

Home Safety Tips For Older Adults

Your host for this presentation is fellow KSC member and retired fire department battalion chief, Robert Avsec

Keep emergency numbers handy

- 911
- Poison Control: 1-800-222-1222
- Family member or friend to call in case of emergency
- Healthcare provider's office

Prevent falls

- Difficulty with walking or balance, or have fallen in the past year?
- Exercise program to prevent falls?
- Fallen before, or are scared of falling?
- Don't rush to answer the phone.
- Walking on smooth floors?
- Do you have a cane or a walker?

Safety-proof your home

- Make sure all hallways, stairs, and paths are well lit and clear of objects such as books or shoes.
- Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.
- Tape all area rugs to the floor so they do not move when you walk on them.

Protect against fire and related dangers

- If there is a fire in your home, don't try to put it out
- Don't wear loose clothes or clothes with long sleeves when you're cooking
- Replace appliances that have fraying or damaged electrical cords.
- Don't overload electrical outlets or extension cords
- Install smoke alarms
- Install carbon monoxide alarms
- Never smoke in bed or leave candles burning unattended
- Use space heaters safely

Avoid bathroom hazards

- Set the thermostat on the water heater no higher than 120° F to prevent scalding.
- Have grab bars installed in the shower and near the toilet
- Put rubber mats in the bathtub to prevent slipping.
- Difficulty getting in and out of your tub, or on and off the toilet?

Avoid medicine accidents

- Keep all medications in their original containers
- Large-print labels on your medications
- Take your medications in a well-lit room
- Bring all your pill bottles with you to your healthcare provider appointments

Protect against abuse

- Keep your windows and doors locked at all times
- Never let a stranger into your home when you are there alone
- Talk over offers made by telephone salespeople with a friend or family member
- Do not share your personal information
- Always ask for written information about any offers, prizes, or requests from charities
- Do not let yourself be pressured!

BONUS

Because who doesn't like to get more than they
paid for, right?

Common Stroke Symptoms

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

For More Information

HealthinAging.org

Trusted Information. Better Care.

HealthinAging.org is a trusted source for up-to-date information and advice on health and aging, created by the American Geriatrics Society's Health in Aging Foundation.