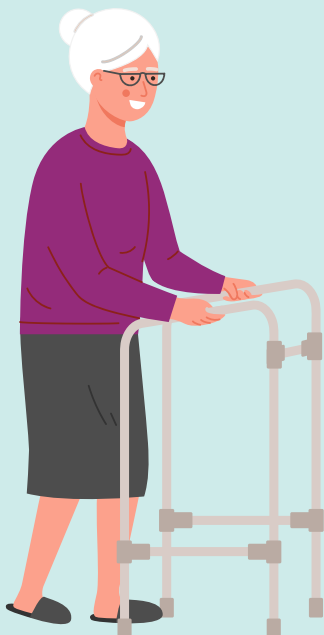


SAFETY-PROOF LOVED ONE'S HOME:

Try to plan ahead for the home adjustments and supplies your loved one is likely to need after a hospital stay. Talk to a case manager or discharge planner as soon as you can. They will fill you in on what to anticipate and what items to have on hand for a safe and sound recovery at home.

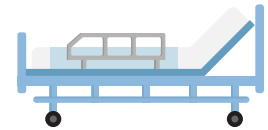
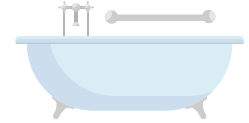
Most of these items can be ordered online. They should arrive promptly enough so that you won't have to spend precious time running from store to store.

Preventing falls is a top priority.



SAFETY-PROOFING SUPPLIES:

- Non-slip rubber mat for the tub or shower.
- Grab-bars for the shower and next to the toilet (towel bars are not strong or secure enough to handle any weight).
- Shower sponge with long handle.
- Shower chair.
- Elevated toilet seat.
- Portable commode.
- Hospital bed.
- Hoyer lift (helps in/out of bed and chairs).
- Shoehorn with a long handle.
- Sock aid to help put on socks.
- Dry shampoo.
- Reacher with long handle to pick up items from the floor or help with dressing.
- Cane, crutches, walker, wheelchair.
- Blood pressure monitor.
- Pulse oximeter.
- Bathroom scale.
- Small blankets for chair, recliner, and sofa sitting.
- Non-skid socks or a good-fitting pair of slippers.
- Extra batteries for the TV remote.
- Phone chargers.



SAFETY-PROOF THE HOME:

Try to imagine what it would be like to move around the home with less energy or physical limitations. Look for ways to make everyday life both convenient and safe for your loved one.

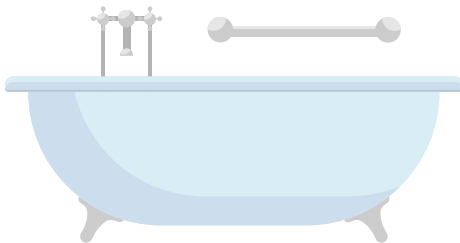
- Consider setting up one room to serve most needs, ideally on the main floor close to a bathroom or portable commode. Equip with a bed, cell phone, TV, remote (with extra batteries), comfy chair, laptop, iPad, chargers, and any other creature comforts close by.
- Remove throw rugs in the house—they're a tripping hazard!

- Consider an electronic thermostat that controls heat and air through an app on the phone.
- Repair any uneven floors.
- Place nightlights in halls, bathrooms, the kitchen, and any other rooms your loved one may use at night.
- Remove any loose wires or extension cords that could cause a trip, or where equipment could become entangled.

SAFETY-PROOF THE BATHROOM:

The bathroom is where most accidents occur. Water, slippery tiles, and hard porcelain surfaces make a perfect storm for disaster. These little spaces need a lot of attention!

- Secure grab bars to the shower/tub wall and next to toilet either horizontally or vertically — not diagonally.



- Consider a portable commode or raising the toilet seat height using an elevated seat.
- Install non-slip suction mats or rubber silicone decals in the tub or shower floor to prevent falls.
- Be mindful of water on the floor and wipe it up immediately.
- Make sure the towels are in easy reach of the shower or tub.

- Make sure the shower curtain slides easily.
- Clean up any messy drips from shampoo, soaps, or lotions.
- Make sure a good hand soap is in easy reach of the sink faucet.

SAFETY-PROOF THE KITCHEN:

- Put glasses, plates, bowls, silverware and all food items in easy reach so that no tip-toes or bending is required.
- Make sure the eating table and chair are sturdy and positioned so they don't create a hazard.
- Make sure entrances and pathways are wide enough to fit a wheelchair or walker if needed.
- Keep the fridge and cabinets stocked with foods recommended for recovery and good health.
- Remove food and drink items discouraged by doctors.

YES ✓



NO ✗

