



## FEATURE ARTICLE FROM ALWAYS BEST CARE

### Five Home Dangers Senior Care Providers Should Know

Senior care providers always work hard to provide a safe, comfortable environment for the elderly. Despite even the best efforts, dangers still lurk in many homes and assisted living facilities.

Here are five dangers you should look for in your home or in the homes of the people you care for ...

- **Poor lighting.** Poor lighting indoors or outside can cause a fall hazard, as seniors may have vision problems that reduce visibility even more in poor lighting. Poor outdoor lighting could make you or someone you love a target for criminals. Make sure to light hallways, bathrooms, garages, and walkways brightly.
- **Clutter also causes a fall hazard.** Many older people are hesitant to throw things away; this may cause clutter to build up in walkways. Widen walkways by removing clutter and excess furniture.
- **Throw rugs can pull your feet right out from under you.** Remove throw rugs or tape them down.
- **Bath and water hazards frequently pose safety issues the elderly.** Burns from scalding water are common, especially among older people with diabetes who cannot feel the temperature of the water. Slippery floors are also a hazard. Turn the water heater down to 120 degrees Fahrenheit and use a shower chair.
- **Cooking and fire hazards may pose a risk with older cooks who have shakier hands and shorter attention spans.** Monitor cooking to prevent fires and ruined meals.

Contact your local senior care professionals for more information on how to remain safe in your own home.



#### **Always Best Care Senior Services**

Always Best Care Senior Services ([www.alwaysbestcare.com/](http://www.alwaysbestcare.com/)) is based on the belief that having the right people for the right level of care means peace of mind for the client and family. Always Best Care Senior Services has assisted over 25,000 seniors, representing a wide

range of illnesses and personal needs. This has established the company as one of the premier providers of in-home care, assisted living placement assistance, and skilled home health care in the United States.

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