



**Keeping
Elderly Safe**

Did you know that around 35 percent of people over the age of 65 fall in their homes at least once each year?

One in four people aged 85 and over have had an accepted ACC claim for a fall-related injury.

Falls accounted for two-thirds of all ACC claims in the 85+ age group.

These statistics are frightening, but there are a number of ways to help alleviate many trips and falls in the home.

We have found personal alert or alarm systems to be highly beneficial for our clients.

Clients who wear a personal alarm reported a number of positive impacts, including:

- Gaining faster assistance in an emergency
- Extending the time they are able to remain living at home
- Increasing their sense of security
- Reducing anxiety about falling and increasing confidence in performing everyday activities



Ali's Home Healthcare has been Canterbury owned and operated for over 20 years. We pride ourselves on providing a reliable service and the highest standard of in-home support.

SECURE RUGS TO PREVENT TRIPPING HAZARDS



HAVE **GOOD LIGHTING** IN ENTRY WAYS AND **ON STAIRS**



INSTALL **GRAB BARS** IN THE BATHROOM



GET A **PERSONAL ALERT SYSTEM FOR EMERGENCIES**



ORGANISE AND STORE **MEDICATIONS** PROPERLY





When we visit you we do an initial check of your home to ensure your safety. There are a number of things we look for to assess how safe your home is.

You can do your own home safety check using the below tips.

Trip Hazards

Do your carpets or rugs lie flat, without frayed corners or rolled up edges? **YES/NO**

Are your rugs non-slip (with a rubber back) or secured to the floor? **YES/NO**

Are all of your walkways clear of clutter (e.g. newspapers, boxes, shoes)? **YES/NO**

Are electrical cords and wires kept away from walkways or taped down? **YES/NO**

Is the furniture arranged to provide clear walkways? **YES/NO**



Bathroom and Toilet Hazards

Can you get on and off the toilet easily? **YES/NO**

Can you get in and out of the bath or shower without holding on to towel rails or taps? **YES/NO**

Are there handrails in the bath and shower? **YES/NO**

Can you reach your soap, shampoo and towel easily? **YES/NO**

Is your soap in a proper container? **YES/NO**

Do you have a bathmat or non-slip surface next to your shower or bath? **YES/NO**



Bedroom Hazards

Can you get in and out of bed easily?

YES/NO

Can you reach a light switch or your glasses easily from bed?

YES/NO

Do you have a telephone in the bedroom?

YES/NO

Are electrical cords, including those for the electric blanket, out of your way?

YES/NO

Do you have enough lighting to see your way to the toilet at night?

YES/NO



Kitchen, Living Room and Hallway Hazards

Do you have a mop to clean up spills as they happen? **YES/NO**

Can you reach the kitchen items you use regularly without having to stretch or bend too far? **YES/NO**

Is your lounge chair easy to get out of? **YES/NO**

Can you reach the telephone easily from your lounge chair? **YES/NO**

Are the stairs well-lit? **YES/NO**

Do you have handrails and are they secure and easy to reach? **YES/NO**

Do the stairs have non-skid treads or non-slip coverings? **YES/NO**



Outdoor Hazards

Do steps have a sturdy and easy-to-grip handrail? **YES/NO**

Are step edges clearly marked - e.g. with white paint? **YES/NO**

Is the footpath in good repair and well-lit at night? **YES/NO**

Do potentially icy footpaths have handrails or sand/salt on them to reduce the chances of slipping? **YES/NO**







Contact us, we welcome your enquiry

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Ali's
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