

Empower Minds.
Strengthen Bodies.
Inspire Creativity.

SAFETY AT HOME

- Remove throw rugs/runners. These can be tripping/slipping hazards.
- Never have an extension cord laying where you have to step over it.
- Have a professional install grab bars in your tub/shower and next to toilets.
- Replace your existing toilet with an "ADA" toilet which is higher and makes getting up and down easier. Another option is to add a "raised toilet seat."
- Use nonskid mats both inside and outside of the tub.
- Using a shower/tub chair allows you to sit while taking a shower. Replace your existing shower head with a hand held shower.
- Make sure all stairwells have a ceiling light at both the top and bottom. Replace any burned out light bulbs.
- Consider replacing existing light bulbs with CFL bulbs. They offer a brighter/whiter light, last for much longer and use less energy than a 40 watt light bulb.
- Check carpet on stairs and make sure it is secure. There should be no movement in the carpet.
- Never sit in a chair with wheels. These can easily move causing you to fall while either sitting or rising.
- If you have concrete steps to enter your house, consider painting a one inch wide stripe on the top edge of each step.
- Consider placing bright "duct tape" on the edge of each step (wood or carpet). This will help you distinguish the edge for accurate foot placement.
- Add night lights (motion activated or automatic) in bathrooms and hallways.
- Install handrails on each side of stairwells as well as any steps leading to the front/back entrance of the home.
- Make sure all steps/bricks/stepping stones/pavers are secure and don't move when you step on them. Fix any uneven/elevated surfaces in walkways/driveways.
- Make sure your furniture is arranged to create clear/wide walking paths.
- Install motion activated lights at all entrances to house.
- Low voltage LED lighting offers a great way to light walkways/driveways. Lights can be set to automatically turn on/off at dawn/dusk.
- Use a long handle bath sponge to reach lower part of legs/feet while showering. This will prevent you from having to lift one foot while standing on the other.
- If you have a tub/shower combo, add a "tub clamp grab bar" on the edge of the tub to hold onto while you step into and out of the tub.
- If you use a walker, never attempt to carry items in one hand while using the walker with the other. A walker basket can be added to transport light items while using the walker.
- If you find it hard to stand up from your favorite piece of furniture, consider raising the height of the piece of furniture by adding "furniture risers" under the legs.

