

HOME SAFETY

FAMILY CAREGIVERS

 Safety Risks and Prevention

Home Safety Risks and Prevention

Help protect your aging loved ones from hazards in their home.

Top Tips for Home Safety Risks and Prevention

June is National Safety Month—a time to assess safety risks in the home and learn how you can prevent accidents and injuries from occurring in the adults you love and help care for.



1 in 3 adults
age 65 and older falls each year.

Falls and Injuries

In adults ages 65 and older, 1 in 3 falls each year. Once an older adult falls once, the chances double that they will fall again. (source) One in five of these falls results in a serious injury such as a head injury or broken bones.

<http://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

Choking and Suffocation

Choking on food or other objects is a primary cause of suffocation. Choking is the second leading cause of unintentional injury death in those 87 and older. Having dentures or difficulty swallowing can increase choking in the elderly.

Foods with Minimal Choking Risk Foods to Avoid to Help Prevent Choking

- Ground meat
- Soup
- Jello
- Pudding
- Applesauce
- Fish
- Chocolate (it will melt if it gets stuck)

- Steak and other large pieces of meat
- Hard candy
- Popcorn
- White bread
- Hot dogs
- Cake and milk
- Dry crackers
- Chicken with bones

Reduce the Risk of Falling in Your Home



Talk with your doctor about medications and overall health to determine your risk of falling.



Eliminate items from the home that you are likely to trip over.



Determine if a ramp is needed in place of stairs in the home.



Add rails to both sides of any ramp or stairway.



Add grab bars to the inside and outside of shower and tub area in the bathroom.



Ensure there is plenty of bright lighting in the home. Add more lighting or brighter bulbs if needed.

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Poison

Preventing loved ones from ingesting toxic substances in the home isn't just child's play. Older adults can also be at risk of poison. Prescription drug overdose is the leading cause of deaths by poison

Prevent Poisoning In Your Elderly

- Get the home tested to see if there is a risk of radon gas exposure.
- Make sure battery-operated or battery backup carbon monoxide detectors are installed. Check or replace the batteries when the time change occurs every spring and fall.
- Administer medications or use pill boxes so medications are not taken more than necessary.



With a few simple steps, you can help prevent accidents in the home. Our Home Safety Assessment video will help show you the first steps to seeing and resolving hidden hazards in your home so you can keep your elderly loved ones safe and prevent costly injuries.

Watch it online at <https://www.clearcareonline.com/video-marketing-tools-embed>



Home Care Tip:

Caregivers can talk about home safety with clients and their families. Caregivers can work to create a safety plan with their client that outlines home safety risks and prevention tips. This allows everyone to be proactive in creating a safer home environment.



Ovation

HOME CARE