

Home Safety Tips

TO MINIMIZE YOUR RISK OF FALLING



The first step in fall prevention is becoming aware of the multiple factors that can increase your fall risk:



BALANCE PROBLEMS

MOBILITY ISSUES



MULTIPLE MEDICATIONS

LOW BLOOD PRESSURE



SENSORY DEFICITS

HOME HAZARDS



STEPS TO A SAFER HOME



When you get older or less steady on your feet, areas of your home that were once virtually harmless start to pose a greater risk. Carpets, stairs, bathrooms - even pets can be dangerous. The good news is that many falls can be prevented!

Do a room by room assessment of your home and ask yourself the questions on the following pages. Then consider making some of the recommended changes that can improve your safety at home.



OVERALL SAFETY ISSUES



Are all areas of my home well lit?

- Improve lighting with light-sensitive night lights and/or motion detector lights that turn on automatically

Are my floor coverings in good repair?

- Repair torn or worn carpeting, linoleum, or floor tiles
- Secure throw rugs with double-sided tape or no-slip rug pads, or remove the throw rugs entirely
- Replace shag carpet with low pile carpet

Are the main walking areas free of obstacles?

- Rearrange furniture to allow a clear path
- Keep plants and tables along walls or in corners
- Clean up clutter

Are my phone and electrical cords out of the way?

- Remove all cords from walkways
- Never run phone or electric cords under rugs as this is a fire hazard

Are there any pets in my home that could affect my safety?

- Restrict your pets to certain areas if your balance is an issue
- Make sure pet food and water dishes are not placed in your walking path



BEDROOM



Have I set up my bedroom to avoid stumbling?

- Create a safe path around the room by rearranging furniture
- Put away shoes, clothing and other clutter
- Keep sheets and bedding tucked in

Do I have a light nearby that can be turned on and off without getting out of bed?

- Place a lamp or night light within reach of your bed
- Install a night light



BATHROOM



Do my tub, shower and toilet have sturdy grab bars?

- Install grab bars next to your tub, shower and toilet

(Note: Towel racks are not a safe alternative because they can pull out of the wall.)

Do the floors of my bathroom, my tub and/or my shower have non-slip surfaces?

- Place non-slip mats or strips in the tub or on the shower floor
- Keep the bathroom rugs in place by using rubber-backed rugs or two-sided carpet tape

Have I set up my shower to reduce my risk of falling?

- Add a reliable shower seat
- Add a hand-held shower head with hose

Do I have night lights in my bathroom to help me see and navigate better in the dark?

- Get a light-sensitive night light that turns on automatically



KITCHEN



Have I arranged my kitchen floor to reduce the risk of tripping?

- Place a rubber mat in front of the sink
- Repair rough or insecure flooring

Are the items I use most often within easy reach?

- Move the items you use frequently to lower cabinets and drawers
- Use a step stool to reach items you need to reach in high cabinets



INDOOR STAIRWAYS



Do all of my stairways have handrails on both sides?

- Install handrails for both hands, even on short sets of steps

Are my steps in good repair? Are they slip resistant?

- Attach carpet securely and repair any holes
- If your steps are bare wood, add slip resistant pads

Do I have good visibility on my stairways and landings?

- Install motion detector lighting
- Install light switches at both the top and bottom of stairs
- Add contrasting paint or glow-in-the-dark tape to the edges of stairs to make them easier to see

Do I keep my stairways clear?

- Carefully monitor your stairs to make sure all objects are removed and the stairs are clear at all time



OUTDOOR STAIRWAYS



Are my walkways well lit?

- Install improved lighting
- Add motion detector or light sensitive lights that turn on automatically

Do my stairs and walkways have non-slip surfaces?

- Paint your steps with a non-slip coating
- Arrange for regular removal of leaves and snow
- Repair broken stairs and add handrails
- Repair broken concrete or replace missing step stones on your walkways

Are my walkways clear of clutter and hazards?

- Move planters, decorations and other objects from the pathway
- Trim any shrubs or tree branches that hang into the walkway

This information is adapted from the StepWise Fall Awareness and Prevention Program, an exclusive offering of Residential Home Health. For more information, please call 866.902.4000.



NURSE ALERT



Still want some added security? Here's another step in the right direction.

Residential Nurse Alert is the next generation of personal emergency response systems. This service, offered exclusively by Residential Home Health, utilizes ON-THE-GO technology to allow Residential Nurse Alert to work outside of the home.*

Residential Nurse Alert provides the ability to connect to a nurse 24/7*** and encourages you to:

**PRESS THE BUTTON
FOR ANY REASON, DAY OR NIGHT!**

Plus, as part of every patient's care plan, Residential Home Health provides Residential Nurse Alert at NO COST for the first 60 days.**

For more information, please call

866.902.4000.

* ANYTIME - ANYWHERE access only works within cellular coverage area.

** There is no obligation to extend beyond the 60 days.

*** If the subscriber is a current Residential Home Health patient, he or she can be connected to a Residential Home Health nurse 24/7. If the subscriber is not a current Residential Home Health patient, Residential Nurse Alert will connect to the patient's primary physician's office (as long as this information is provided during set-up).

