



Healthy Orange Seniors...8 Simple Steps for a Safer Home

Fortunately, there are steps you can take to help yourself or an aging loved one to be safer in their home. The simplest projects often offer some of the biggest benefits. These steps enhance your quality of life by enabling you to enjoy the **full use of your home and maintain your personal wellness.**

1. **Remove tripping hazards** such as throw rugs and clutter in walkways. Arrange furniture so that it creates open space and clear passage. Place bed, telephone, etc. where they are easily accessible. It is also important to keep your home brightly lit to avoid tripping.
2. **Add bathroom safety features**, such as using non-slip mats in the bathtub and on shower floors and install grab bars. Having a handicap accessible bathroom is an important element of home safety as **many falls occur in the bathroom.**
3. **Improve Mobility into and throughout your home.** This includes safety of outdoor walkways, entrances, doorways and stairs. Assistive Devices such as a cane or walker can also help your balance and mobility. Wheelchair home safety products such as portable handicap ramps help you move freely into and through your home.
4. For seniors living alone, a **personal medical alert system** allows a senior in distress to call for help.
5. **Exercise regularly** to increase body strength, flexibility and improve balance. Regular exercise has been linked to prevention of depression in seniors.
6. Review all medicines with the doctor or pharmacist (both prescription and over-the-counter) to reduce side effects and interactions.
7. **Have vision checked.**
8. Consider **home health care** to assist senior in higher risk activities, such as bathing. Many levels of personal, psychosocial and domestic care are available including live-in health care.

Information gathered from:

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