AGING WELL

Home Safety

Why is home safety important?

Nelson was walking to his bathroom one night when he tripped on a throw rug. He then realized 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 are some considerations for home safety?

- Frequent trips or falls
- Avoidance of certain activities for fear of falling
- Clutter in the home or 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

It is important to be aware of the of risks and potential dangers in and around the home that may be harmful to you. 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 are not around?

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

AGING WELL

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 or mats and grab bars in the shower or bath tub.
- Have light switches at top and bottom of stairs.
- Keep medication in original, clearly labeled container.
- Keep a list of important numbers including 911, emergency contacts, poison control and your provider.

Where can you find support?

Contact your primary care team directly or call
***Benteh Nuutah* Valley Native Primary Care Center ..... (907) 631-7800**

NB
☑ Community Resource Specialists
Community resource specialists can share resources to help make your home safe.

☐ Home Visit Team (R)
The home visit team can do a home safety evaluation.

☐ Exercise Physiologists ..... (907) 631-7630
Exercise physiologists can provide support for being physically active and help create individual exercise programs to help build strength and keep you safe.

☐ Physical Therapy (R) ..... (907) 631-7640
Physical therapy can provide personalized ways to prevent injury or recover from one.

☐ Occupational Therapy (R) (car) ..... (907) 729-6683
Occupational therapy can provide education for home and activity modifications to maintain independence and safety.

Key

NB Non-Beneficiary	(R) Referral needed	(car) Travel by car required
☑ Support available to Non-Beneficiary	(plane) Travel by plane required	(phone) Available over the phone or virtual visit