



## Is the Home still safe?

When considering if your loved one is still safe at home there are a lot of things that you should think about in the home itself as well as your loved one. The following is a list of things to consider changing or altering to make sure that your loved one is still safe in their house.

### **Easy Fixes**

**\* Most of these fixes are quite simple and you don't need to be a skilled handyman to do it. If you would like to, hire out someone to install these fixes for you, or call a friend or loved one to help! \***

- Non-slip surfaces on tile
  - Particularly in bathrooms, showers or kitchens, this can be a big risk with very inexpensive fixes.
  - Non-slip tape = under \$10 at Home Depot or about \$15 per roll on Amazon
  - Non-slip mats for under a rug = \$15-30 per roll at Home Depot
  
- Flat door thresholds
  - Crossing into other rooms of the house can have some risk because the threshold of the door is raised and becomes a tripping hazard
  - Door threshold plate or seal = \$30-50 at Home Depot or on Amazon
  
- Tubs and showers
  - Getting in and out of a tub can mean standing on one foot on a slippery surface.
  - Showers are preferred and they can be modified to fit the needs of each person
  - Adding grab bars, non-slip tape, a shower chair, or a new mobile shower handle are easy fixes (see your local medical supply store or Home Depot for these products)



- Lever handles on doors
  - When someone is walking with a cane or walker, it can be easier to open a door with a handle than a knob.
  - Lever handle = \$15-25 at Home Depot
- No clutter or furniture in Hallways
  - It may sound simple, but keeping regularly used walkways clear of clutter prevents trips and falls.
  - Keeping furniture out of the hallways means it is easier to fit walkers, wheelchairs and other mobility aids down the hall. It's also easier for emergency providers to access the home if needed.

### **Harder fixes**

**\* These fixes are harder to do by yourself and you may need to hire a contractor or consider a new location if doing these fixes in your home is infeasible or too expensive. \***

- Outlets higher up
  - Having outlets higher off the ground means less bending down and possibly causing lightheadedness or difficulty getting back up.
- Wide doorways
  - Particularly for people with wheelchairs or walkers a wider doorway means easier access.
- Ramps to the house
  - Stairs can become difficult later in life so if you have the ability to use a ramp it lessens the likelihood of a fall or trip incident.

**Have you decided that the home is no longer safe and it's time to move? We can help you with the next steps.**

**Call PIECES today at 970-837-1579 for more information**