

## Keeping older people safe and well at home

### Tips to Care For Elderly at Home

We will all age. It is preferable for us to age at home which is a known familiar environment. However, as we age, our physical balance and agility may decline. Any fall can result in serious injuries and have a profound impact on our overall well-being and independence. With some minor adjustments/ modifications, it is possible to create a safer place to prevent falls.

Here are some key points to consider:

- **Install handrails** on the sides of staircases for stability and support. Ramps at the entrance steps can provide ease of entry. While climbing keep your hand dry and free of any objects. Mark level change with colored stripes.
- **Bathroom safety:** Keep non-slip mats near the shower or bathtub to reduce the risk of slipping. Install sidebars adjacent to the toilet and in shower areas. Raised toilet seats help people with bending issues. Use plastic chairs while bathing.
- **Easy access:** Keep frequently used items in easily reachable places to reduce stretching or bending. Label cabinets with names of contents.
- **Take support:** Use assistive devices like walkers, and canes, to support stability. Wear well-fitting, non-slip footwear and avoid walking in socks or barefoot, which can increase the risk of slipping.
- **Ensure proper lighting** and easy-to-reach switches or lamps. Keep night lamps on all night. Remove obstacles such as foot mats, carpets, and extra furniture from common pathways to avoid tripping
- **Save ICE (In Case of Emergency)** numbers, in your phone, and display them in prominent places like the refrigerator, side of your television, etc. Have wireless call bells for emergency use.
- **Handy medications:** Organize medicines in a pill box to ensure the correct dosage and timing. Keep First-Aid kit readily accessible.

#### To know more:

- [How to care for my elderly parents from afar?](#)
- [Tips to keep Safe environment for elderly at home](#)
- [5 Tips for healthy ageing](#)
- [Medication management for Elderly](#)

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