

Home Modification Checklist — Winnipeg, MB

A room-by-room aging-in-place checklist for Canadian families. Print, walk the home with a notepad, and tick what is already in place.

Manitoba: Manitoba Home Care Program; Self & Family Managed Care.

Entry & Exterior

- ☐ No-step or low-threshold main entry; covered to shelter from snow and rain.
- ☐ Handrails on both sides of any exterior steps.
- ☐ Non-slip surface on porch, steps, and walkway; ice melt stocked for winter.
- ☐ Exterior lighting at entry, motion-activated where possible.
- ☐ House number clearly visible from the street for EMS.
- ☐ If wheelchair/walker is used: ramp at 1:12 slope (CSA B651) with 5 ft x 5 ft landings.

Bathroom Safety

- ☐ Grab bar at tub/shower entry (vertical, 32-38" off floor).
- ☐ Horizontal grab bar along long shower wall, 6-10" above tub rim.
- ☐ Grab bar beside toilet (33-36" high, 24" long minimum).
- ☐ All bars anchored into studs or 250 lb rated hollow-wall anchors.
- ☐ Non-slip mat or textured flooring in tub/shower.
- ☐ Handheld shower head on slide bar.
- ☐ Shower bench or transfer bench if balance is a concern.
- ☐ Comfort-height toilet (17-19") or raised toilet seat.
- ☐ Night light on path from bedroom to bathroom.
- ☐ Consider curbless walk-in shower for long-term aging in place.

Bedroom & Sleep Area

- ☐ Primary bedroom on main floor when possible.
- ☐ Bed at comfortable transfer height (knees at 90 degrees when seated).
- ☐ Clear, lit pathway from bed to bathroom.
- ☐ Phone or medical alert pendant within reach of bed.
- ☐ Sturdy bedside lamp with easy-to-use switch.

Kitchen

- ☐ Frequently used items between hip and shoulder height.
- ☐ Lever-handle faucets instead of knobs.
- ☐ Non-slip mat in front of sink.
- ☐ Stove with front controls; auto shut-off device installed.
- ☐ Adequate task lighting over counters and stove.

- ☐ Sturdy seating for tasks done seated (chopping, dishes).

Stairs & Hallways

- ☐ Handrails on both sides of every stairway.
- ☐ Stair treads in good repair with high-contrast nosing.
- ☐ Hallways at least 36" wide (CSA B651) and well-lit.
- ☐ Interior doors with 32" clear opening; swing-clear hinges where doors are narrow.
- ☐ Lever handles instead of round knobs on all doors.
- ☐ Stairlift, through-floor lift, or main-floor bedroom plan if stairs are a barrier.

Lighting & Electrical

- ☐ Bright, glare-free lighting in every room.
- ☐ Light switches at top and bottom of every staircase.
- ☐ Rocker-style switches at 42-48" height.
- ☐ Plug-in night lights in hallway, bathroom, and bedroom.
- ☐ No extension cords across walking paths.
- ☐ Smoke and CO detectors tested every 6 months.

Falls & Emergency Prep

- ☐ Annual medication review with a pharmacist (focus on sedatives, blood pressure meds).
- ☐ Annual vision and hearing checks.
- ☐ Footwear: supportive, non-slip soles; ice cleats for winter.
- ☐ Personal emergency response system (medical alert pendant) considered.
- ☐ Emergency contact list posted by phone and on fridge.
- ☐ Strength & balance program (physiotherapist or community class).

Funding & Next Steps

- ☐ Federal Home Accessibility Tax Credit (HATC) - up to \$20,000.
- ☐ Federal Multigenerational Home Renovation Tax Credit (MHRTC) - up to \$50,000.
- ☐ Veterans: Veterans Independence Program (VIP) if eligible.
- ☐ Provincial program (see header) - check eligibility and waitlists.
- ☐ Book an occupational therapy home assessment to prioritize and price the work.
- ☐ Get two written quotes from vetted contractors before signing.

Find vetted Winnipeg providers, occupational therapists, and bath safety installers at agingwellfinder.com/city/winnipeg