

Make your parents' home *safer*.

Every year nearly ¾ million elderly people receive emergency-room treatment following an accident in the home. Many of these accidents could have been easily prevented. Here are more than two dozen steps you can take.

1. Remove loose rugs, wires and power-cords to prevent tripping
2. Make lamps, outlets easier to operate by installing remote-control switches. Velcro the switch to the wall or table.
3. Reduce the need to stand on chairs by replacing light bulbs with long-life compact fluorescents. They run cooler and use much less electricity too.
4. Move furniture to remove sharp corners and edges (but check whether the furniture is used as a hand-hold).
5. Install or repair stair hand-rails and a grab-bar near the top of the stairs (the last step up is the most difficult).
6. Provide a cane at the top and bottom of the stairs, leaving both hands free to hold a handrail.
7. Install grab-bars anywhere that the floor may be wet.
8. Lock the basement door if there's no need to go down there.
9. Use a fridge thermometer to check that food is stored between 35 and 38°F to prevent bacterial growth. Freezers should be between 0 to 5°F.
10. Install motion-sensing lights near stairs and in the kitchen and bathroom (there are some simple ones available that screw into the lamp-holder—ask at the hardware store.)
11. Regularly discard old food and medicines.
12. Fix outdoor walkways and provide good handrails or grab bars.
13. Raise furniture to reduce stress on muscles/bones when getting up. Some chairs can take an extra cushion, or buy blocks to go under the legs (search Amazon.com for 'bed raiser'.)
14. Replace round faucet-handles with levers—they're easier to turn on and off.
15. Replace round door-knobs with levers, (available from hardware stores) or door-knob grippers (search online).
16. Sharpen knives (sharp knives need less force to use)
17. Remove screen-doors, to make it easier to get in and out of entry doors.
18. Install a personal alert system (such as Lifeline®)
19. Install CO and smoke detectors. Carbon monoxide is a killer. CO detectors in residences are now required by law in some states (including Massachusetts, and New York in new homes). The national Fire Protection Agency recommends a minimum of one smoke alarm on every floor, and one in every bedroom. Replace smoke alarm batteries every six months, and the alarm itself every 10 years.
20. Mark the edges of steps with bright tape or paint to make them more visible—especially the top and bottom steps.
21. Set the water thermostat no higher than 120°F to prevent scalding.
22. Add a peep-hole or intercom to exterior doors.
23. Use medication organizers (containers divided internally to hold the medications needed for each day, and part of day).
24. Make a list of emergency telephone numbers (in large easy-to-read writing) and fix it near each telephone.
25. Make a list of medications and post it near the telephone list, for use in emergencies. Keep it updated.
26. Pay most attention to the kitchen, bathroom and stairs, where most accidents happen. See over the page for the best way to make stairs safer.



Stairs and bathrooms are prime places for falls. A stairlift is one way to make stairs safer—see over.

Stannah Stairlifts Inc.

www.StairliftNewYork.com

1-888-782-6624

Easy steps you can take to make life safer for the seniors in your life.

Make your parents' home *safer.*



Over two dozen simple
steps you can take to
make life safer for an
elderly relative.

Make climbing stairs *safer.*

When climbing stairs becomes an obstacle to safety, a simple answer is to install a Stannah stairlift.

Our stairlifts are simply attached to a few of the stair treads and plugged into a regular outlet. To travel upstairs, simply sit down, fasten the lap belt (if required), and hold your finger on the 'up' button.



At the top of the stairs the seat may be swiveled to face onto the top landing. All of our stairlifts fold neatly away to allow room to walk up and down the stairs.

We make stairlifts for indoors and out, and ones that go straight, or turn around corners. Installation usually takes about half a day.

A Stannah stairlift is often the simplest answer when stairs are a problem—*much* more affordable than assisted living or moving to a new home. Stannah have been around since the 1860s—call us and we'll be happy to share our expertise.



The next step to finding out about a stairlift:

- You may want to discuss it with your family members to confirm that this is the right answer.
- Call us and ask for a free, no-obligation visit to survey your staircase and provide you with a firm written quotation.
- If you decide that a Stannah is the right answer for you, we'll arrange for our trained technicians to come and install your stairlift. Then you can get on with life knowing that you've taken one of the most important steps towards making life safer and more comfortable!

Stannah Stairlifts Inc.

Visit our stairlift showrooms!

Serving Massachusetts, the Cape and islands:

101 Constitution Blvd., Suite C, Franklin, MA 02038

www.StairliftMA.com

1-800 877 8247

Serving metro New York and New Jersey:

45 Knollwood Rd, Elmsford, NY 10523

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