

Most Important Safety Features Every Home With Aging Parents Must Have



Did you know that falls are the most common cause of non-fatal trauma-related admissions for older people globally? It's also the leading cause of fatal injury for seniors in the US.

Statistics show that falls account for 25% of elderly hospital admissions and 40% of all nursing home admissions. 40% of those admitted never return to independent living. Unfortunately, 25% of those die within one year.

So here are some of the things we can do to help reduce the risk of falls in our homes and improve our loved one's quality of life.

Things to put on your checklist:

- Secure all area rugs to avoid slippage and trips on curled edges
- Set up medical alert systems like wearable devices in case of emergency
- Check for smoke and carbon monoxide detectors and make sure it's working
- Check for medicine expiration dates and clean out the medicine cabinet
- Put anti-slip mats in the shower or bathroom
- Ensure handrails are available by the stairs

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Kitchen Renovations That May Be Needed:

- Adjusting the height of the counter top to be more elder friendly
- Replace low cabinets with pull out drawers
- Round edges of countertops and open shelves
- Keep the sink close to the stove with at least 3 feet of work space in between
- Consider an induction cooktop vs. a gas or electric range.
- Slip resistant flooring

Bathroom Renovations That May Be Needed:

- Remove step over tub/shower combo. Consider walk in or curbless shower options
- Add shower chair or bench and hand held shower sprayer
- Raised toilet seats or a taller toilet
- Grab bars where needed
- Widen doorway to allow for assistive device or wheelchair use
- Non-slip or rubber flooring

Need help with home safety for your aging parents?

Email us @ admin@keepmomsafeathome.com