



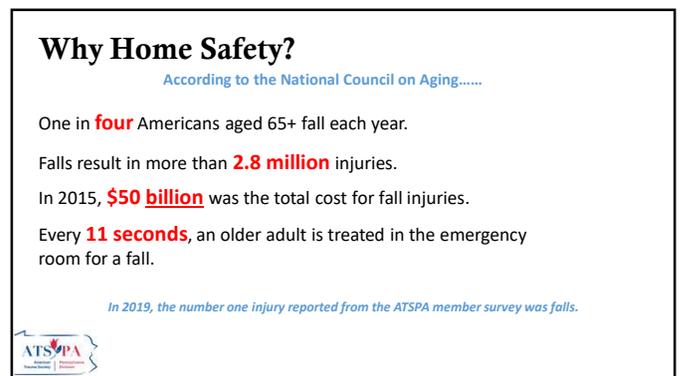
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## Creating a Safer Home

### The Bedroom



- Is there a light near the bed?
- Is the path clear?



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## Creating a Safer Home

### The Kitchen



- What deserves your counter space?
- If you have a spill, use something to assist you in the cleanup.



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## Creating a Safer Home

### The Stairs



- Clear the Deck...
- Light 'Em Up...
- Tread Lightly...
- Hold On...
- Keep an Eye on It...



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## Creating a Safer Home

### The Stairs (Continued)



- Falling Down Stairs Prevention
- Heart & Sole
- Take Your Time



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## Creating a Safer Home

### Floors

- Organize all cords out of walking areas.
- Move all books, boxes, or miscellaneous items onto a table top. All walking paths should be clear of these items.



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## Creating a Safer Home

### Lighting

Are you struggling to see down a hallway or up the stairs?

- Look for inexpensive products that can brighten the area.
  - Plugin nightlights for the hallway
  - Peel and stick LED lighting for the stairs.



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## Preventing a Fall

1. Find a good exercise program.
2. Talk to your health care provider.
3. Regularly review your medications with your doctor or pharmacist.



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## Preventing a Fall (Continued)

4. Get your vision and hearing checked!
5. Keep your home safe.
6. Talk to your family members.



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## Resources

- American Trauma Society, PA Division – [atspa.org](http://atspa.org)
- Center for Disease Control – [cdc.gov](http://cdc.gov)
- Better Health While Aging – [betterhealthwhileaging.net](http://betterhealthwhileaging.net)
- Elder Options of Texas - [Edleroptionsoftexas.com](http://Edleroptionsoftexas.com)
- National Institute on Aging - [www.nia.nih.gov](http://www.nia.nih.gov)



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## Thank you!

The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization.

ATSPA Mission

Trauma prevention and mitigation through education and advocacy.

ATSPA Vision

To be the leading provider of evidence-based trauma prevention, education, and resources.



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