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## Home Care Safety for the Caregiver

As a family caregiver, you want to make your loved one as comfortable as possible, while reducing stress for both you and the one you care for. Providing an atmosphere of security for your care recipient will help reduce their confusion, aggression and/or agitation. Below you will find home safety tips to support a safe environment for both of you and peace of mind for yourself.

### **Improving movement and sight throughout the house**

- Place rails on sides of the bed to support movement getting in and out of bed.
- Use lever handle doorknobs instead of circular knobs.
- Use a flexible shower head and a chair for bathing.
- Install a ramp for the front steps or stairways.
- Use large button telephones.
- Clocks should be large enough with both numbers and dials easily seen.
- A commode near the bed can be used in emergencies.
- Shelving in closets should sit low enough for easy access.
- Place a raised toilet seat in the bathroom.
- Chairs need to have high backs and be supported by armrests so there is some security when sitting.

### **Improving support and safety throughout the home**

- Install smoke detector near the kitchen and bedrooms.
- Install safety rail in showers and tubs.
- Install handrails up stairs and bathrooms.
- Use non-slip flooring in kitchens and bathrooms.
- Remove loose rugs.
- Mirrors may distort a loved one's view when moving about the house; therefore, mirrors should not be placed where they can easily be 'bumped' into.

### **Correcting visibility and lighting problems**

- Use bright, vivid colors to lighten rooms.
- Keep hallways and stairways well lit.
- Lighted switch plates make finding switches at night easier.
- Place night lights between bedrooms and bathrooms.
- Place light cords in closets where they may be easily accessed.
- Basements should be well lit due to the steepness of stairs.

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