



The #1 Danger Zone in your Home

I bet you guessed the answer..the dreaded bathroom!! Yep, 80% of senior falls that need emergency medical treatment occur in the bathroom. Lots of slippery and sometimes wet surfaces make it easy to fall. Here's some helpful fixes to hopefully prevent those falls.

1. Use a non-slip bathmat to step onto going in and out of the tub or shower. NEVER use a towel as a bathmat.
2. Install horizontal grab bars, not angled. Your hand can easily slip on an angled bar.
3. Be sure and use a rubber suction mat or adhesive non-slip decals on the tub or shower floor.
4. If your balance or strength is poor, a shower seat is wise, and a hand-held shower wand is a must.
5. Then there's your toilet. Can't avoid using that, but many falls happen getting on and off the toilet. Toilets somehow seem lower as we age and it feels like a long way down when going to sit on one, and very low when trying to get up! Get an adjustable portable seat to raise the height.
6. If the raised seat isn't helpful enough, get safety rails that wrap around the toilet to grab onto.
7. Bathroom floors are usually tile, which is deadly underfoot and painful if fallen on. Since replacing what you have may be out of the question, don't use rugs to "soften the blow". Use rubber bathmats instead. Rugs move, slip, and entangle feet. Scary.
8. Don't wear socks or slippers in the bathroom unless they have non-slip soles.
9. And last but not least, get a waterproof phone, or a waterproof pouch for your phone so you can keep your phone handy to call a friend or 911.

We all have to use it, but just be safe when you do!!