



CURATED FOR
SENIORS
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FREE PRINTABLE GUIDE

Aging-at-Home Priorities Guide

A practical starting point for making a home easier to use

Introduction. Most homes do not need to change all at once. The useful first step is to identify the routines that have become harder and improve the parts of the home that support them.

How to use this guide. Walk through the home at the time of day it is used most. Start with one route or room, then use the priority steps below before calling a local professional.

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Start with daily routines

A few practical points to keep in mind.

- ☐ Walk through the routes used every day.
- ☐ Mark the one place where a small change would make the biggest difference.
- ☐ Choose one priority rather than trying to change the whole home at once.

Make a first-pass plan

A few practical points to keep in mind.

- ☐ Clear the main walking route.
- ☐ Improve lighting on the evening route between bedroom and bathroom.
- ☐ Move frequently used items to easy-to-reach shelves.
- ☐ Write down repairs or modifications that need a qualified professional.

Plan the next step

A few practical points to keep in mind.

- ☐ Name the person who will handle the first task.
- ☐ Set a realistic date to complete it.
- ☐ Contact a local aging, occupational-therapy, or home-modification service when technical advice is needed.

What to do next

Choose one next step you can complete this week. A small action is more useful than a perfect plan that never starts. Keep this guide with the notes or contact information needed for the next conversation.

Important note: This guide is general information, not medical, construction, financial, or accessibility advice and not a substitute for a professional home-safety assessment. Discuss personal fall risk and health concerns with a clinician; use qualified professionals for structural, electrical, plumbing, or installation work, and confirm local service eligibility independently.

This is general information for preparing a conversation or next step, not individualized professional advice.

Notes and what to buy
