



# Healthy Aging Information

From moving out of your home to money management, we have all your aging needs covered.



## WHAT IS A SAFETY ASSESSMENT?



Regardless of where you prefer to live out your elder years, your safety is the key issue, according to Patricia A. Maisano, RN, CCM, FAACM, PGCM, RG, ABDA, and the President and CEO of IKOR<sup>®</sup> USA Incorporated. Having an assessment from an independent professional may help you determine what is best for you.

“The timing to moving into assisted living is based on safety. There’s no room for subjectivity if an assessment proves that you or your loved one cannot remain at home,” she warns.

Consider Assisted Living if you experience:

- Frequent falls
- Balance issues
- Deteriorating eyesight or hearing
- Hoarding or piled up papers, bills, clothes
- Deterioration in your ability to shower or bathe
- Trouble keeping up with housework
- Extreme changes in your neighborhood
- Extended time inside your home
- Loneliness or isolation

While home-health, housekeeping and visiting nurse associations can help you along in your daily life, your safety is a 24/7 issue. Consider your options and choose what is healthiest, and safest for you. For more information on a safety assessment, or on assisted living, contact Menorah Park Campus at 216-831-6500, or visit [www.menorahpark.org](http://www.menorahpark.org).

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## TIPS ON MAKING YOUR HOME SAFE

Here at Menorah Park, we are deeply committed to enriching the lives of seniors, as we have been for over a decade. We hold your best interests very near and dear to our hearts. With the help and expertise of our rehabilitation team, we compiled a list of safety tips to help you remain safe in your home. Here are a few examples.

### De-cluttering your Space

- Eliminate as much clutter as possible to reduce the chance of falling.
- Ideally, remove all throw rugs and scatter mats, especially those at the top of the stairs and high traffic areas, as they are easy to trip over or can get caught on walkers. If you keep any in your house, be sure to secure them in place to prevent them from slipping.
- Remove any furniture that is not needed. Place the remaining furniture so that there is enough space for a walker or wheelchair. Move any low tables that are in the way.
- Tape or rack electrical and telephone cords to walls

### Seeing Clearly

- Be sure all rooms and hallways in your home are well lit.
- Set up lamps so they can be turned on and off from a light switch.
- Place light switches next to room entrances so the lights can be turned on before entering a room. Consider “clap on” lamps beside the bed.
- Use automatic night-lights in all rooms and hallways.
- Contrasting colors play a big part in seeing well. As much as possible, the color of furniture, toilet seats, counters, etc should be different from the floor color. For example, paint door frames a different color than the walls so they stand out.
- Use 100 or 200 watt light bulbs for close up activities - make sure the lamps can handle the extra wattage.
- Place masking, colored tape, or decals on glass doors or picture windows.

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## Preparing for Emergencies

- Have a first aid kit and know where it is stored.
- Keep a list of emergency numbers by every phone, along with a clear description of directions to your home (main roads, landmarks, etc).
- Having an “emergency button,” known as a Personal Emergency Response System, can be life saving. If there is would ever be a fall or safety issue, you can push it to call for immediate help. If you get one, be sure to wear it at ALL times.
- Have a fire extinguisher and know how to use it.
- Every floor of your home should have a fire detector and your smoke alarm should be tested every six months. Make a habit of testing it when you turn your clocks forward in the spring and back in the fall.
- Avoid using space heaters if possible. If you use a space heater, make sure it is placed well away from any flammable materials.

A full list of these tips is included on our Aging Resources site [www.menorahprk.org/ARC](http://www.menorahprk.org/ARC). If you do not have access to the internet, please contact Beth Silver at 216-839-6678 and she will be happy to send you a copy.