

Home Safety

The home should be a safe haven, but it can also be a source of potential hazards for seniors. Here are some key areas to address:

- **Fall Prevention:** Falls are a leading cause of injury among older adults. To minimize the risk:
 - Remove tripping hazards like loose rugs, electrical cords, and clutter.
 - Install grab bars in bathrooms, especially near the toilet and shower.
 - Ensure adequate lighting throughout the home, particularly in hallways and stairways.
 - Use non-slip mats in the bathroom and kitchen.
 - Consider using a cane or walker for added stability.
- **Fire Safety:**
 - Install smoke detectors on every level of the home and test them monthly.
 - Replace batteries in smoke detectors at least once a year.
 - Have a fire extinguisher readily available and know how to use it.
 - Never leave cooking unattended.
 - Be cautious when using space heaters.
- **Medication Safety:**
 - Keep medications in a secure location, away from children and pets.
 - Use a pill organizer to help manage medications and prevent errors.
 - Regularly review medications with a doctor or pharmacist to identify potential interactions or side effects.
 - Dispose of expired or unused medications properly.
- **Carbon Monoxide Safety:**
 - Install carbon monoxide detectors near sleeping areas.
 - Have heating systems, water heaters, and gas appliances inspected annually.
 - Never use a generator, grill, or other fuel-burning device indoors.