

ENVIRONMENT ADAPTATIONS
PROMOTE SAFETY, SUPPORT FUNCTION AND QUALITY OF LIFE
ELIMINATE CLUTTER/ SIMPLIFY

BATHROOM – <i>the room in the home that poses dangers in all categories of common home injuries: slips, falls, burns, poisons, cuts, electrocution, drowning</i>	KITCHEN – <i>the second of the most dangerous rooms in the home</i>	BEDROOM – <i>the third of the most dangerous rooms, with the chief problem being falls</i>	DINING ROOM/KITCHEN EATING AREA
<p>INSTALL:</p> <ul style="list-style-type: none"> -shower or bathtub seat -grab bars on both sides of toilet; replace towel bars with grab bars -non-slip floor surface or bathtub (rubber mat) -hand-held shower-hose -raised toilet seat -anti-scalding devices or set temperature at 120 F or lower -night light <p>REMOVE:</p> <ul style="list-style-type: none"> -all meds/dangerous substances, e.g., toxic cleaning supplies, shampoo, rubbing alcohol, nail polish, toilet cleaners, laxatives -items that are sharp or projecting -mirror if problem or cover with wallpaper -hamper, wastebaskets if being used as toilet -sink plugs <p>ENSURE:</p> <ul style="list-style-type: none"> -plug receptacles are surge protected -appropriate lighting and temperature -tape across lock on door or consider bifold door or curtain -use coloured electrical tape on 	<p>REMOVE:</p> <ul style="list-style-type: none"> -fuses from stove or switch-off breaker <p>LOCK OR REMOVE knives, long forks and other sharp-edged or pointed cooking implements</p> <ul style="list-style-type: none"> -dangerous products and/or old or worn appliances -items stored in oven -stepladders, stools -items person can no longer use -candles and matches <p>INSTALL:</p> <ul style="list-style-type: none"> -lock on refrigerator and dishwasher if necessary -"ABC" fire extinguisher -switch to heavy duty plastic mugs and plates for everyday use if breakage is common -disconnect microwave, install a remote switch or timer, or unplug it when not in use -check refrigerator regularly basis for spoiled food consider use of stove-guard device -use automatic shut-off kettle may need to disconnect garbage disposal -place pictures, labels (if person can comprehend) on cupboards, 	<ul style="list-style-type: none"> -simplify and remove clutter -minimize places to hide food and articles; remove wastebasket, move bed against wall -clear walking path to bathroom -consider installing a floor to ceiling pole near the bed or bed assist handle to help with sit to stand transfers - paint or decorate door to encourage recognition of room/purpose - ensure bedroom slippers provide support and are non-skid Ensure bathrobe, night clothes are visible <p>INSTALL:</p> <ul style="list-style-type: none"> -night lights -intercom system or monitoring device (baby monitor) as alert for wandering lower the bed if necessary -three-way switch ,central light - keep familiar items on the bedside stand eg: photo, Bible, etc. 	<ul style="list-style-type: none"> -use a plastic tablecloth -ensure there is sufficient lighting -use bilateral armchair for ease of transfer -decorate room with pictures denoting use -use colourful placemats in contrast to dishes -highlight outline of table/chair with electrical tape

<p>inside rim of toilet bowl or tub outline</p> <ul style="list-style-type: none"> -unplug and remove small electrical appliances, e.g., electric shaver, hairdryer 	<p>doors to help locating items</p> <ul style="list-style-type: none"> -minimize clutter and remove items no longer used -store safe, commonly used items where easily seen -simplify – fewer items on shelves simplifies decisions and makes items easier to find 		
<p>DEN, FAMILY ROOM, LIVING ROOM</p>	<p>STAIRS, STEPS, RAILINGS</p>	<p>GENERAL SAFETY CONSIDERATIONS</p>	<p>OUTDOOR ENVIRONMENT</p>
<ul style="list-style-type: none"> -clear pathways -simplify furniture arrangements make space for wheelchair, walker -remove reminders that might cause wandering such as hat, coat, walking shoes -minimize background noise -provide sturdy furniture – bilateral armchair -provide soft cushions – no sharp edges -modify colours to improve contrast against floor/wall -use solid colours for carpeting, flooring, walls and curtains protect carpeting 	<ul style="list-style-type: none"> -check to make sure in good repair -ensure good lighting in stairwell -install highly visible, coloured, slip-resistant strip/threads on nosings -consider a ramp or stair lift if stairs cannot be negotiated alternating stair tread colours -remove distractions such as -- potted plants along outside steps -install handrail(s) or grab bar (hand rail needs to wrap fully around along both sides of stairway – extend 12 inches beyond top and bottom step - Outline edges of steps with reflective tape -Remove moss from sidewalks and steps; keep leaves and debris swept away 	<p>REMOVE: and lock up all hazardous materials, e.g., tools, knives</p> <ul style="list-style-type: none"> -sink stoppers -scatter mats; adhere carpet to floor -low tables (that could cause person to trip or bruise shins) <p>ELIMINATE:</p> <ul style="list-style-type: none"> -shiny and reflective surfaces and distractions in environment -limit access to unsafe areas such as basement/garage -add decals to sliding glass doors for visibility - ensure smoke alarm is functioning properly for smokers consider smoking bib or fire resistant material to cover sitting surfaces; place water/sand in ashtrays - use safety catches on cabinets, drawers - use bolt from closet door into floor to prevent access -minimize misperceptions, e.g., cover mirror, close curtains at night 	<ul style="list-style-type: none"> -limit access to unsafe areas such as outdoor pools -ensure steps and walkways are in good condition porches, balconies, terraces, window wells and other heights and depressions should be protected by railings, closed with banisters, closed with fences, closed with accordion gates or are otherwise protected. ensure garage is adequately ventilated

BATHTUB



TOILET



KITCHEN

