



Home Safety for Seniors

Making Your Loved One's Home Safe

Falls are the leading cause of injury death for seniors and can impede their ability to remain independent.

A Senior Home Care by Angels care coordinator can meet with you to provide a no-cost, no-obligation home care consultation. Coordinators also include complimentary home safety and fall-risk assessments, a discussion of individual safety needs.

Home Safety Updates

You can make the following changes to improve safety and quality of life, around the home for your senior loved one:

General Areas

- Keep space heaters away from flammable materials, and ensure the room is ventilated.
- Install easy to use locks for seniors who may have physical limitations.
- Remove throw rugs, or attach a nonskid backing to them.

- Inspect electrical cords for fraying or cracking; be sure they are placed away from walking paths but not under carpet or furniture, where they could present a fire hazard.
- Install stair rails for assistance going up and down steps.

Kitchen Areas

- Rid the home of outdated appliances that no longer function safely.
- Install a fire extinguisher in the kitchen, and teach everyone of age how to use it.

- Install a smoke detector in the kitchen and on every floor of the home. Test them monthly.
- Install or adjust the microwave to a convenient height to avoid reaching and risking injury.

Bathroom Areas

- Set the hot water temperature at 46°C or below on the water heater.
- Install grab bars in the tub or shower to assist with bathing.
- Non-skid tub mats and a hand held shower head can also be useful.



What Are Risk Factors?

A risk factor is something that increases a person's chances of potential injury. Risk factors may be linked to a physical condition, a medical problem, or the home environment. Arthritis, dehydration, and lack of grab bars in the bathtub are a few contributing examples of risk factors. Addressing risk factors promptly may prevent future incidents.

Fall Risk Factors

Seniors are more likely to suffer falls due to factors such as:

- Decreased Strength
- Poor Coordination
- Limited Mobility
- Vision & Hearing Loss
- Stiff or Painful Joints
- Health Complications
- Cognitive Disorders
- Multiple Medications

Senior Safety Tips

Seniors can implement the following habits to improve safety and quality of life:

- Avoid overreaching and place frequently used items within easy reach.
- Keep the stove area in the kitchen free of towels, paper towels, napkins, and things that might catch fire.
- Keep all areas of the home, well-lit, but free from glare.

- Always turn off heating pads before bed.
- Use night lights in the bedroom, hallways, kitchen and bathrooms.
- Dispose out-of-date medications and those no longer being used.
- Post emergency numbers in a visible, prominent place.
- Don't overload extension cords and keep them out of walkways.



Locally Owned & Nationally Known

The following services can be provided for a few hours a day up to 24/7 care.

Bathing & Dressing Assistance
Assistance with Walking
Medication Reminders

Errands & Shopping
Light Housekeeping
Meal Preparation
Companion Care

Respite Care for Families
Transitional Care
End-of-Life Care



Call for a FREE Consultation

519.653.8185

Senior Home Care by Angels Cambridge and Guelph

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