

My Home, Step by Step

Your household plan to stay safe, comfortable, and independent in the home you love

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A Living Roadmap Built Around Home Life

1 of 9 steps completed • 3 of 4 core documents in vault

#1 ACTIVE NEXT STEP: TOP PRIORITY THIS MONTH

Install a second handrail on the stairs

Stairs have a rail on one side only. Adding a matching rail on the bare wall gives two solid holds.

This month - Stabilize: Immediate hazards and quick-win fixes

- ☒ Bathroom · Loose bath mat on tile
Replace with a mat that has a full rubber backing, or remove it.
- ☐ Main Stairs · Handrail on one side only
Add a second handrail on the bare wall, at the same height, running the full flight.
- ☐ Bathroom · No grab bars at the tub or toilet
Install grab bars anchored into studs beside the toilet and inside the tub surround.

This season - Systematize: Lasting improvements, routines, and contractor items

- ☐ Kitchen · Everyday items stored above shoulder height
Move daily-use items to the counter-height and waist-height shelves.
- ☐ Main Stairs · No light switch at the bottom of the stairs
Add a three-way switch, or a battery motion light at the base.
- ☐ Kitchen · Throw rug in front of the sink
Remove it, or replace it with a rubber-backed anti-fatigue mat that lies flat.
- ☐ Bathroom · No light on the path from the bedroom
Add motion-sensing night lights along the hallway and inside the bathroom door.

When you're ready - Safeguard: Core legal, medical, and emergency paperwork

- Ready** **Someone to Handle My Affairs (Power of Attorney)**
Designates someone you trust to help handle legal or financial decisions if ever needed.
 - Ready** **Health Care Instructions (Living Will / Directive)**
Ensures doctors and loved ones honor your care preferences if you cannot speak for yourself.
 - Ready** **Emergency Contacts & Physician List**
Key doctor phone numbers, pharmacy, and primary circle contacts easily reachable in one spot.
 - Action Needed** **Home & Insurance Records**
Homeowner policies, insurance cards, and deed documents accessible when needed.
- ☐ Bathroom · High tub wall to step over
 - ☐ Main Stairs · Worn carpet at the stair nosings

HOW THIS PLAN GROWS WITH YOU

This plan builds as you use SeniorThrive. Room Check scans automatically identify and route hazards, daily check-ins preserve rhythm, and family shares the load.

IMPORTANT SAFETY INFORMATION

This report was generated from photos or information you provided. It is not a professional home assessment and SeniorThrive is not a medical device. Recommendations should be reviewed with a qualified occupational therapist, aging-in-place specialist, or contractor before any modification. A favorable score does not mean your home is hazard-free. In an emergency, call 911.

DISCLAIMER

This document is for your personal records. It is not medical, legal, or financial advice. For questions about this information, talk to your family, caregiver, doctor, or the appropriate licensed professional.