

10 Home Safety Tips for the Elderly

While home may be where the heart is, it is also where most accidents happen. Anyone can have an accident, but for the elderly, a small accident can have serious and lasting consequences. The best accident is one that never happens. With this in mind, here are ten home safety tips to help keep your loved one safe.

1. Keep all walkways clear of any clutter.



2. Install light switches at both the top and bottom of stairways.



3. Install grab bars on toilet and a walk-in shower.



4. Have your loved one's vision checked regularly.



5. Have a plan in case a fire happens.



10. Tai Chi is a great exercise to increase balance.



9. Join your local YMCA to increase mobility, balance and stamina.



8. Make several trips when bringing in packages or grocery bags.



7. Keep items you use daily on lower shelves.



6. Keep all exposed hot water pipes covered.

