

SAFETY IN THE HOME

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WORKSHOP PLAN

- AIMS OF WORKSHOP
- EVIDENCE BASE
- HAZARDS & SOLUTIONS – GROUPWORK
- FEEDBACK
- CONCLUSIONS

AIMS OF WORKSHOP

- RAISING AWARENESS OF POTENTIAL HAZARDS IN THE HOME
- HOW TO ELIMINATE THE HAZARDS IN THE HOME

EVIDENCE BASE

RISK FACTORS for falls have been classified into 2 main types:

INTRINSIC (Person related) and
EXTRINSIC (Environment related)

(Feder, 2000:Lord, 2000)

FALLS RISK FACTORS

- A decline in a person's INTRINSIC risk factors (declining function and balance) mean that the EXTRINSIC risk factors (loose mats and slippery floors) no longer just cause a correctable TRIP – they cause an injurious FALL. (When we are older we are less able to correct a trip due to poor balance and righting mechanisms).

ACCIDENTS IN THE HOME

- Over half the falls experienced in the home are due to environmental hazards.
- There are more accidental deaths in the home than there are outdoors or on the roads and older people spend more time in their homes than younger people. (Koski 1998)

ACCIDENTS IN THE HOME

- In those aged 65, the most common fall in the home might be in the garden, on stairs or in the kitchen.
- In 85 years olds, falls tend to occur in the bedroom or bathroom.

ACCIDENTS IN THE HOME

- **40%** of falls in over 65's occur in the HOME.
- **85%** of falls in the over 85's occur in the HOME. (DTI 1997)

ACCIDENTS IN THE HOME

- Older men are far more likely to fall outdoors than women but this is due to FEAR of falling (which is more prevalent in women) causing women to limit their activity to 'safe areas'.





KITCHEN

HAZARD

- Loose mats
- Cupboards too high or too low. Frequently used items out of reach.

ACTION

Remove or tape down

Keep items within reach. Do not stand on a chair.

KITCHEN

HAZARD

- Difficulty carrying Items.
- Spillages
- Clutter

ACTION

Use a trolley

Clear up as soon as possible.

Remove from floor and surfaces.







LIVING ROOM

HAZARD

- Difficulty getting up from a chair.
- Furniture obstacles

ACTION

Use a chair with arms or get it raised.

Rearrange furniture to give clear walkways.

LIVING ROOM

HAZARD

- Trailing wires, TV or telephone extensions.
- Electrical sockets at skirting board level.

ACTION

Rearrange wires.
Tack to wall/wire tidy.

Have a chair next to a socket used regularly. Raise it

LIVING ROOM

HAZARD

- Electric/Gas fire on/off switch at low level.
- Worn carpet/rugs

ACTION

Try to sit on a chair when turning fire on/off. Get advice from supplier for easier ways to manage controls. Remove.



BATHROOM

HAZARD

- Difficulty getting on/off toilet.
- Going to the toilet at night.
- Difficulty getting in/out of the bath.

ACTION

Raised toilet seat/
Grab rail.

Ensure light is on.
Night lights/100
watt bulbs.

Bath boards/rails.

BATHROOM

HAZARD

- Slippery bath.
- Slippery floor
- High Bath

ACTION

Use a non-slip mat.

Ensure you have supportive non-slip slippers.
Skid-proof mats.

Step



BEDROOM

HAZARD

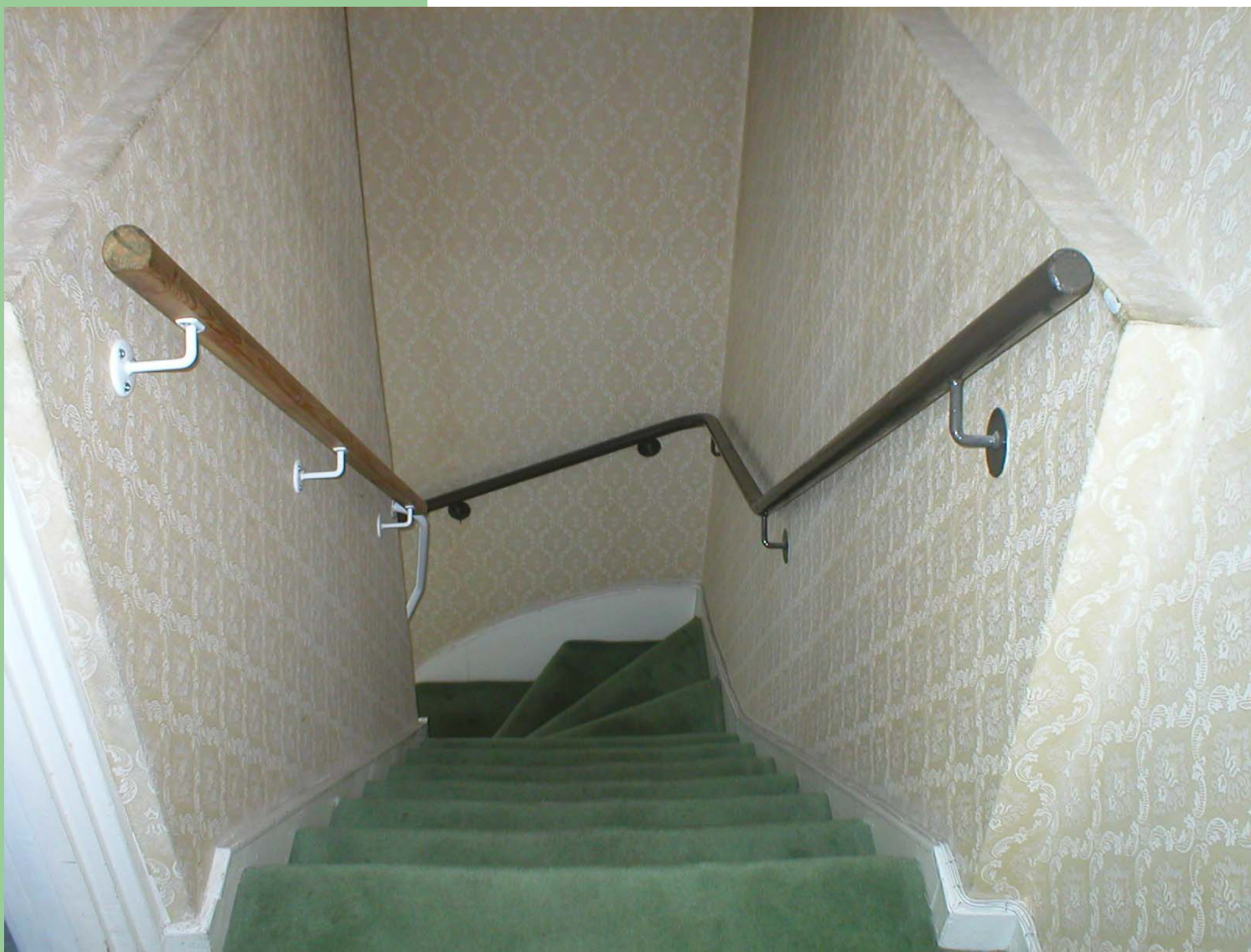
- Difficulty getting on/off bed.
- The need to get out of bed in the night.

ACTION

Ensure bed is at Correct height and firm. Beds can be raised.

Ensure there is a bedside light. No trailing bedding.





HALLWAY/STAIRS

HAZARD

- Difficulty managing going up and down stairs.
- Cluttered dark hallway.

ACTION

Consider having rails on both sides of stairs.

Minimize stair use.

Ensure well lit (100 watt or longlife light bulbs) and clear.

FRONT DOOR

HAZARD

- Post/newspapers at front door.
- Answering the door.

ACTION

Consider a wire basket to collect post.

Don't rush. Take your time. Let people wait.
Intercom.

CLOTHING

HAZARD

- Long and trailing nightdress/gown.
- Footwear-backless/trailing laces/heeled shoes.

ACTION

Avoid wearing.
Shorten them.
Avoid backless footwear/wear broad low heeled supportive shoes.

AND FINALLY...

- Do you need a Careline Alarm?
- Do you need an Occupational Therapy Assessment?
- Do a self-assessment environmental safety check in your own home –
The Homefast tool.



**STAY SAFE
AND
REMOVE
ALL POTENTIAL HAZARDS
IN YOUR OWN HOME!**

REFERENCES

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