grip.
- Press test buttons on all smoke and carbon monoxide detectors.
- Look for any unsecured throw rugs that could slide.
- Ensure clear pathways around furniture.

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