



A GUIDE FROM ELEVATE LIVING NORTHWEST

Aging-in-Place

Readiness Checklist

A room-by-room guide to a safer, more beautiful home —
for the way you want to live now, and for years to come.

Because Home Matters.

© Elevate Living Northwest LLC · elevatelivingNW.com



ELEVATE LIVING NORTHWEST

RAISING THE STANDARD OF ACCESSIBILITY

INDEPENDENCE WITH DIGNITY · Seattle · Greater Puget Sound

SECTION

Entryways & Exterior

- Step-free or ramped entrance to at least one door
- Sturdy handrails on both sides of any steps
- Slip-resistant walkway surfaces (no moss / loose stone)
- Motion-activated, energy-efficient exterior lighting
- Visible house numbers at night for emergency responders
- Doorway width of 32" minimum (36" preferred for wheelchairs)

SECTION

Bathroom

- Curbless or low-threshold ($\leq 1/2$ ") walk-in shower
- Reinforced wall blocking for current or future grab bars
- Slip-resistant flooring (textured tile or vinyl)
- Comfort-height (17–19") toilet
- Single-lever, anti-scald faucet controls
- Hand-held shower wand with adjustable slide bar
- Adequate task & ambient lighting; nightlight installed

SECTION

Kitchen

- Lever-style faucet and door handles throughout
- Pull-out shelving in lower cabinets
- Counter sections at varied heights (seated + standing)
- Side-by-side or French-door refrigerator (no top freezer)
- Easily reachable, well-lit storage for daily items
- Induction or front-control cooktop for safer reach



ELEVATE LIVING NORTHWEST

RAISING THE STANDARD OF ACCESSIBILITY

INDEPENDENCE WITH DIGNITY · Seattle · Greater Puget Sound

SECTION

Bedroom

- Bedroom located on the main floor (or stair lift available)
- Clear 36" path on at least one side of the bed
- Reachable bedside light + phone + emergency contact
- Closet rods and shelves at accessible heights
- Blackout / smart blinds for fall-risk reduction at night

SECTION

Stairs & Hallways

- Continuous handrails on both sides of all stairways
- High-contrast stair tread edges (visibility for low vision)
- Stair lift, vertical platform lift, or single-level living plan
- Hallways minimum 42" wide; wider for mobility devices
- Even, well-lit transitions between rooms (no thresholds)

SECTION

Smart Home & Safety

- Smoke + CO detectors on every level, tested monthly
- Voice-controlled lighting and thermostat
- Video doorbell + smart lock for caregiver access
- Personal emergency response system (PERS) or wearable
- Fall-detection sensor or smart watch integration
- Backup power for medical equipment (if applicable)



ELEVATE LIVING NORTHWEST

RAISING THE STANDARD OF ACCESSIBILITY

INDEPENDENCE WITH DIGNITY · Seattle · Greater Puget Sound

SECTION

For Pet Companions

- Low-threshold pet doors or ramps to outdoor areas
- Non-slip flooring or runners for aging pets
- Raised food/water stations to ease joints
- Designated rest area in a quiet, draft-free spot
- Pet-safe stair guards or carpeted lifts on staircases



ELEVATE LIVING NORTHWEST

RAISING THE STANDARD OF ACCESSIBILITY

INDEPENDENCE WITH DIGNITY · Seattle · Greater Puget Sound

NEXT STEPS

Let's walk your home together.

This checklist is a starting point — every home and every story is different. Schedule a complimentary, in-home consultation with Ariel Bravo, CAPS, and we'll design a plan that fits your home's architecture and your family's rhythm.

SCHEDULE A FREE CONSULTATION

206.482.0303

ariel.bravo@elevatelivingNW.com

Seattle, WA · Greater Puget Sound

Independence with Dignity.