

Dr. Marion[®] presents

LIVING SAFER



Guide to improving home safety

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Living safer

The following pages contain a list of changes that can be made in and around the home to improve your loved one's safety and quality of life.



Many seniors are victims of accidents in their own homes due to hazards that are easy to overlook but just as easy to fix. Taking simple, common-sense steps to correct these problems can prevent injury and make life easier.

Make sure that you have your loved one's permission and cooperation before evaluating his or her home. Explain the reasoning behind the changes you are making, and answer any questions your loved one may have.



The kitchen

- ☐ The controls on the oven should be clearly marked and located on either the front or side, enabling seniors to operate it without having to reach over the burners.
- ☐ Loose sleeves should be avoided when cooking, as they can easily catch fire.
- ☐ Keep a fire extinguisher handy, and make sure that your loved one knows how to use it properly.
- ☐ Make sure that the gas range has an automatic shut-off feature in case the pilot goes out. (Someone from the gas company can check this for you.)
- ☐ Make sure that pot holders and oven mitts are easily accessible but located away from heat sources.
- ☐ Make sure that there are no towels or curtains hanging near the stove.



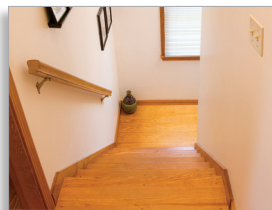
The bedroom

- ☐ Keep a lamp and telephone on the night stand.
- ☐ Use night lights to illuminate the path between the bedroom and bathroom.
- ☐ Strongly discourage your loved one from smoking in bed.



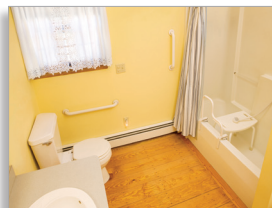
Stairways and hallways

- ☐ Keep stairways and hallways free of clutter.
- ☐ Make sure that stairways have handrails or banisters.



The bathroom

- ☐ Install a night light or replace the current light switch with a glow switch.
- ☐ Ensure that the bathroom door opens outward.
- ☐ Replace glass shower doors with unbreakable plastic ones or a shower curtain.
- ☐ Remove or replace any bathroom accessories that are breakable (cup, soap holder, drinking glass).
- ☐ Install safety rails at the appropriate height.
- ☐ Affix non-slip strips to the bathtub floor.
- ☐ Affix non-skid bath mats to the bathroom floor.
- ☐ Label all water faucets “hot” or “cold.”
- ☐ Set the water heater thermostat at 120°F or lower to prevent scalding.



Outside areas and garage

- ☐ Doorways, porches, steps, and walkways should be well lit.
- ☐ Railings or banisters should be present on balconies, porches, and outside steps.
- ☐ Walkways and steps should be in good condition, and any cracks or uneven pavement should be repaired.
- ☐ Flammable liquids in the garage should be properly labeled and stored far away from heat sources.

General tips and info

- Fix or discard any broken windows, appliances, flooring, door locks, etc.
- Replace any electrical cords showing signs of wear and tear.
- Never run cords across high-traffic areas, and move them out from under furniture and rugs to avoid fire hazards.
- Make sure that smoke detectors are located throughout the home, and check the batteries twice a year to know that the devices are working properly.
- Install radon and carbon monoxide detectors.
- Remove all clutter throughout the house—if something does not serve a purpose, get rid of it.

For more great info from Dr. Marion, visit www.LivingSafer.TV.

Have confidence knowing you or your loved one has fast access to help

When you experience a fall, medical issue, or other emergency, every second counts. If you are alone, delayed medical care can jeopardize your recovery and your independence! The Philips Lifeline Medical Alert Service provides simple, fast access to help 24 hours a day, 365 days a year.



Lifeline helps you live more independently

- Continue living in the comfort of your own home
- Get prompt, caring assistance—24 hours a day, 365 days a year
- Enjoy increased peace of mind

For more information on Philips Lifeline and to receive a special offer, call

1-855-256-4731, or visit
www.LifelineNow.com/DrMarion.

How the Lifeline Service works

1. Summon help

With our AutoAlert option, you can get help in two ways: push your AutoAlert Button at any time, or if you are unable to push your button, AutoAlert will automatically call for help if it detects a fall.



With the Standard Lifeline Service, simply push your Help Button at any time to connect to our 24/7 Response Center.



2. Hear a reassuring voice

A Lifeline Response Associate will quickly access your profile and assess the situation.



3. Know help is on the way

Our Associate will contact a neighbor, loved one, or emergency services based on your preference and will follow up to confirm that help has arrived.



© 2013. All rights reserved. Button signal range may vary due to environmental factors. AutoAlert is locally available at participating Lifeline programs and does not detect 100% of falls. Users should always push their button when they need help.