



A Community Action Agency



Senior Home Safety Manual

Home Injury Control Program



This booklet is designed to help you live safely in your home and to help prevent falls. Falls are a major health concern for seniors. The goal of this booklet is to help reduce falls and bring awareness to your living space.



- Always keep your cell phone charged and with you around the house in case you might need it in an emergency.

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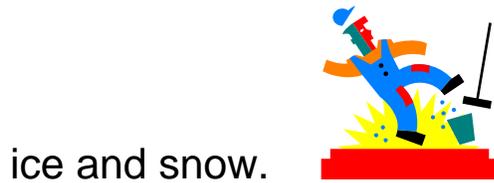
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SAFETY OUTSIDE YOUR HOME

1. Lighting: Add lighting to the walkway to make a visible path and walk more safely at night.
2. In winter months, keep walkways, driveways and stair ramps clear of



3. Mailbox: If possible, move mailbox to front door or install mail slot. It will be safer, especially in the winter months.
4. Bushes: Trim bushes around your home to prevent intruders from hiding in them.
5. Automatic Garage Door Opener: Install automatic garage door opener for safety.
6. Automatic Lighting: Add lighting over garage that turns on automatically when it detects motion or when it becomes dark for a clear view.



SAFETY IN THE LIVING ROOM

1. Furniture: Select couch and chairs that have arms and are not too deep or too low.
2. Tables: Select tables of appropriate height.
3. Lighting: Provide additional lighting where reading and other activities take place.
4. Passageways: Provide a clear passageway by eliminating excess or oversized furniture and objects.
5. Trailing Wires: Remove trailing wires where people walk by adding a phone jack or cordless phone. All wires should be kept out of walkways to prevent a fall.
6. Blinds: Add adjustable blinds or other window coverings to regulate glare and for privacy.



SAFETY IN THE KITCHEN

1. Reachers: Use a long-handled reacher for lightweight items on high shelves.
2. Additional Shelves: Add additional shelving and hooks under cabinets to store objects used regularly, or use a wall rack.
3. Heavy Objects: Keep heavy objects on a bottom shelf or cabinet top. Put lightweight or least used objects on top shelves.
4. Trolley Cart: Use a trolley cart with wheels instead of a tray to transport food.
5. Stepstool: Obtain a solid stepladder or stepstool with railings to hold onto.
6. Never Wear: Long-hanging sleeves while cooking. They can catch on fire.



7. Objects Over Stove: Move objects over stove to another location to avoid potential burns and fires.
8. Shopping Cart: Using a shopping cart to bring items in from the store. If you live in an apartment, you can also use it to carry your laundry back and forth.

SAFETY ON STAIRWAYS

1. Handrail: Add an additional handrail for support, making sure railing extends past last step.
2. Light Switch: Add light switches at the top and bottom of stairs to avoid falls and provide better lighting.
3. Obstacles: Remove all obstacles from stairs. This is a cause of many falls.
4. Use step strips for better traction on bare stairs, such as basement stairs.
5. Color Strip: Add contrasting color strips to the first and last step to identify change of level.
6. Slippers: Avoid loose-fitting, open-backed slippers to avoid falls.



SAFETY IN THE BATHROOM

1. Rugs: Do not use non-skid tape or loose rugs. Use only throw rugs

with rubber backing.



2. Tub Grab Bars: Have a professional install wall bars over bathtub ledge or tub handrails on wall. Do not use portable grab bars for they may not be safe.
3. Bathmat: Add bathmat with suction cups for better grip or non-skid strips to bottom of tub or shower.
4. Shower Chair/Transfer Bench: Add shower chair in tub or shower, if necessary, or transfer bench for a handicapped individual.
5. Hand Held Shower: Install a handheld shower head for better stability.
6. Raised Toilet Seat: If needed use a raised toilet seat, a toilet riser or toilet bars.



7. Cell Phones:

- **Always keep your cell phone with you in the bathroom. Keep it where you can reach it easily in case of an emergency.**

SAFETY IN THE BEDROOM

1. Cell Phone: Charge your cell phone near your bedside at night; the light in your phone will help you dial in case of an emergency.

- Stay Safe, never smoke in bed
- Or have hot liquids or other sources of heat in or around



your bed.

2. Telephone or Land Line: Use a telephone with large numbers for easy dialing numbers at the bedside.
3. Night-Light: Use a night light in the hallway to keep the passageway well lit.
4. Flashlight: Keep a flashlight near your nightstand. Use it to guide yourself around your home at night to avoid reflections of shadows or if the power goes off. Extra bright flashlights are available for the visually impaired
5. Smoke Alarm: Install a smoke alarm and carbon monoxide detector in the bedroom.
6. Clock: Use a talking clock and clock with large numbers.
7. Be sure all bedding is off the floor to prevent falls.
8. Chair: Use a firm chair with arms to sit and dress.

THINGS YOU NEED IN AN EMERGENCY

1. Water bottles



2. Food

3. First Aid Kit

4. Fire Extinguisher (make sure it is charged)

5. Flashlight



6. Extra Batteries

7. Radio (battery operated)



8. Clothing

9. Candles and matches

10. Canned and dry food

11. Blankets

RECOGNIZING HEAT STROKE

1. An extremely high body temperature (over 103 degrees)
2. Red, hot, and dry skin (no sweating)
3. Rapid, strong pulse
4. Throbbing headache
5. Dizziness
6. Nausea
7. Confusion

A heat stroke can be very dangerous. You need to cool down your body immediately and get medical help.



RECOGNIZING HEAT EXHAUSTION

1. Heavy sweating
2. Paleness
3. Muscle cramps
4. Tiredness
5. Weakness
6. Dizziness
7. Headache
8. Nausea or vomiting
9. Fainting

To treat heat exhaustion, cool yourself down with cold cloths, lay down, prop



up your head, get into the shade.

PERSONAL SAFETY

You should always be aware of your surroundings in your home. Add light fixtures beside your front and back door and a peep hole in your front door, so you can see who is on the other side. Add a deadbolt lock to all entrance doors for extra safety.

Don't give any information to a caller you don't know. Never give out your Social Security Number, bank number, or charge card number. When shopping or out in public, always be aware of your surroundings. Especially your vehicle, approach it from the side and glance under your vehicle. Always look in the back seat for intruders. Just because your vehicle is locked, it doesn't mean someone can't enter it and lock it up again.

If someone comes to your door dressed in a uniform or as a city, village, or utility employee or unfamiliar face and you're not expecting them, do not let them in, call 911.

- Remember if you are not expecting someone: Do Not Let Them In.
- Please keep these personal safety hints in mind at all times



SAFETY FOR THE VISUALLY IMPAIRED

If you are visually impaired and taking medication, it is important that you have a magnifier with the proper magnification to enable you to properly read the dose on your prescription bottle, this is so you won't have to depend on others to do it for you.



KEEPING YOUR MIND ACTIVE

To keep your mind active, read interesting books, newspapers, and magazines. Listen to local and world news to keep up with current events. Keep in touch with family and friends and talk to them daily. Join a Senior Center or volunteer at a local hospital or organization. Go for walks, if you don't have a pet you may consider getting one, they are great company.



KEEP THE FOLLOWING NEXT TO YOUR PHONE

1. Have a list of medication, including dosage, and a list of allergies.
2. Medical Insurance Cards or a list with the information from each card.
3. A list of doctors, relatives or friends who should be notified in case of emergency.
4. A list of the style and serial numbers of medical devices such as pacemakers, defibrillator and if you have had cataract surgery implants (which eye and type), etc.

