

CATHOLIC  
Medical  
CENTER

# HOME SAFETY PACKET

## RECOMMENDATIONS AND SAFETY CONCERNS

### **Throughout the Home:**

- Remove throw rugs
- Secure any loose carpeting
- Use non-skid wax on the floors
- Consider removing thresholds from floors
- Adjust lighting to reduce glare
- Light pathways to bedroom and bathroom with a nightlight at night or motion detection lighting
- List emergency numbers on or near phone, use speed dial
- Keep phone in reach – a cordless phone is best so one can carry it with them
- Consider emergency alert systems – i.e. Lifeline

### **Kitchen:**

- Assure easy access to commonly used items
- May leave commonly used dishes out on counter or leave in dish drainer
- Avoid shelves above/below easy reach, if needed, use long handled reacher to retrieve items
- Do NOT use a footstool or stand on chairs to reach items
- Slide heavy items across counter rather than pick them up, and store in lower cabinets.
- A pegboard installed to hang items vertically
- Place knives in holders rather than in the bottom of drawer
- Place coffee/tea pots near the sink, since the first step in using such items involves obtaining water
- Use a microwave oven instead of a gas/electric stove
- Place commonly used dishes and glasses on low shelves so that they may be easily obtained
- Use non-slip strips on the floor near the sink to reduce the risk of slipping on water
- Use a walker basket/tray to carry items

## **Bathroom:**

- Install hand held showerhead
- Use rubber bathmats or abrasive strips in the bathroom
- Elevating the toilet seat 3 to 6 inches can ease in getting to the standing position (with or without arm rails)
- Use non-slip grab bars along the toilet and in the shower
- Use a tub seat or shower chair with non-skid tips for transfers in and out of the bathtub to eliminate standing in the shower
- Use adaptive equipment that is appropriate
- Place commonly used items in a bucket or at arms reach away
- Place a chair in front of the sink while sponge bathing
- Remove shower doors and replace with curtains

## **Bedroom:**

- The telephone should be beside the bed with emergency numbers on or beside the phone
- A nightlight should be used
- A firm mattress assists patients in bed mobility and transferring
- Remove footboard where possible
- A sliding board if needed
- An intercom, bell, or infant monitor can be used to summon a caregiver
- A small lamp at bedside that turns on/off, touch lamp
- Remove long bedspreads or dust ruffles
- Consider use of bed rails
- Consider need for bedside commode or urinal
- Assure safe pathway to bathroom – clear clutter out of way

## **Stairs and Hallways:**

- Assure handrails are easy to grasp and easily visible
- Install light switches at top and bottom of stairs
- Assure non-skid surfaces on stairs
- Consider marking stair edges
- Go up the stairs with the stronger leg first, then the weaker leg, going down with the weaker leg first, then the stronger

## **Outdoors:**

- Remove clutter from walkways
- Keep path free of snow and ice
- Install lights and hand rails
- Check pathways for soft gravel, uneven surfaces and wet surfaces

## **Community:**

- Use shopping carts when available
- Use recommended walking aides
- Be aware of changes in grades (curbs and ramps)
- Use automatic doors when available
- Use arm chairs when available at restaurants versus booths
- Be aware of seating for needed rest breaks
- Use elevators versus escalators whenever possible
- Call ahead for information on getting additional assistance
- Avoid revolving doors