

## Have a Plan

Have an emergency exit plan and an alternative plan in case of fire. If the older person has a disability, call the local fire department and have them give you some stickers for the windows.

You may want to review some of these issues with your loved one & call the closest Senior Homecare by Angels agency to assist you in making your loved one's home safer and happier.

Show your loved one you care today!



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# Safety for Seniors at Home

*Making Your Loved One's Home Safe*



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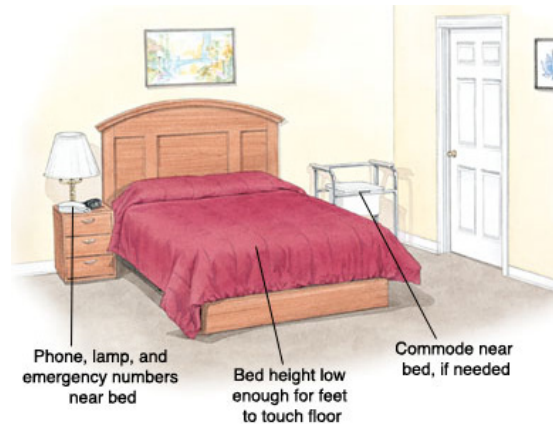
# Home Safety Preparedness

The purpose of this pamphlet is to point out the everyday areas of concern that healthy adults may take for granted.

What may not be an obstacle to you, may be to your elderly loved one. Many areas of the home should be addressed to better suit the mobility and agility limitations we experience as we age.



- Keep all areas of the home, including hallways and stairs, well-lit, but free from glare.
- Remove throw rugs, or attach a nonskid backing to them.
- Reduce the risk of falling on flooring by ensuring it is not slippery. Do not use any gloss polish.
- Use night lights in the bedroom, hallways, kitchen and bathrooms.
- Keep the stove area in the kitchen free of towels, paper towels, napkins, curtains and other things that might catch fire.
- Remove all newspapers & magazines from the kitchen counter areas.
- Keep a fire extinguisher in the kitchen, and teach everyone of age how to use it.
- Inspect electrical cords for fraying or cracking; be sure they are placed away from walking paths but not under carpet or furniture, where they could present a fire hazard.
- Set the hot water temperature at 115° F / 46° C or below on the water heater.
- Use slip-resistant decals or non-skid mats in the tub or shower.
- Install grab bars in the bathtub and by the toilet; be sure the screws go directly into the wall studs, so they stay securely in place.
- Check to be sure that extension cords are not overloaded & are clear of walkways.
- Install smoke detectors on every floor of the home and test them monthly.
- Dispose out-of-date medications and those which are no longer being used.
- Place a telephone in the bedroom. Post emergency numbers by all telephones.
- Keep space heaters away from flammable materials, and be sure the room is well ventilated.
- A three-pronged plug should be used in a three hole outlet, or an adapter should be used.
- Always turn off heating pads before an older person goes to sleep.



## Accessibility Standards

Canada has published resources to aid those with disabilities.

Visit Canada's *Accessibility Resource Centre* for additional information, and to and check your province for provincial accessibility guidelines, at Federal Government web site <http://www.esdc.gc.ca/eng/disability/arc/index.shtml>.



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