

The Lifelong Home

One way to make a home more livable is to incorporate design principles and products that are adaptable, safe and easy to use. Such smartly designed features are attractive, stylish and come at all price points.

The **AARP HomeFit Guide** will show you how that's possible.

Is Your Home "HomeFit"?

First, let's take a look at where *you* live.

Read the following questions and mark the ones you answer "Yes." (Skip those that don't apply or you're unsure about.) Please don't feel discouraged if you end up responding "No" a lot. The **HomeFit Guide** will explain how simple changes can help you turn those answers to "Yes"!

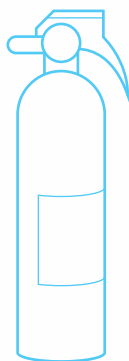
Is there at least one step-free entrance into your home?

Is there a bedroom, full bathroom and kitchen on the main level?

Are the interior doorways at least 36" wide?

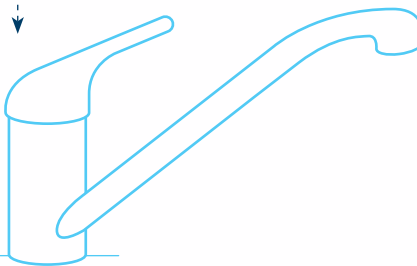
Does your kitchen have a work surface you can use while seated?

Is there a fire extinguisher within reach of the oven or stove?



Are your kitchen cabinets and shelves easy for you to reach?

Does your kitchen have a lever-, touch- or sensor-style faucet?



If you use a step stool, does it have nonslip surfaces and a handle you can grip?

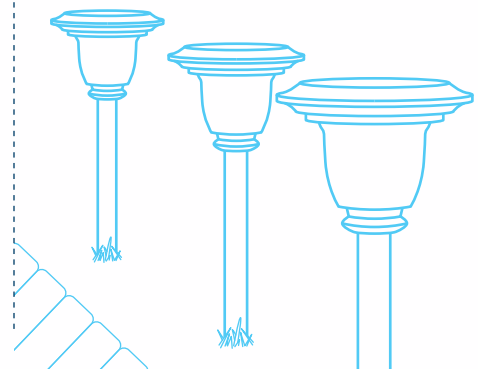
Are there secure handrails on both sides of your stairs?

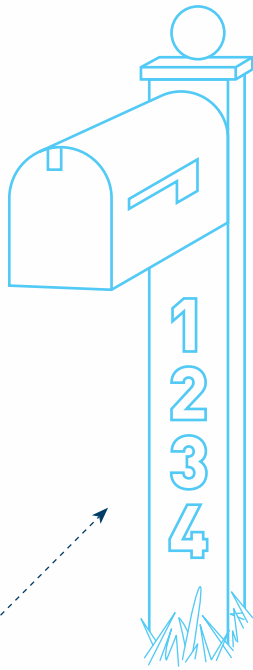
Are your staircases well lighted?

Are your hallways well lighted? (Can you see what's in front of you and on the floor beneath you?)

Are your exterior walkways and entrances well lighted?

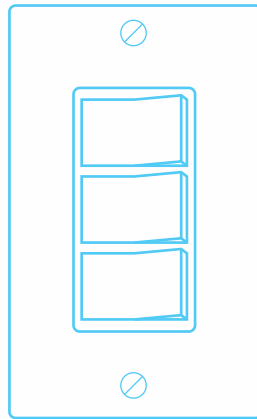
Are your exterior walkways free of tripping hazards?



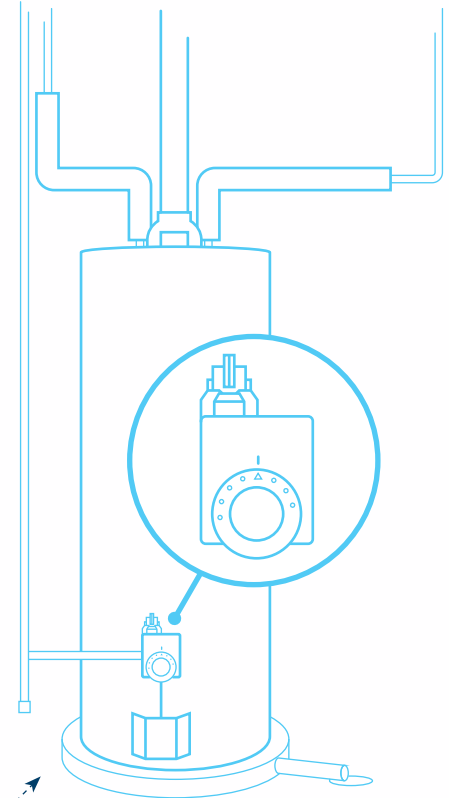


- Is your home's address number clearly visible from the street?
- Is your entrance door easy for you to unlock, lock, open and close?
- Do your exterior doors have secure locks that can't accidentally lock you in or out of the home?
- Does your entrance door have a peephole, viewing panel or security technology so you can see who is outside?
- Does your entrance door have a secure slide latch or chain so you can open the door enough to speak with someone outside while not fully unlocking and opening the door?
- Are the exterior door thresholds easy to see?
- Do all of your area rugs have nonslip grips to prevent tripping or slipping?
- Is the carpeting on your stairs secure and in good condition?

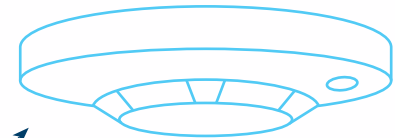
- Are all electrical and phone cords safely located (so they aren't a tripping hazard)?
- Are the switches that control stairway light fixtures located at both the top and bottom of the stairs?



- Do you have a shower with a step-free entry?
- Are the bathroom cabinets and shelves easy for you to reach?
- Does your bathroom have a lever-, touch- or sensor-style faucet?
- Are there nonslip strips or nonslip mats in the bathtub and/or shower?
- Is there "blocking" (e.g., a wood stud or other solid surface) behind the bathroom walls so grab bars can be securely installed in the bathtub, shower and toilet areas?



- Is your hot water heater set at or below 120°F?



- Are there smoke and carbon monoxide detectors on each floor of the home?
- Can a smoke and carbon monoxide detector be heard in every bedroom?
- Is a telephone easily accessible on every level of your home?
- Do you have flashlights in multiple rooms (in case of a power failure)?