



How to Make a Home Safe for Older People  
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# HOW TO MAKE A HOME



## SAFE

# FOR OLDER PEOPLE

Despite the range of care options available, older people are increasingly choosing to stay at home.

If your aging loved ones prefer independent living, here are some tips that will make their life easier, and give you some peace of mind.

## KITCHEN

### Telecare detectors

As well as sounding an alarm, these detectors also raise an alarm at a monitoring centre

- Fire or smoke alarms
- Carbon monoxide monitors

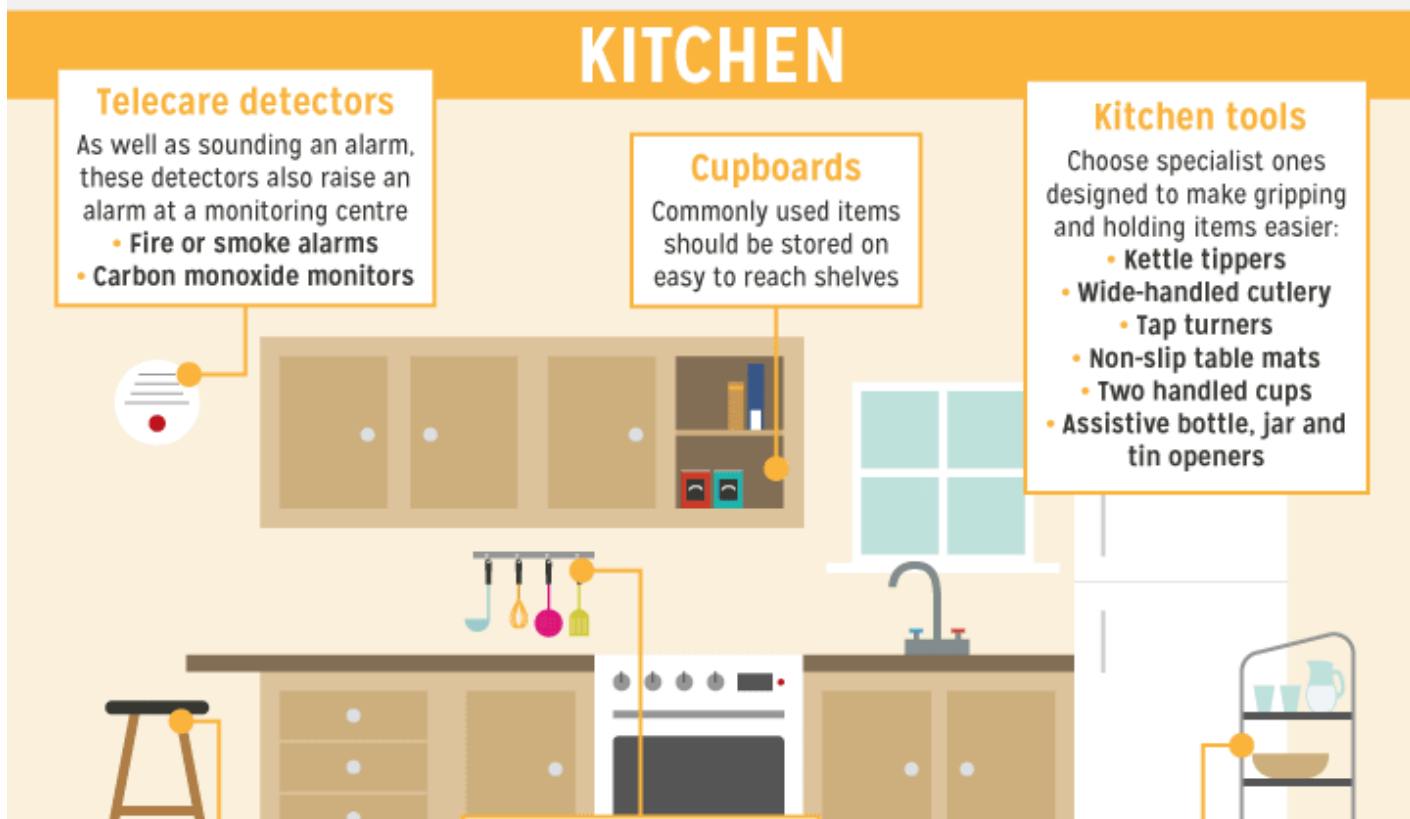
### Cupboards

Commonly used items should be stored on easy to reach shelves

### Kitchen tools

Choose specialist ones designed to make gripping and holding items easier:

- Kettle tipplers
- Wide-handled cutlery
- Tap turners
- Non-slip table mats
- Two handled cups
- Assistive bottle, jar and tin openers



### Perching stool

Can help ease the strain on feet when preparing food at the counter

### Contrasting colours

Distinct colours can help elderly eyes register items more easily

### Trolley

Helps with moving food and drink safely from room to room

## LIVING ROOM

### Entry phone

Helpful for those with difficulty getting to the front door when someone calls



### Furniture

Should be arranged so there's plenty of room to walk around freely



### Lighting

Improved lighting can reduce falls and accidents

An 80 year old needs approximately 3 times more light than a young adult



### Electrical cords

Ensure these are secured to the wall to prevent trips



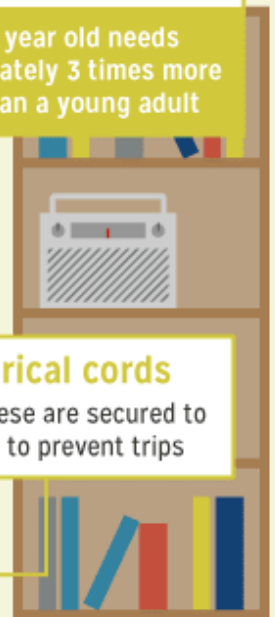
### Large screen phone

To make contacting friends and family easier



### Rugs

Remove or attach rugs to the floor with double-sided tape



## BEDROOM

### Lamp

Should be placed within easy reach of the bed to avoid the walk to and from the light switch - which can be hazardous in the dark



### Bed rail

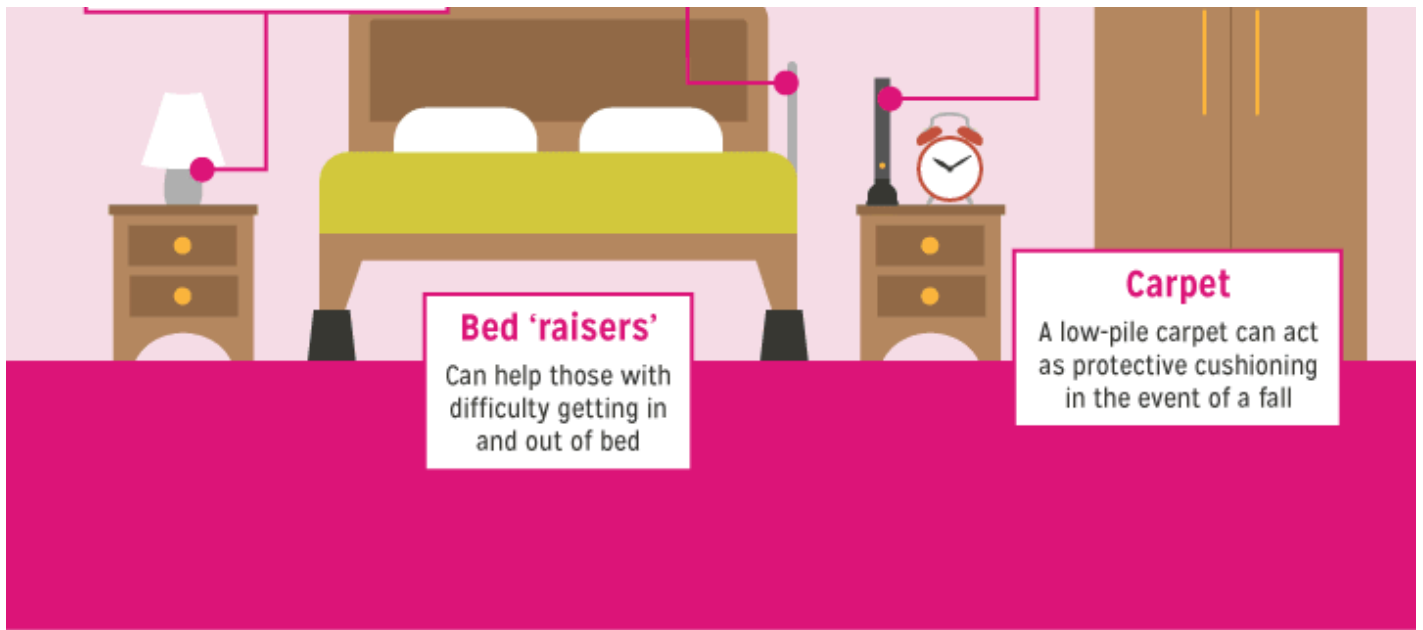
Helpful for offering additional support



### Flashlight

Kept near the bed, it can be easily accessed in case of a power cut





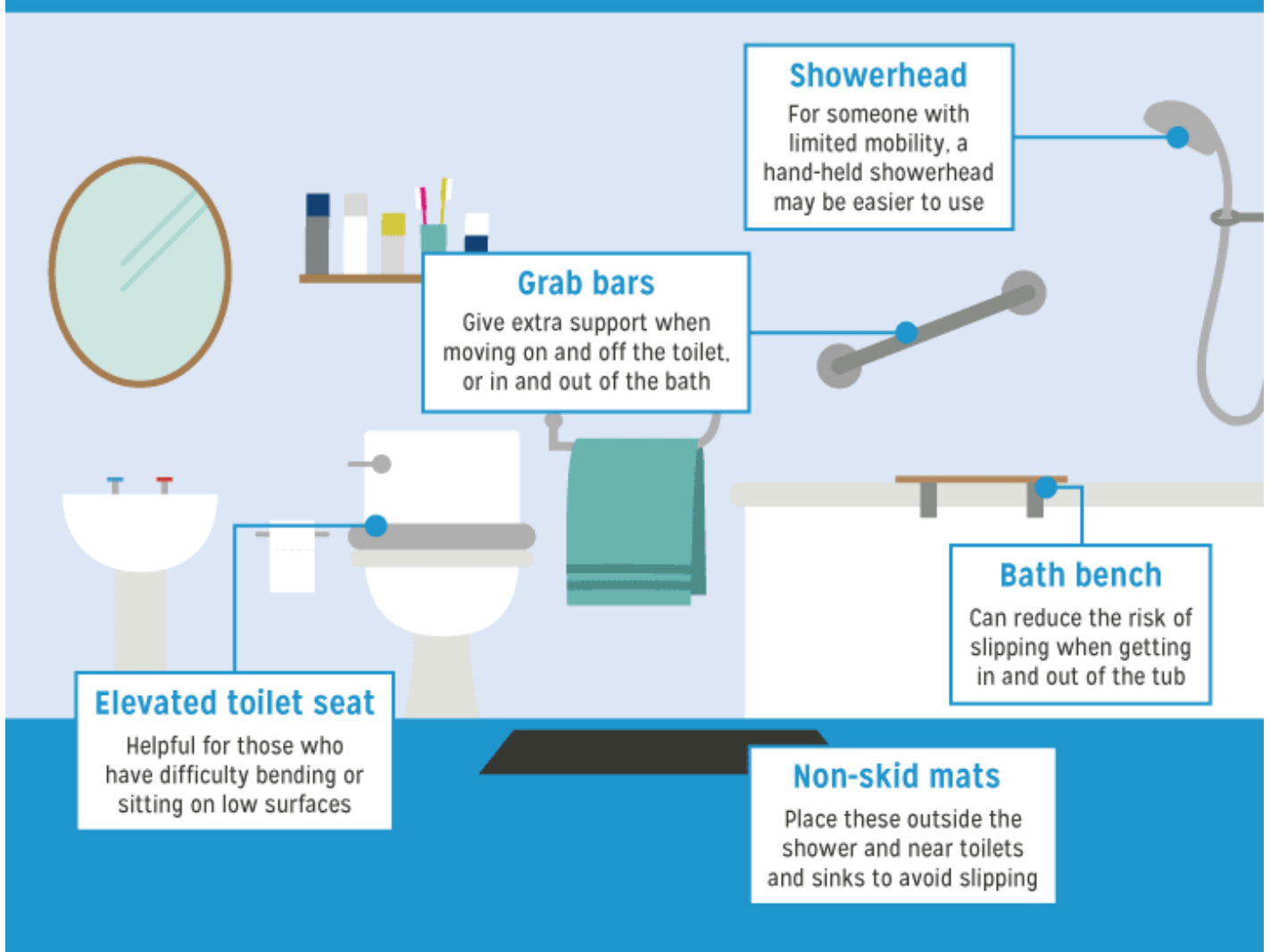
### Bed 'raisers'

Can help those with difficulty getting in and out of bed

### Carpet

A low-pile carpet can act as protective cushioning in the event of a fall

## BATHROOM



### Elevated toilet seat

Helpful for those who have difficulty bending or sitting on low surfaces

### Grab bars

Give extra support when moving on and off the toilet, or in and out of the bath

### Showerhead

For someone with limited mobility, a hand-held showerhead may be easier to use

### Bath bench

Can reduce the risk of slipping when getting in and out of the tub

### Non-skid mats

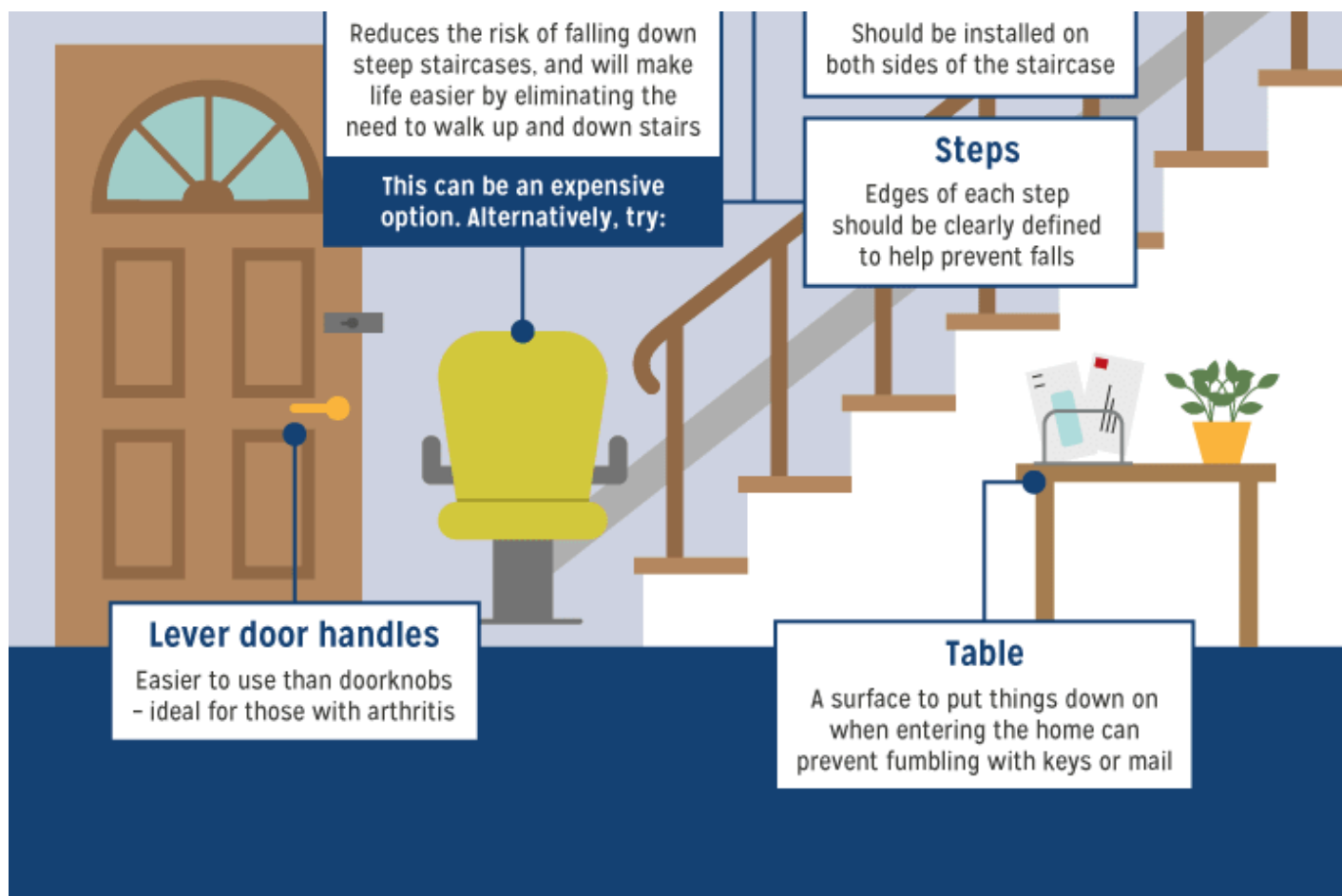
Place these outside the shower and near toilets and sinks to avoid slipping

## HALLWAY



Stair lift

Handrails



These tips will ensure not only safety and security, but also freedom and independence.

Have you taken the right precautions?

#### SOURCES

Fact sheet - [ageaction.ie](http://ageaction.ie)  
 Adapting your home - [ageuk.org.uk](http://ageuk.org.uk)  
 Later life in the United Kingdom - [ageuk.org.uk](http://ageuk.org.uk)  
 Home modifications you don't think about...until a parent moves in - [agingcare.com](http://agingcare.com)  
 Senior-friendly home additions to help adults age in place - [agingcare.com](http://agingcare.com)  
 Safety in the home - [alzheimers.org.uk](http://alzheimers.org.uk)  
 Equipment for seniors - [caring-for-aging-parents.com](http://caring-for-aging-parents.com)  
 Shower bench - [caring-for-aging-parents.com](http://caring-for-aging-parents.com)  
 Sensory changes in later life - [ir.library.oregonstate.edu](http://ir.library.oregonstate.edu)  
 Your turn to care - [kcet.org](http://kcet.org)  
 Falls and older adults - [nihseniorhealth.gov](http://nihseniorhealth.gov)  
 Telecare and telehealth - [telecare.org.uk](http://telecare.org.uk)  
 6 ideas for elder-friendly design - [thisoldhouse.com](http://thisoldhouse.com)



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