

Congratulations on for having interest to plan for your future. When you decide to age well where you live, you'll find this checklist will give you a brief glimpse into Universal Design & home accessibility. Look at your home to see if it has the potential for you to successfully age in place where you live.

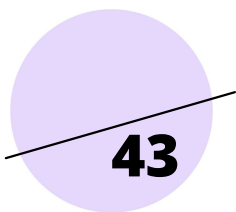
HOW TO USE THIS CHECKLIST

Look at each item in the checklist. If you have that feature in your home, place a checkmark in the box. If you don't have that feature in your home, leave it blank. If your home only partially meets the criteria, leave it blank. Go do the checklist now and then come back to see how it measures up.

You can learn about the significance of each of the elements by visiting my website at:
www.Edmonton55/home-assessment

HOW DOES YOUR HOME MEASURE UP?

Now that you've completed the checklist, I want you to count your check marks and place the number in the circle below. After reviewing, answer the 4 questions below.



- | YES | NO | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | I feel the needed renovations are easy to manage |
| <input type="checkbox"/> | <input type="checkbox"/> | I have the funds to do these renovations |
| <input type="checkbox"/> | <input type="checkbox"/> | I have the time to make these renovations |
| <input type="checkbox"/> | <input type="checkbox"/> | I have the willingness to manage these renovations |

PLANNING FOR YOUR FUTURE

How do you feel now that you've looked through your home and gave some thoughts about what you are willing to do, to prepare your home to age in place? Not every modification needs to be made, but more check marks means you have a better chance to stay at home longer as your needs change.

If you feel you your home needs too much work, or you don't have the interest or finances or time to make some of the needed modifications - it may be worth planning for a future move. You can be proactive and move before you need those features, or you can wait until your home is no longer safe and manageable for you to make a move. The later many mean less choices for you.

NEED SOME GUIDANCE TO FIGURE OUT YOUR NEXT STEPS

I am passionate about helping you to age well. Some times our home is the right place, sometimes we need to move to a different home that can better promote our independence and safety.

There is no right or wrong answer in planning where to age well. Only you can find the right answer for you. This tool is designed to spark thought and gain some awareness for your future plans.

If you feel you need assistance on whether you should stay home or make a move, then reach out to Jolyn for a navigation session to help you make a plan where to live to age well.

You can view Jolyn's services here: www.Edmonton55.com/services

Keep focused on planning for your future - it's the best way to navigate aging well

Explore if your home features the basics of 'universal design' to support aging in place.
Place a checkmark by the features that exist in your home.

HOME EXTERIOR

- ☐ Safe driveway & sidewalk
- ☐ 5' landing at entrance door
- ☐ Large visible home numbers
- ☐ Motion light at entrance
- ☐ Doorbell & peephole
- ☐ Digital keypad
- ☐ No stairs or ramp at entrance

GENERAL HOME

- ☐ Main floor bedroom
- ☐ Main floor bathroom
- ☐ Main floor laundry room
- ☐ One flooring type throughout
- ☐ Voice activated technology
- ☐ Doorbell & peephole
- ☐ 36" wide doors & hallways
- ☐ Handrails on stairs
- ☐ No scatter rugs
- ☐ Smoke detector
- ☐ Carbon monoxide detector
- ☐ Emergency response system
- ☐ Lever style door handles
- ☐ Lever style faucets
- ☐ Well lit hallways & workspaces

KITCHEN

- ☐ 5' turning radius
- ☐ Stove with front controls
- ☐ Counter height microwave
- ☐ Fridge with lower freezer
- ☐ Lower cabinets are drawers
- ☐ Lazy susan in corner cabinets
- ☐ Seating at counter
- ☐ Dining chair with armrests
- ☐ 4' counter space

BATHROOM

- ☐ 5' turning radius
- ☐ Counter space beside sink
- ☐ Walk in shower
- ☐ Seat in tub or shower
- ☐ Grab bars
- ☐ Higher toilet
- ☐ Space for armrests on toilet
- ☐ Non-slip flooring

LIVINGROOM

- ☐ 5' turning radius
- ☐ Seat with armrests
- ☐ End table by each seat
- ☐ No coffee table

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