

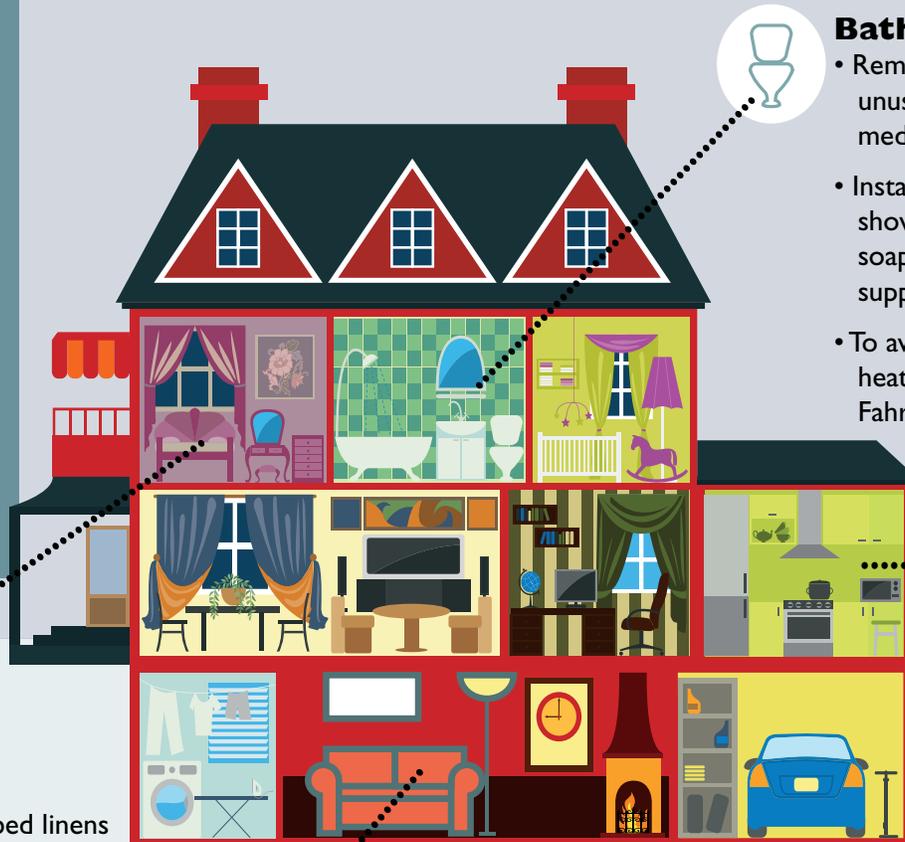
Home Sweet (and Safe) Home

While falling is the #1 cause of death for those 65 and older, the good news is *aging itself doesn't cause falls*.

Did you know?

- Over 800,000 patients a year are hospitalized due to an injury from a fall.
- Second only to your car, your home is the most dangerous location you frequent. It is also the second most common location of accidental deaths.

Here are some tips to make your home a safe haven:



Bathroom

- Remove any expired or unused drugs from the medicine cabinet.
- Install grab bars in the shower - do not use the soap dish or towel rack for support.
- To avoid scalds, turn water heater to 120 degrees Fahrenheit or below.



Kitchen

- Make sure that fire extinguishers are in reach, especially for residents in wheel chairs.
- When cooking, wear shirts with close-fitting sleeves to prevent burns from spills or splatters.
- Reorganize cabinets so often-used foods or equipment are within reach.



Bedroom

- Avoid bedsprads, bed linens and draperies that reach the floor in order to keep feet from getting tangled.
- Make sure the bed is the appropriate height - 20 to 23 inches high from the floor to the top of the mattress (recommended).
- Invest in a motion sensor light to guide you to the bath, hallway or emergency exit in the middle of the night.



Living Room

- Remove throw rugs and secure loose carpet edges.
- Remove electrical or telephone cords from traffic areas.
- Make sure all stair cases have good lighting with switches at the top and bottom.



Going above and beyond for you!

For more information about safety, chronic disease management and other helpful topics, visit www.PeninsulaHomeCare.com

