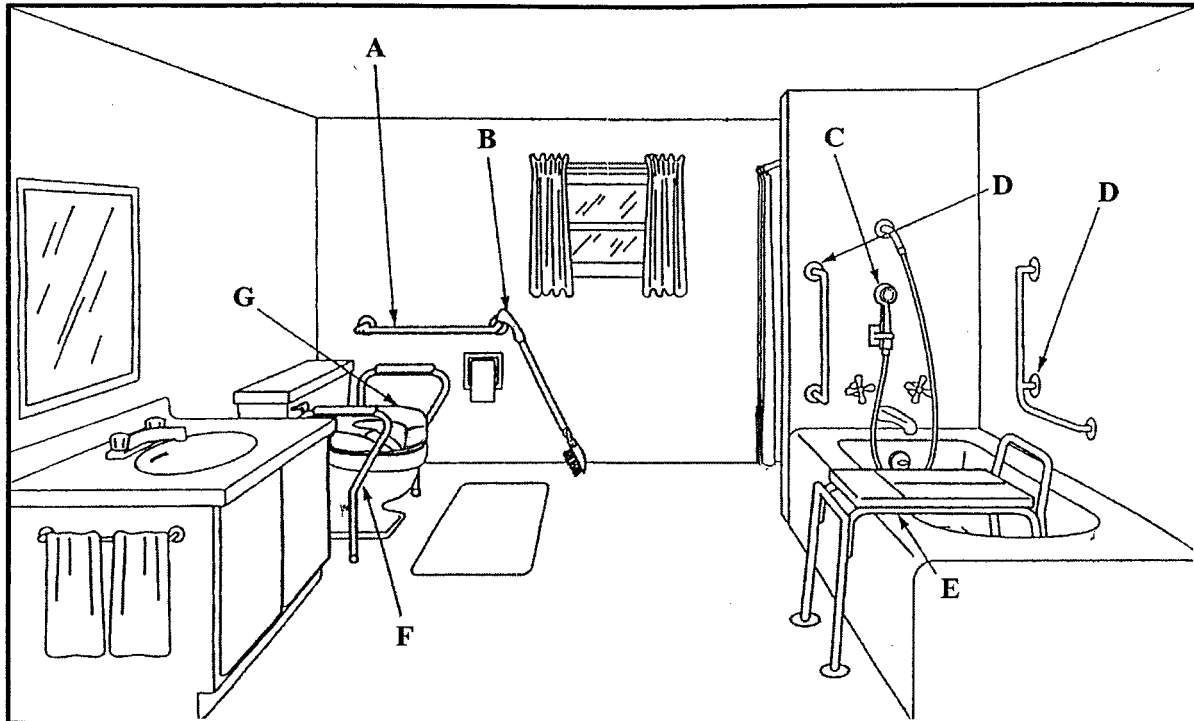


Preparing Your Home



Checklist: Avoiding slips, trips and falls.

-
- | | |
|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Handrails | <ul style="list-style-type: none">• Make sure you have sturdy handrails on steps and stairs. |
| <input type="checkbox"/> Lighting | <ul style="list-style-type: none">• Make sure your home is well-lit.• Always turn lights on before walking into a room.• Keep the light on in the bathroom at night or use a night light.• Make sure stairs are well lit. Mark edges of steps with non-skid contrasting strips. |
| <input type="checkbox"/> Bathtub or shower | <ul style="list-style-type: none">• Prevent slips in the bathtub or shower with a rubber mat or non-slip decals.• If the shower is large enough, purchase an adjustable shower seat.• A hand-held shower may be helpful. Make sure you do not bend over too far. Keep your back straight.• A long-handled sponge can reach below your knees.• You may not be able to pick an item up from the floor, so a hanging shower caddy may be helpful.• You may want a shower basket that suctions to the shower wall to hold additional items that may fall on the shower floor. |
| <input type="checkbox"/> Carpets and rugs | <ul style="list-style-type: none">• Make sure all carpet edges lie flat. Tack down loose edges. Remove throw rugs. |
| <input type="checkbox"/> Clutter and spills | <ul style="list-style-type: none">• Keep walking areas and stairs free of clutter. Keep electric cords out of the flow of traffic.• Wipe spills as soon as they occur. |
| <input type="checkbox"/> Equipment you may want to use | <ul style="list-style-type: none">• See page 43. |
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(from Harborview Injury Prevention and Research Center)

- A** Wall-mounted grab bars
- B** Extra long bath brush
- C** Hand-held shower
- D** Wall-mounted grab bars
- E** Transfer tub bench
- F** Toilet frame bars
- G** Cut-out raised toilet seat

Preparing Your Home



Put things within reach.

- Household items**
 - Put household items that you may need within reach. Bring items from upper cabinets down and items from lower cabinets up.

- Sleeping**
 - If possible, arrange to have your meals, bed and bathroom on one level. Keep extra clothes and towels on the first floor if you don't have a bedroom or a bathroom close by.

- Meals**
 - Prepare and freeze meals in small portions for reheating.

- Temperature**
 - Have a thermometer handy.

- Telephone**
 - If possible, keep a cordless phone or mobile phone in a basket attached to your walker or in a pocket or very light fanny pack. You want to be able to answer the phone without having to get up.

- Sitting**
 - Adjust the height of your furniture for your safety and comfort. When you sit, your knees should be lower than your hips. Remember posture is very important.
