

The Complete Senior Home Conversion Checklist

A practical room-by-room workbook for safer, easier ageing at home in Spain.

10 home areas

100+ practical checks

Action-plan worksheet

Walk the home. Mark priorities. Build a clear plan.

How to use this workbook

Complete the checklist with the person who lives in the home. Their routines, preferences and independence matter as much as the building.

1	Walk through the home during the day and after dark.
2	Use the shoes and mobility aid normally used at home.
3	Observe normal routines; never ask anyone to demonstrate an unsafe movement.
4	Mark each item, photograph concerns and record useful measurements.
5	Move every concern into the action plan with an owner and date.
6	Recheck after a fall, near miss, hospital stay or meaningful change in mobility, vision, hearing or memory.

Priority guide

DO NOW	A simple change or an unsafe item to stop using today.
CHECK	Observe, test or record the current condition.
PLAN	Set an owner, target date and budget or quotation.
PRO REVIEW	Needs an appropriately qualified professional.
PERSONAL FIT	The right solution depends on the resident and routine.

Resident and home snapshot

Resident name		Home address	
Date reviewed		Reviewed with	
Mobility aid used		Main concern today	

This workbook is a planning aid, not a building inspection or medical assessment. Fixed supports, structural alterations, electrical, gas and plumbing work should be reviewed and completed by appropriately qualified professionals. In an immediate emergency in Spain, call 112.

10 quick wins to do before buying anything

Start with the changes that reduce daily risk immediately. Most take minutes, cost little or nothing, and make the professional conversation clearer.

01	Clear the route from bed to bathroom and from living room to exit.	02	Remove loose rugs or fix the edges so they cannot curl or slide.
03	Move chargers, extension leads and cables away from walking routes.	04	Place a light switch, lamp or motion light before the first step out of bed.
05	Keep shoes, glasses, walking aid and phone in the same reachable place.	06	Stop using towel rails, sink edges or furniture as body-weight support.
07	Put heavy daily items between hip and shoulder height.	08	Turn pan handles inward and keep hot/heavy items close to the worktop.
09	Make 112 and key contacts visible near the phone.	10	Agree who responds first if there is an alert, fall, power cut or missed call.

1. Everyday routes throughout the home

Follow the routes used every day before looking at individual products.

Start with the daily path

REMOVE  Loose rugs Fix or remove before walking routes.	MOVE  Cables in the path Keep chargers and leads off the floor.	TEST  Walker clearance Walk the real route with the usual aid.
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Photos to take

Useful photos before asking for help:

- | | | | | | | | |
|----|--------------------|----|------------------|----|---------------------|----|------------------|
| 01 | Main walking route | 02 | Any rug or cable | 03 | Tight turning point | 04 | Route after dark |
|----|--------------------|----|------------------|----|---------------------|----|------------------|

Walk the space, tick what applies, then use the priority label to decide what can be done today and what needs review.

☐	DO NOW	Clear the routes between the bed, bathroom, kitchen, living room and exit.
☐	CHECK	Confirm the usual walking aid passes without catching furniture or turning sideways.
☐	PERSONAL FIT	Note every place where the resident holds a wall or furniture for balance.
☐	DO NOW	Remove loose rugs where possible; secure any rug that must remain.
☐	DO NOW	Move cables, chargers and extension leads away from walking routes.
☐	PRO REVIEW	Repair loose tiles, curled flooring, damaged boards and unstable transitions.
☐	PLAN	Make lighting even between rooms and remove sudden dark patches.
☐	PLAN	Reduce glare and confusing reflections from polished floors or mirrors.

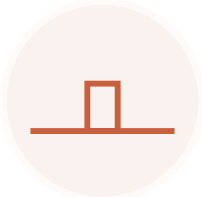
☐	DO NOW	Move frequently used items to a comfortable reach range.
☐	PLAN	Provide a stable resting seat where long routes or daily tasks require pauses.

Notes, measurements or photo numbers

2. Street-to-door and entrance

Review the full arrival route, including shared areas in apartment buildings.

Arrival route visual check

CHECK  Raised threshold Mark, repair or ramp difficult edges.	TEST  Door effort Open with the usual keys and hands.	ADD  Visible arrival Light the portal, lock and first step.
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Photos to take

Useful photos before asking for help:

- 01 Outside approach
- 02 Threshold close-up
- 03 Door lock and handle
- 04 Lighting at night

Walk the space, tick what applies, then use the priority label to decide what can be done today and what needs review.

☐	CHECK	Inspect the route from pavement or parking for broken paving, steep changes and wet-weather slip risk.
☐	PRO REVIEW	Repair unstable entrance steps and loose or missing handrails.
☐	PLAN	Make step edges and changes in level easy to see without distracting patterns.

☐	PERSONAL FIT	Check that any ramp works with the resident's usual mobility aid.
☐	DO NOW	Replace or secure thick, curled or sliding entrance mats.
☐	PLAN	Review thresholds that catch feet, walkers or wheelchair wheels.
☐	PERSONAL FIT	Confirm the main door can be unlocked, opened and closed without excessive force or twisting.
☐	PLAN	Provide effective lighting at the street entrance, shared hallway and front door.
☐	CHECK	Confirm the intercom, bell, lift controls and door viewer suit the resident's vision, hearing and dexterity.
☐	PLAN	Agree a secure emergency-access plan with trusted people; do not rely on an exposed hidden key.

Notes, measurements or photo numbers

3. Hallways, internal doors and stairs

Support and visibility should continue from the first step to the final landing.

Support must continue

ADD



Continuous rail

Support should run past first and last step.

MARK



Step edges

Make edges visible in low light.

CLEAR



Nothing stored

No shoes, baskets or parcels on stairs.

Photos to take

Useful photos before asking for help:

01	Whole staircase	02	First and last step	03	Handrail fixing	04	Step edge visibility
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Walk the space, tick what applies, then use the priority label to decide what can be done today and what needs review.

☐	DO NOW	Keep hallways and landings free from shoes, baskets, tables and decorations.
☐	CHECK	Check that open doors do not narrow the route or create a collision point.
☐	PLAN	Review internal thresholds that repeatedly catch a foot or mobility aid.
☐	PLAN	Place easy-to-find switches at both ends of long hallways where possible.
☐	PLAN	Add gentle night lighting along the bedroom-to-bathroom route.
☐	DO NOW	Keep every stair and landing completely clear.
☐	PRO REVIEW	Check that handrails are secure, easy to grip and continuous for the useful stair length.
☐	PERSONAL FIT	Consider support on both sides where the person's movement and the space make it appropriate.
☐	PRO REVIEW	Repair uneven or damaged steps and securely fix loose stair coverings.
☐	PLAN	Make the first, last and changing step edges easy to distinguish.
☐	PERSONAL FIT	Treat a stairlift as an assessed installation, including transfers, landing space and emergency operation.

Notes, measurements or photo numbers

4. Living and dining areas

Arrange the room around real movement, rest and social routines.

Clear the room around real movement

TEST  Safe chair height Sit and stand without pulling furniture.	MOVE  Low tables Open a clear turning path.	PLACE  Daily items close Phone, glasses and water within reach.
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Photos to take

Useful photos before asking for help:

- | | | | | | | | |
|----|----------------|----|------------------------|----|----------------------|----|------------------|
| 01 | Seat used most | 02 | Route around furniture | 03 | Low tables or cables | 04 | Items used daily |
|----|----------------|----|------------------------|----|----------------------|----|------------------|

Walk the space, tick what applies, then use the priority label to decide what can be done today and what needs review.

☐	DO NOW	Arrange furniture around the routes people use, not only around the television or room shape.
☐	PERSONAL FIT	Check that the resident can sit and stand without pulling on a table or unstable object.
☐	PERSONAL FIT	Review seat firmness, height, depth, back support and armrests.
☐	CHECK	Make sure chairs do not slide when weight is placed on them.
☐	DO NOW	Move low tables, plant stands and sharp corners out of walking routes.
☐	DO NOW	Secure or remove rugs, trailing throws and loose cables.
☐	DO NOW	Keep lamps, remotes, telephone, drinks and reading material within comfortable reach.

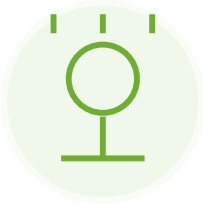
☐	PLAN	Provide a clear parking place for a walker, wheelchair or mobility scooter.
☐	CHECK	Keep heaters and fans stable, unobstructed and away from loose fabrics.

Notes, measurements or photo numbers

5. Bedroom and night-time route

Test the first movement out of bed and the full route to the bathroom.

Test the first step out of bed

TEST  First stand-up Feet flat, no pulling on drawers.	ADD  Light before standing Switch reachable from bed.	SET  Night route kit Shoes, glasses and aid in one place.
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Photos to take

Useful photos before asking for help:

- | | | | | | | | |
|----|--------------|----|---------------------|----|-------------------------|----|--------------------|
| 01 | Bedside area | 02 | First step from bed | 03 | Night route to bathroom | 04 | Light switch reach |
|----|--------------|----|---------------------|----|-------------------------|----|--------------------|

Walk the space, tick what applies, then use the priority label to decide what can be done today and what needs review.

☐	PERSONAL FIT	Check that the resident can sit securely on the bed, place both feet down and stand without pulling furniture.
☐	CHECK	Leave enough clear space for the usual transfer and mobility aid.
☐	DO NOW	Keep a stable bedside table within easy reach.
☐	PLAN	Provide a light that can be switched on before getting out of bed.

☐	PLAN	Light the full route from bed to bathroom without relying on a handheld phone.
☐	DO NOW	Keep glasses, mobility aids and secure footwear in the same reachable place every night.
☐	DO NOW	Remove loose rugs, trailing bedding and charging cables from the bedside route.
☐	PLAN	Move everyday clothing to storage that avoids climbing or deep bending.
☐	PLAN	Provide a firm chair with arms for dressing when needed.
☐	PRO REVIEW	Do not add bed rails or transfer equipment without checking fit, use and possible entrapment risk.

Notes, measurements or photo numbers

6. Bathroom and toilet

Review the full routine: entry, washing, reaching, drying, toileting and leaving.

Bathrooms need fixed support, not improvisation

DRY



Wet floor

Dry exit from shower before walking.

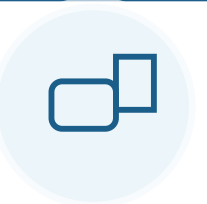
FIX



Real grab bars

Never rely on towel rails or sink edges.

TEST



Toilet transfer

Check height, approach and support.

Photos to take Useful photos before asking for help:

01 Shower or bath exit

02 Toilet transfer area

03 Current support points

04 Wet floor zones

Walk the space, tick what applies, then use the priority label to decide what can be done today and what needs review.

☐	DO NOW	Keep the route, floor and shower exit dry and free of loose objects.
☐	PLAN	Use a suitable slip-resistant shower or bath surface that remains secure when wet.
☐	DO NOW	Stop using towel rails, basin edges, taps or furniture as body-weight support.
☐	PRO REVIEW	Install permanent grab rails only after checking transfer direction, reach, wall construction and fixing strength.
☐	PERSONAL FIT	Review whether the bath or shower step is manageable in both directions.
☐	PRO REVIEW	Consider a level-access shower when the existing transfer is unsafe or no longer practical.
☐	PERSONAL FIT	Check that any shower seat is stable, correctly sized and positioned for controls and washing.
☐	PERSONAL FIT	Review toilet height, approach space and support needed for sitting and standing.
☐	DO NOW	Keep towels, toiletries and toilet paper reachable without twisting or stepping on wet flooring.
☐	CHECK	Confirm taps and controls can be identified and operated with wet hands.
☐	PRO REVIEW	Review hot-water controls if temperature is difficult to regulate safely.
☐	PLAN	Use bright, even lighting that avoids glare from mirrors and tiles.
☐	CHECK	Check that the bathroom lock allows assistance in an emergency.
☐	PLAN	Keep an agreed call method reachable from shower, toilet and, where practical, floor level.

Notes, measurements or photo numbers

7. Kitchen

Reduce unnecessary reaching, bending, carrying, turning and time near hot surfaces.

Reduce reach, heat and carrying

LOWER

Daily items

Heavy items between shoulder and hip.

STOP

No stools

Avoid climbing for cupboards.

TURN

Pan handles

Turn handles inward to avoid knocks.

Photos to take

Useful photos before asking for help:

01

Worktop and sink

02

Daily storage height

03

Cooking controls

04

Anything used to climb

Walk the space, tick what applies, then use the priority label to decide what can be done today and what needs review.

☐	CHECK	Confirm the resident can move between storage, preparation, sink and cooking areas.
☐	DO NOW	Store daily and heavy items within comfortable reach.
☐	DO NOW	Stop using chairs, boxes or unstable stools to reach cupboards.
☐	PERSONAL FIT	Provide a stable seated preparation option if standing is tiring.
☐	PLAN	Reduce the need to carry hot or heavy items across the kitchen.
☐	PLAN	Keep a heat-resistant landing surface beside the hob and oven.
☐	CHECK	Make cooker controls and on/off indicators easy to see and understand.

☐	DO NOW	Position pan handles so they cannot be caught accidentally.
☐	PERSONAL FIT	Check whether kettles, pots and filled containers can be lifted and poured safely.
☐	CHECK	Ensure appliance doors do not block the resident's standing position or mobility aid.
☐	DO NOW	Clean spills promptly and avoid loose mats near sink and cooking areas.
☐	PLAN	Add task lighting over preparation, sink and cooking surfaces.
☐	PRO REVIEW	Have gas, electrical, ventilation and water installations reviewed if damaged or difficult to use.

Notes, measurements or photo numbers

8. Laundry, utility room and storage

Remove the need to climb, carry heavy loads or bend into awkward spaces.

Make heavy tasks smaller

SPLIT

Small loads
 Carry less, more often.

LOWER

Reach height
 No stretching with weight.

CHECK

Leaks and hoses
 Check before damage becomes a fall risk.

Photos to take

Useful photos before asking for help:

01 Laundry route

02 Appliance access

03 High storage

04 Hoses or damp areas

Walk the space, tick what applies, then use the priority label to decide what can be done today and what needs review.

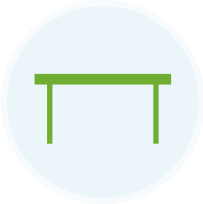
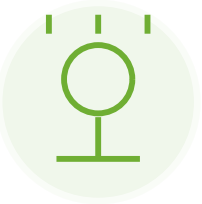
☐	DO NOW	Avoid carrying a heavy laundry basket while using stairs or a mobility aid.
☐	PLAN	Use a light basket, trolley or smaller loads where appropriate.
☐	PERSONAL FIT	Check that appliance doors, drums and controls can be reached without an unstable bend.
☐	DO NOW	Store everyday products where they can be seen and reached without climbing.
☐	CHECK	Keep cleaning products in original containers and away from food and medication.
☐	PRO REVIEW	Repair leaking hoses and arrange appropriate servicing for boilers, heaters, vents and flues.
☐	DO NOW	Store ironing equipment safely and avoid trailing hot-appliance cables.
☐	PLAN	Place heavy boxes on stable shelving at a manageable height.

Notes, measurements or photo numbers

9. Balcony, terrace, patio and garden

Review thresholds, wet-weather surfaces, guardrails and the route to seating.

Outside areas change with weather

WATCH  Wet surfaces Weather changes grip quickly.	TEST  Loose rail Do not use if it moves.	LIGHT  Path to door Light from gate or car to entrance.
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Photos to take

Useful photos before asking for help:

- | | | | |
|----------------------------|-------------------------|-------------------------------|---------------------------------|
| 01 Path to entrance | 02 Outdoor steps | 03 Rails or walls used | 04 Wet or uneven surface |
|----------------------------|-------------------------|-------------------------------|---------------------------------|

Walk the space, tick what applies, then use the priority label to decide what can be done today and what needs review.

☐	PLAN	Review the threshold to the outside area for trips and mobility-aid access.
☐	PRO REVIEW	Repair loose tiles, broken paving and poor drainage.
☐	DO NOW	Stop using any area with a loose or damaged guardrail.
☐	DO NOW	Keep chairs, planters, hoses and storage boxes out of walking routes.
☐	CHECK	Position furniture so it is not needed as a support point.
☐	PLAN	Provide lighting between the door, seating and any steps.
☐	PRO REVIEW	Check external steps for stable hand support and visible edges.
☐	PERSONAL FIT	Check that awnings, shutters and shades can be operated without climbing or overreaching.

Notes, measurements or photo numbers

10. Emergency, electrical and connected safety

Every alert needs an owner, a response routine and a backup for outages.

Every alert needs a response plan

REACH  Call button Reachable from bed, bath and floor.	VISIBLE  Emergency number 112 and contacts easy to find.	AGREE  Who responds? Name the person, backup and next step.
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Photos to take

Useful photos before asking for help:

01	Alarm/button location	02	Emergency contacts display	03	Phone charging place	04	Power or router area
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Walk the space, tick what applies, then use the priority label to decide what can be done today and what needs review.

☐	PLAN	Install and maintain suitable smoke alarms following current local and manufacturer guidance.
☐	PRO REVIEW	Consider carbon-monoxide detection where fuel-burning equipment is present.
☐	CHECK	Test alarms and record the next test or replacement date.
☐	DO NOW	Stop using damaged plugs, scorched sockets, exposed wiring and overheating extensions.
☐	DO NOW	Avoid overloaded adaptors and never run power cables beneath rugs.

☐	CHECK	Keep gas and water shut-off points identifiable and accessible to the appropriate person.
☐	DO NOW	Keep 112, the full home address and key contacts clearly available.
☐	DO NOW	Keep a charged telephone or call device reachable in the rooms used most.
☐	CHECK	Test tele-assistance, pendant buttons and family alerts where help may be needed.
☐	PLAN	Agree how trusted responders enter without creating a general security risk.
☐	PLAN	Create an exit plan that accounts for mobility, hearing, vision, pets and building layout.
☐	PLAN	Plan for power or internet outages if essential devices, lifts or communications depend on them.

Notes, measurements or photo numbers

Family action plan

Choose the five changes that will make the biggest difference to daily safety, independence or confidence.

The activity the resident most wants to keep doing independently:	
The room or routine that feels hardest today:	
What has changed recently?	
Who should be involved in decisions?	

Room / route	What is happening?	Temporary step	Preferred solution	Owner / date

Before requesting quotations

☐	CHECK	Photograph the current area and record the normal routine and mobility aid used.
☐	CHECK	Describe the outcome required, not only a product name.
☐	CHECK	Ask who will complete and supervise the work.
☐	CHECK	Request written scope, price, exclusions, timing and payment stages.
☐	CHECK	Confirm installation, testing, handover and warranty arrangements.
☐	CHECK	Check whether owner, landlord, community or local-authority approval may be needed.
☐	CHECK	Check current local funding rules before work starts; availability and eligibility can change.
☐	CHECK	Keep quotations, invoices, approvals and before-and-after photographs together.

Handover and recheck

☐	PLAN	The resident has tried the finished change during the real routine.
☐	PLAN	Controls and emergency functions have been explained.
☐	PLAN	Family or carers know how the solution should be used.
☐	PLAN	The route remains clear after furniture and belongings are returned.
☐	PLAN	Alarms and connected alerts reach the agreed person.
☐	PLAN	Product information, installer details and a recheck date are stored safely.

Safety note and reference sources

This workbook combines CasaMia planning content with official home-safety and accessibility guidance. It avoids generic dimensions because the right solution depends on the person, property and current technical requirements.

1	Spanish Ministry of Health - General fall-prevention recommendations at home (March 2026): sanidad.gob.es/areas/promocionPrevencion/envejecimientoSaludable/fragilidadCaidas/
2	CEAPAT / Imsero - Accessible kitchen guidance (September 2022): ceapat.imsero.es
3	Comunidad de Madrid - Home prevention and emergency guidance: comunidad.madrid/seguridad-emergencias-asem-112/prevencion-hogar
4	CDC STEADI - Check for Safety home fall-prevention checklist: cdc.gov/steady/

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