**Nov 19 2013**

**Edits to Care Coaching Module**

**#6 Promoting Home Safety for Older Adults**

*CARE Coaching Tip – Be Alert!*

You may **in** be a situation where your older parents are living alone and you live quite a distance away, maybe even across the country.

*“Mom, I noticed you were having a bit of trouble reading that label. What if we change the light bulbs in here?”*

## Additional Home Safety Resources

The U.S. Consumer Product Safety Commission estimates that over 1.5 million adults ages 65 and older are treated each year in hospital emergency rooms due to injuries from hazards in the home. The Commission believes that many of these injuries are preventable with some simple steps to correct the hazards. Some of these steps are valuable in your own home to prevent injuries in general. Here are some general recommendations to consider**. Following the general recommendations are links to downloadable resources.**

**Bulbs of too high a wattage or the wrong time may lead to fire through overheating.**

## Considering Your Older Parents Moving in with You?

 Older adults who may have been planning to sell their home and use the proceeds to **living** in a senior living residence may be delaying their decision or realizing they will not get enough money from the house sale to make the move.

VIDEO NOT THERE

##### video – Senior Driving Safety

##### Video – Driving Rehabilitation Specialist

##### Video – Older Adults and Exercise

##### Video – Chair Stand Strengthening

##### Video – Seated Chair Leg Stretch

##### Video – Seated Knee Extensions

##### Video – Calf Muscle Exercise

##### Video – Shoulder Strengthening

##### Video – Bicep Curls

**The Exercise information seems oddly placed in this module and vascillates between talking to the adult child and the older adult – I would remove and make this module more concise and easier to complete**

## Exercise Promotes Safety and Independence

Exercise for older adults is an important contributor to safety and independence. Many studies have demonstrated the positive benefits of exercise for older adults regardless of age. As we get older exercise is incredibly important to our overall health. Watch the following video with active older people talking about how physical activity has enhanced their lives and experts giving their advice.

##### **Video – Older Adults and Exercise (video is not there)**

Before beginning an exercise program, it is important that your parents consult their physician.

##### Where to Start? **The tense of content changes to older adult – again, seems oddly placed and the content is very basic**

It is important to wear loose, comfortable clothing and well-fitting, sturdy shoes. Shoes should have a good arch support, and an elevated and cushioned heel to absorb shock.

If not already active, one should begin slowly. Starting slowly makes it less likely that injury will occur. Starting slowly also helps prevent soreness from "overdoing" it. The saying "no pain, no gain" is not true for older or elderly adults. One does not have to exercise at a high intensity to get most health benefits.

Walking, for example, is an excellent activity to start. As one gets used to exercising, or if already active, a person can slowly increase the intensity of the exercise program.

##### What Types of Exercises are Good for Older Adults?

There are several types of exercise that are effective for older adults. At least 30 minutes of aerobic activity is recommended daily. Examples are walking, swimming, and bicycling. Resistance or strength training is recommended twice a week.

Warm up for five minutes before each exercise session. Walking slowly and stretching are good warm-up activities. After finishing exercising, cool down with more stretching for five minutes. Cool down longer in warmer weather.

##### What are Some Safety Tips for Older Adults Related to Exercise?

* Wait at least 2 hours after you eat to start your exercise routine.
* Do not exercise if you have a fever.
* Do not exercise if you have high blood pressure and have not consulted your doctor for your limits.
* If your knee or elbow or ankle is swollen, painful and warm to the touch DO NOT exercise, see a doctor.
* If you have osteoporosis, talk to your doctor about any exercises that would be safe. Exercise that involves stretching or flexing the spine should be approved directly by your doctor.
* Do not exercise if you develop a new pain or symptom. Swelling, shortness of breath, extreme tiredness and you should get your parents to the doctor.