

Home Safe Home

Practical Things You Can Do to Stay Safe at Home

Hints for Health from Elara Caring



Floors

- ✓ **Remove** or tack down small rugs.
- ✓ Choose **slip-resistant** rugs or add slip resistant barrier between rug and floor.
- ✓ If thresholds are uneven ask a handyman to assess and **repair**.
- ✓ **Clear** any objects from exits, halls and pathway areas.



Stairs/Steps

- ✓ Make sure handrails are present and **secure** from top to bottom.
- ✓ Keep steps and any coverings in **good condition**.
- ✓ Make sure the surface on stairs is **non-skid**.
- ✓ Ensure that steps are **even**... if uneven repair surface.
- ✓ Never put **items on steps** (even temporarily).
- ✓ Never wear **slippers/flip-flops** on stairs.



Phone

- ✓ Make sure your phone is **working** so you can easily call for help.
- ✓ Keep a phone **by your bed**.
- ✓ Post **emergency numbers** by each phone.
- ✓ Carry a cordless phone or cell phone in your **pocket**.



Lighting

- ✓ Make sure **exits, halls and pathways** are well lit.
- ✓ Turn lights **on** before going through dark areas.
- ✓ Use a **night light** for any dimly lit areas (halls, bedroom, bath).
- ✓ Keep a **flashlight** by your bed and easy chair.
- ✓ Make sure **stairs** are well lit at top AND bottom.
- ✓ Keep a light **by your bed** which can be turned on without getting out of bed.

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Bathroom

- ✓ Purchase **non-skid** mats for bathtubs and showers.
- ✓ Install **grab bar** in bathtub and showers.
- ✓ Use a **shower chair/transfer bench** for bathing.
- ✓ Utilize a **raised toilet seat** if getting up and down is difficult.
- ✓ Install a **handheld** shower head.
- ✓ Consider **bedside commode** if you often rush to the bathroom.



Kitchen

- ✓ Place everyday dishes and food at **waist height**.
- ✓ Purchase a **sturdy stool** with handrail for reaching high shelves.
- ✓ Tack down a non-slip absorbent **mat** at the sink area.



Bedroom

- ✓ Raise or lower bed to **proper height** for safe transfers.
- ✓ Arrange furniture so there are **open pathways** to prevent tripping.
- ✓ Obtain **bedside commode** if urgency is a problem.



Exterior

- ✓ Make sure there is an **outside light** and that it works.
- ✓ Hire a handyman to **fix steps** if uneven or unstable.
- ✓ Ensure that outside steps have a **sturdy handrail**.
- ✓ **Remove objects** (pet food bowls, toys, newspapers, gardening tools, etc.) from sidewalks/steps/pathways.
- ✓ Keep sidewalks in **good repair**. If surface is damaged or crumbling arrange for maintenance/smoothing.



Interior

- ✓ Install **smoke detectors!**
- ✓ **Check batteries** in smoke detectors in when Daylight Savings Time begins and ends (Spring and Fall).
- ✓ Keep your assistive equipment in **good condition** (canes, wheelchairs, walkers, etc.)
- ✓ Set the water temperature on your hot water heater to **120 degrees** Fahrenheit or less.
- ✓ Place a fire extinguisher in the kitchen and near your hot water heater within easy reach.

Do you have questions or concerns?

We Can Help
elara.com