

Keeping seniors safe

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Accidents at home are a major cause for worry if you have elderly parents at home. Besides diminishing visions, senior citizens also have to deal with a dwindling sense of balance, touch, smell and memory. With seniors at home, homeowners are always advised to take special precautions to ensure a safer living environment. Listed below are some suggestions to eliminate household hazards that you could incorporate in your home.

The first thing you need to avoid in your home is the abundance of appliances, lamps etc that have long cords trailing over the floors. Tripping over cords is the number one reason for most senior accidents at home. Before laying flooring tiles make sure they are of the non-skid variety. If you already have tiles that seem slippery, opt for thick carpets that provide more grip and also help cushion falls. Place telephones and emergency telephone numbers in accessible areas preferably in all the rooms of a home. Or invest in a cordless phone or a mobile phone so that they can all you in emergencies. In the kitchen make sure the area near the gas and the sink are well lit. Also place quality oven mittens rather than traditional potholders to provide seniors with a better grip on hot containers. Oven mittens also provide a level of safety against splatters and steam.

Ensure that no curtains, hand towels or napkins are placed over the gas stove. Make a standing rule that liquid and grease spills are to be wiped away immediately. To ensure this, invest in a good quality mop and store it in the kitchen to make cleaning up more convenient. If your home has a few steps make sure they are in a good condition and free of clutter. If possible install hand rails on one side of the steps to make traversing them easier. Bathrooms are always a danger area for seniors.

Invest in a quality and sturdy plastic chair that they can take along to the bathroom while bathing. Ensure that all areas of your home are always well lit to make visibility easier. Preferably their own bedrooms should have light switches placed immediately near the door and also next to their beds to avoid them having to walk in the dark. Ensure that a senior's bed is neither too high nor too low to make it easier for them to get in and out of bed.