

SAFETY SENSE

Spring Cleaning For Seniors

(NAPS)—Safe at home? For many senior citizens, home can be an accident waiting to happen. Every year older Americans are injured in their homes, with most accidents occurring in the bathroom or bedroom. Ten percent of all falls cause significant injury for older individuals and are a contributing factor in 40 percent of nursing home admissions.

Fortunately, many of these accidents are preventable. “Research suggests that one-third to one-half of home accidents can be prevented by modification and repair,” says Peter J. Plantes, M.D. “It only takes minutes to prevent an injury that could persist for a lifetime.”

Instead of focusing on dirty windows and dingy walls, seniors and their families should consider incorporating these simple safety steps into their spring cleaning routine, say the experts at LaurusHealth.com, a consumer health information Web site:

- Remove rugs and runners that tend to slide, or secure them carefully to the floor.
- Install sturdy handrails on both sides of every stairway.
- Remove electrical cords and wires from the floor and from pathways.
- Keep areas free of clutter.



Bright idea: Install light switches at both the top and bottom of stairs for added safety.

- Arrange furniture so it does not obstruct walking.
- Install light switches at both the top and bottom of the stairs and near the doorway of every room.
- Install grab bars in the tub/shower and by the toilet.
- Line the bathtub and the floor beside it with non-skid mats or abrasive strips.

To find out more about senior health issues and home safety, go to www.LaurusHealth.com. This Web site was created in association with leading hospitals and physicians to help consumers make more informed choices about their health.