

## Age In Place Remodeling Checklist

Have you ever wanted a reference for aging in place issues? Are you wondering how to incorporate some aesthetically pleasing designs into your project? If so, our Aging In Place Remodeling Checklist might be what you need. The checklist below contains features you may want to consider for your next renovation project. It also provides a quick reference for various aging in place issues.

### EXTERIOR:

- Low maintenance exterior finish such as brick or quality vinyl.
- Low maintenance landscaping
- Decks, patios, balcony surfaces are no more than 1/2 inch below the floor level inside the home.

### OVERALL FLOOR PLAN:

- Main living on a single story, including a full bathroom.
- No steps between room areas on the same / main level.
- Five X five clear turn space in the living, kitchen, bedroom and bathroom for a wheelchair.

### THRESHOLDS:

- Flush is best, no trip hazards.
- Exterior is 1/2 inch and is beveled.
- Interior is 1/4 inch maximum.

### INTERIOR DOORS:

- Openings are 32 inch of clear width which requires a 36 inch door.
- Door hardware is a lever instead of a knob.

### WINDOWS:

- Plenty of natural light.
- Lowered windows or taller windows with a lower sill height.
- Low maintenance exterior and interior finishes.
- Easy to operate window hardware.

### ENTRY:

- Accessible path of travel to the home.
- At least one no step entry that is under cover.
- Sensor light at an exterior no step entry that focuses on the front door lock.
- Front / entry door has a clear opening of 32 inches which requires a 36 inch door.
- Non slip flooring in entry area.
- Entry door has a sidelight or both high and low peephole viewer.
- Doorbell is in an accessible location.

**GARAGE OR CARPORT:**

- Carport is covered and provides adequate shelter for loading and unloading.
- Carport and garage width allows the use of lift equipment for chairs.
- Five foot minimum aisle between walls / cars and accessible vans.
- Garage door / carport opening heights allow for taller roof vans.
- Ramp to doorway if needed
- If steps are the only option, then have a handrail on both sides.

**FAUCETS:**

- Lever style handles or pedal controlled
- Thermostatic or anti-scald controls

**KITCHEN & LAUNDRY****COUNTERS:**

- Wall support for adjustable and/or varied height cabinets and removable base cabinets.
- Upper cabinets three inches lower than standard upper cabinets.
- Accented stripes on the edge of countertops to aid in visual orientation to the workspace.
- Counter space for dish landing adjacent to or opposite of all appliances.
- Base cabinets with roll out trays and shallow lazy susan style storage.
- Pull down shelving.
- Glass front cabinet doors.
- Open shelving for easy access to items used frequently.

**APPLIANCES:**

- Easy to read, use and understand controls.
- Washing machine and dryer raised 12 - 15 inches above the floor.
- Front loading laundry machines.
- Microwave oven at counter height, in the wall or drawer style.
- Side by side refrigerator / freezer.
- Side swing or in wall oven.
- Raised dishwasher with push button controls.
- Electric cooktop with level burners, front controls and downdraft vent to pull heat away.
- "Hot" surface indicator light on range.

**MISCELLANEOUS:**

- 30 X 48 inch clear space at appliances or 60 inch diameter clear space for turns.
- multi level work areas to accommodate cooks of different heights.
- Open under counter seated work areas.
- Lots of task lighting in all work areas.
- Loop / bar style cabinet pulls and hardware.
- Pull ut spray faucet and lever handles.
- In multi story homes have a laundry chute to laundry area.

**BATHROOM:**

- Wall support for adjustable and/or varied height cabinets and removable base cabinets.
- Contrasting color edge boarder at countertops.
- A wheelchair maneuverable bath on the main level with a 60 inch turning radius.
- If a 60 inch turn is impossible, then a 36 X 36 inch or 30 X 48 inch "T" turn space.
- Bracing in walls around the tub, shower and toilet for grab bars.
- Grab bars should support 250 - 300 pounds of force.
- If a stand up shower is used, then it should be curb-less and no less than 36 inches wide.
- Bathtubs should be lower or a step through style.
- Folding seat in the shower.
- Adjustable / handheld shower heads with a six foot hose.
- Tub / shower controls offset from the center.
- Showers with built in antibacterial coatings.
- Good lighting and ventilation in the shower and all areas of bathroom.
- Toilet 2 1/2 inches higher than standard height or height adjustable.
- Toilet paper holder can be changed with one hand.
- Wall hung sink with knee space and panel to protect pipes.
- Slip resistant flooring in bathroom and shower.

**STAIRWAYS, LIFTS, ELEVATORS:**

- Handrails on both sides of stairways, 1 1/4 inch diameter.
- Handrails anchored in to studs or other structural support, not drywall.
- Good lighting in stairways.
- Increase visibility of stairs through contrasting color between treads and risers.
- New construction homes can plan for elevators through stacked, oversized closets.
- Residential stair / chair lifts.

**RAMPS:**

- Slope no greater than one inch rise for every foot in length.
- Five foot landing at entrance.
- Two inch minimum curbs for safety.

**STORAGE:**

- Adjustable rods and shelves in closets.
- Lighting in all closets.
- Easy open doors with no obstructions.

**FLOORING:**

- Smooth, non glare, slip resistant surfaces both inside and outside the home.
- If carpet is used, less than a 1/2 inch pile with a firm padding.
- Color and texture contrasts to indicate a change in surface levels.

**HVAC:**

- Filters easily accessible for maintenance
- Energy efficient units.
- Windows that can easily be opened for cross ventilation.

**ELECTRICAL, LIGHTING, SAFETY AND SECURITY:**

- Light switches by each entrance to halls and rooms.
- Light fixtures with adequate bulbs and brightness in vital areas like exits and bathrooms.
- Switches, thermostats, etc placed no higher than 48 inches off the floor.
- Pre-programed thermostats.
- Monitored security system with panic buttons in proper areas.

**ENERGY EFFICIENT FEATURES:**

- Foamed in insulation.
- Ducts sealed against leaks.
- Outlets spaced closer than 12 feet to minimize cords.
- Clear access in front of switches and controls.
- Rocker or touch light switches.
- Audible and / or visual systems for doorbell, phone landline, alarm, CO2, smoke detectors.
- Security / intercom systems.

**MAINTENANCE / CONVIENCE**

- Easy to clean surfaces.
- Central vac
- Bulk pet feeders.
- Built in recycling
- Apartment / room for care givers or rental income

This is not an exhaustive list by any means. Technology continues to change and impact the Age In Place market and impact our safety and convenience.

If Aging in Place is right for you, a family member or friend please reach out to us at [RemodelingKnoxville.com](http://RemodelingKnoxville.com) and we'll be happy to talk to you. **Follow us on Facebook at [Facebook.com/KnoxvilleRemodeling](https://www.facebook.com/KnoxvilleRemodeling).**