

Environmental Press Assessment Checklist for Aging in Place

Individual Competence Factors

Physical Abilities

- ☐ Can the individual move independently within the home?
- ☐ Are vision and hearing adequate for safety and interaction?
- ☐ Can they safely use stairs, bathe, and prepare meals?

Cognitive Function

- ☐ Is memory sufficient for medication, appointments, daily tasks?
- ☐ Can the person follow multi-step processes (e.g., cooking, using the phone)?
- ☐ Are they able to manage financial or household decisions?

Emotional & Psychological Health

- ☐ Is mood stable and generally positive?
- ☐ Are there signs of anxiety, isolation, or depression?
- ☐ Does the person feel purposeful and engaged?

Social Support

- ☐ Do they have regular contact with family or friends?
- ☐ Is there someone to check in or respond in an emergency?
- ☐ Are they connected to social or community groups?

Adaptability

- ☐ Is the person open to assistive devices or home modifications?
- ☐ Have they lived in this home long enough to feel comfortable?
- ☐ Are they open to learning or using technology?

Environmental Demand Factors

Home Design & Safety

- ☐ Are hallways and doorways wide enough for mobility aids?
- ☐ Are there trip hazards (rugs, cords, clutter)?
- ☐ Are grab bars, non-slip surfaces, and stair rails present?

Lighting & Visibility

- ☐ Is lighting adequate in hallways, staircases, and bathrooms?

☐ Are light switches and outlets easily accessible?

Cognitive Demands of Home

☐ Are appliances and systems easy to use and remember?

☐ Are emergency instructions visible and accessible?

Community Access

☐ Can the person get to grocery stores, pharmacies, or healthcare?

☐ Is there reliable transportation (driving, ride services, public transit)?

☐ Is the neighborhood safe and navigable?

Technology Interaction

☐ Can they use a phone or emergency alert system?

☐ Is smart home tech helpful-or overwhelming?

Stimulus Level

☐ Does the environment provide enough stimulation (music, books, conversation, outdoor space)?

☐ Is the environment too noisy, cluttered, or chaotic?

Discussion Prompt

Based on this checklist, where does the environment support independence-and where might it be creating unnecessary stress or risk? What adaptations could move the person closer to their optimal zone of challenge and support?