

Top 5 Wellness Downloads for Aging in Place

Practical, evidence-based tools to help older adults stay strong, safe, and independent at home.

1. CICOA Aging & In-Home [Solutions Guide](#)

A comprehensive, planning guide covering housing, health & wellness, transportation, finances, and social connection. Includes self-assessments, Plan A/Plan B worksheets, and seasonal home maintenance checklists. *Perfect for anyone beginning or refining their aging-in-place plan.*

2. CDC Healthy Aging & Fall Prevention Resources Downloadable checklists, balance tests, and home safety guides—including the [Check for Safety](#) fall-prevention checklist. [Stay Independent](#) is a tool that is great for reducing fall risk and improving home safety along with [CDC Best Practices for Providers](#).

3. [AARP HomeFit Guide](#) A beautifully designed, free PDF that walks through simple home updates to improve safety, comfort, and accessibility. *Great for seniors wanting practical, low-cost modifications.*

4. Move Your Way® [Activity Guides \(ODPHP\)](#) Printable exercise planners, strength-building charts, and balance-focused activity sheets tailored for older adults. *Supports stamina, mobility, and long-term independence.*

5. National Council on Aging (NCOA) [Aging in Place Resources](#) Evidence-based wellness materials covering chronic disease management, nutrition, fall prevention, and mental well-being. *Helpful for seniors managing health conditions while aging at home.*