

5 Ways to Keep Seniors Safe and Happy in Their Homes

In a recent study 100% of doctors polled in Canada stated that all children of seniors should set aside at least one day a year to perform a safety check of their parents' home and 99% felt that all homes could probably benefit from some simple renovations to improve safety. If you are wondering where to start, the following are five minor renovations that will make a home safer for a senior without breaking the bank.

1) Wall Mount to Handheld Showerheads

A handheld showerhead is both convenient and safe for seniors as it can be used as fixed showerhead or a handheld showers. When used as a fixed showerhead it can be adjusted to the proper height for a seniors who can stand; for those who need to shower while seated it can be removed from the wallmount. The handheld showerhead is also easy to use for cleaning the shower or tub making it a great buy for a senior of any age or mobility.

2) Grab Bars in the Bathroom

We've all heard that the most dangerous room in your house is your bathroom. Tiles get slippery when wet and since seniors are prone to more frequent slips and falls, you have a recipe for injury. Installing grab bars in the right places is an easy way to prevent falls. We suggest placing one by the toilet to help them get up and down and two in the shower -- one on the long wall and one by the wall where they enter and exit.

3) Knobs to Levers

Arthritis is a common ailment in the senior community often making it difficult for them to grip and turn door knobs and faucets. Changing these knobs to the lever style design eliminates the need for gripping thus avoiding unnecessary muscle and joint pain and providing easier access all rooms in their home.

4) Handrails

Handrails around staircases are a must in every home where seniors live or visit on a regular basis. Next to the bathroom, stairs are definitely the second most dangerous place in a senior's home. Many seniors have poor eye sight, arthritis, muscle weakness and mobility issues, so it's not hard to see why they may have problems safely navigating the stairs. A sturdy handrail gives them somewhere to hold on and gives them the peace of mind they need to feel safe as they move around their home.

5) Swing Clear Hinges

Swing free/clear hinges are a little known product on the market, but for people with mobility aids (walkers, canes and wheel chairs) they can be a life saver. These specialized hinges allow the door to swing clear of the opening giving them that extra little space to get their mobility device through with ease.

There you have it -- five things you can do to make a home safer for a senior. If you or your parents would like any of these safety concerns addressed, please contact us at any time. We will be sure to fit you into our schedule as soon as possible because senior safety is of the utmost importance.