



## Why is home safety important?

Nelson was walking to his bathroom one night when he tripped on a throw rug. This made him realize he needed to make his home a safer place. By talking to an Occupational Therapist and having a home safety evaluation, Nelson learned ways to make his home safer. He taped down rugs, added lights to walkways to make them brighter, and put a night light in the bathroom. He also started keeping his walker right next to his bed and cleared the clutter from the walkways. Now Nelson feels confident when moving around his home knowing he has taken the steps to keep his home safe.

## What can you look for?

- Frequent trips or falls
- Avoiding certain activities in fear of falling
- Clutter in the home/walkways
- Low lighting or poorly lit pathways
- Things crossing your path such as cords
- Poor footwear such as socks without grip
- Lack of assistive devices in the home

Home safety is necessary to keep aging adults safe and independent in the home for as long as possible.

## Questions to ask yourself:

- Can you get to the bathroom easily at night?
- Do you have a hard time with balance when moving around your home?
- Do you need extra help with your daily activities?
- Do you leave the stove on or leave candles burning while you're not around?





## What can you do?

- Remove clutter and throw rugs from commonly used pathways
- Install nightlights or bedside lamps for safer movement in the dark
- Install anti-slip strips/mats and grab bars in the shower or tub
- Have light switches at top and bottom of stairs
- Keep medication in original, clearly labeled container
- Keep a list of important numbers (911, emergency contacts, poison control, provider, etc.)

## Where can you find support?

- **Exercise** for strength and conditioning to support your healthy living goals.
- **Physical Therapy** can provide personalized ways to prevent injury or recover from one.
- **Occupational Therapy** for home and activity modifications for independence and safety.
- **Community Resource Specialist** can share resources to make your home safe.
- **Home Visit Team** can do a home safety evaluation.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

## Alaska Native Health Campus Resources

### Anchorage

(907) 729-3300

### Matanuska-Susitna Borough

(907) 631-7880

- Elder Program
- Exercise
- Occupational Therapy
- Physical Therapy
- Primary Care
  - Community Resource Specialist
  - Home Visit Team
  - Integrated Physical Therapist

## Community Resources

- ACCESS Alaska  
(907) 248-4777
- Alaska Center for the Blind and Visually Impaired  
(907) 248-7770
- Assistive Technology of Alaska (907) 563-2599
- Aging and Disability

