

Occupational Therapy

Name: _____

How to Stay Safe at Home

Date: _____

Staying safe at home will help you remain independent.

This is a list of general ways to stay safe at home. Your occupational therapist might give you more ways to keep you safe.

The goal of home safety is to prevent injuries to you and others. Share this information with your family and friends so they can help make your home as safe as possible.

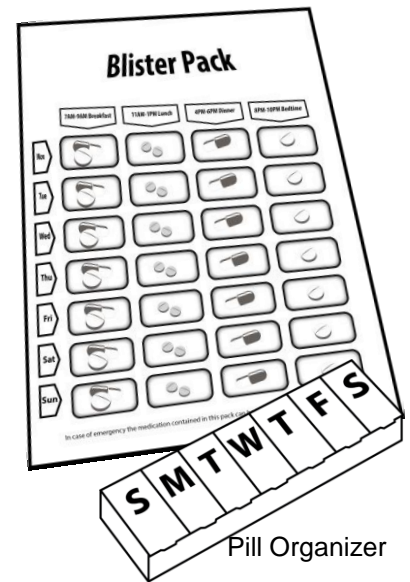
Setting up your home

- ✓ Position your furniture to give you space to move around.
- ✓ Rearrange closets and storage areas so you have enough floor space to easily move around.
- ✓ Remove all small rugs and carpets. For large area rugs, place a non-slip mat under the carpet (also called a carpet underlay).
- ✓ Position electrical cords along the wall. If cords cross areas where you walk, tape the cords down.
- ✓ In your bedroom:
 - Position your bed so that nothing gets in your way as you get in and out.
 - Put a sturdy table beside your bed.
 - Put a lamp and telephone on your bedside table.
- ✓ Install stair railings, preferably one on each side of the stairs.
- ✓ Make sure you have good lighting in all areas of your home. When the amount of light changes, give your eyes time to adjust.
- ✓ When getting up at night, turn on a light. Or leave lights on where you will need them if you often get up at night.

How to Stay Safe at Home - *continued*

Managing your medications safely

- ✓ Use only one pharmacy for your medications.
- ✓ Keep your medications organized.
Do one of the following:
 - Ask your pharmacy to put your medications in a 'blister pack'.
 - Keep medications in a weekly pill organizer.



Personal Care

- ✓ When getting dressed, sit in a chair.
- ✓ When taking a shower, do one of the following:
 - Have someone at home.
 - Take a phone into the bathroom and leave it on the bathroom counter.
 - Wear your Lifeline button if you have one. It is waterproof.
- ✓ Outside your bathtub or shower:
 - Use a non-slip bathmat.
 - Hang the bathmat over the edge of the tub or shower when not using it.
 - Replace towel bars with properly installed grab bars.
- ✓ Inside your bathtub or shower:
 - Use a non-slip rubber mat or stick-on non-slip strips.
 - Install grab bars.
- ✓ Consider buying tools to help you safely reach:
 - Long-handled reacher
 - Long handled shoehorn
 - Sock aid
 - Elastic shoe laces

How to Stay Safe at Home - *continued*

- ✓ Arrange for other home safety equipment recommended by your occupational therapist such as:
 - Raised toilet seat
 - Tub transfer bench
 - Shower chair
 - Hand held shower head
 - Bedrail

Everyday activities

- ✓ Sit to work as much as possible. For example, sit at a table to chop or mix food.
- ✓ Take a rest breaks.
- ✓ Attach a small bag to your walker to carry small items.
- ✓ Use a wheeled cart to transport items in your home.

- ✗ Do not climb step ladders.
- ✗ Do not use step stools.
- ✗ Do not use a towel bar as a grab bar or as a support.
- ✗ Do not carry items in your hands when using a walker.

In Case of an Emergency

- ✓ Write down emergency and important phone numbers. Keep the list near your telephone.
- ✓ Put the following on your fridge:
 - a list of all your medications
 - a copy of your personal and medical care instructions (Advance Care Plan)
- ✓ Replace the batteries in your smoker detector every 6 months.

How to Stay Safe at Home - *continued*

Added Services

- ✓ Sign up for a personal emergency response service such as Lifeline. The system allows you to call for and get help right away 24 hours a day, 7 days a week.

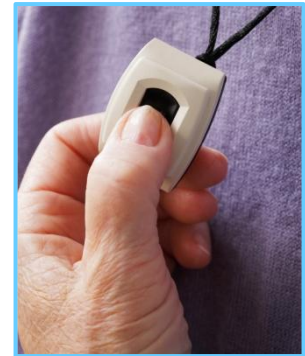


Image Courtesy of Phillips Lifeline

Other ways to keep you safe at home

If you have questions about staying safe at home, contact your occupational therapist.

_____ (OT) (____) _____ - _____

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.