



Home Safety Considerations

The Centers for Disease Control and Prevention (CDC) has developed an initiative known as the STEADI (Stopping Elderly Accidents, Deaths, and Injuries) which provides helpful educational resources to healthcare providers, caregivers, and patients. These resources aim at reducing falls and falls risk. Home safety is an important thing to consider when trying to prevent falls or reduce the risk of falls. This article will highlight the recommendations for making sure that your home is safe to live in and does not put you or your loved ones at an increased risk of falls.

Stairs - Make sure that there are handrails on both sides of the stairs that are steady and supportive and go the entire length of the stairs. Do not store objects on your stairs. Have broken or uneven steps repaired, ensure carpet is firmly attached, or install non-slip rubber treads to each step. Make sure that you have overhead lighting on your staircase with a switch that is easily accessible at both the top and bottom of the stairs.

Floors - Clear a walking path around furniture to make enough room to access necessary places within the home. Avoid storing objects such as boxes, books, shoes, papers, etc on the floor which are common tripping hazards. Remove throwrugs, or use double-sided tape or a non-slip backing so that the rugs will not slip. Make sure that there are no loose wires or cords that are in walking areas that could trip you. Keep the cords running along your walls instead of across rooms and contact an electrician to add another outlet if needed.

Kitchen - Keep objects or appliances that are commonly used on the countertop or lower shelves, about waist height. If you must use a step stool, get one that has a bar to grab on to. Never use a chair as a step stool.

Bedrooms - Adequate lighting to the bathroom is of utmost importance. Make sure you have a lamp or light switch that is easy to reach near your bed. You could also use a nightlight so that you can see where you are walking and avoid tripping.

Bathrooms - Place non-slip rubber mats or self-stick strips on the floor of the tub or shower. Have grab bars installed inside the tub and next to the toilet. Toilet risers help if you have difficulty getting up from the toilet. Tub transfer benches help you get in and out of the tub safely if a walk-in shower is not available.

If you or your loved ones have concerns about falls or questions about the home safety considerations discussed in this article, one of our qualified therapists would love to do a comprehensive balance assessment and address all of your fall related concerns.

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