

Home Safety Guide



When your loved one wants to remain independent at home, you may start doing some home safety math in your head: Stairs plus other tripping hazards minus balance and strength equals a higher risk of falling – and more worry for you.

Although the risk of a fall or other accident at home can be a cause for concern, you don't have to feel helpless. Many small changes can be made to lower your loved one's risk for an accident or injury.

Resources for Home Safety

[How to Prevent Falls From Bed](#)

[What to Do When Someone Falls](#)

[Prevent Falls, Slips, and Trips](#)

[Home Safety Tips for Dementia Caregivers](#)

Why is home safety so important?

36 million

Number of falls reported each year among older adults

20%

Percentage of falls that end in an injury like a bone fracture

Over 95%

Percentage of hip fractures that happen because of a fall – usually a fall to the side

When to Focus on Home Safety?

There's no bad time to put home safety at the top of your to-

do list – especially as you or a loved one ages. Making your loved one's home safer isn't something you do once and then forget about. Keep an eye out for hazards all year long, and make sure to deal with them as they come up. It's a good idea to check on your loved one's home periodically, especially when:

The seasons have changed



Different weather conditions – like snow, fallen leaves, or [extreme temperatures](#) – can create different home safety hazards and increase your loved one's chances of an accident or injury. In the same way that you might decorate your home for a new season, set aside some time to check for hazards that might not be there all year long.

Your loved one has recently fallen



A fall can indicate the need for changes in your loved one's home to better support their needs. If you or a loved one requires an assistive device following a fall (like a walker, cane, or wheelchair), you may need to clear new paths to make it easier to get around.

Your loved one has recently had surgery



Having surgery can impact your loved one's balance, strength, and range of motion – and their confidence. Prior to surgery, walk through the home to make sure necessities are conveniently located. Focusing on how easy it is to get around can make [postsurgery](#) recovery safer and more comfortable.

Your loved one's medications have changed



Some medications can make people dizzy. If your loved one is taking new medications or has a newly diagnosed condition, ask their doctor if dizziness is one of the side effects. And

check out your loved one's home to see if any new safety measures are necessary.

VNS Health Can Help with Home Safety

• Clinical Assessments

To help you ensure your loved one's safety and comfort.

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• Personal Care Services

Home health aides provide compassionate and supportive personal care.

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Page Description

Improving home safety can reduce falls and injuries – and increase your peace of mind.

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