

Grab a rail for safe living

Homes with elderly occupants should be well equipped to minimize trips, slips and falls. With correct planning and careful placement, falls can be preventable for an older family member and should not be considered as a normal part of aging. In Hong Kong, falls are the principal cause of injury (50%) in older people with more than 40% occurring in the home. Among community-dwelling Chinese elders, local studies reported an annual incidence of falls for approximately one person in five¹. Aside from the time it takes to recover, a fall may cause new injury affecting mobility or even more serious issues.

Often, simple installation of handrails and other devices is a solution that will extend an older person's capability to live at home safely; this is called "Aging in place".

Bathrooms in the home deserve special attention for older people. Standing at a sink, getting up from a toilet and transferring in and out of the tub or shower each require special consideration. Knowing and getting the right product is very important. Factors to think about include an older person's balance, diminished strength, reduced reach and flexibility which all happen together in a small space.

Installing handrails is a simple option to give your elder resident a safe environment. Yet, a towel holder is not a handrail and often may be more of a danger than solution if it breaks. Transfer seats and shower benches can help an older person to maintain personal hygiene in a respectful way; safely and with privacy. A secure, stable raised toilet seat can ease daily life for a person struggling to stand from a low seated position. There are many tools that enable an elderly person to continue caring for themselves at home. Small investments can both protect our loved ones and preserve their self respect for years to come.

Give your family peace of mind with Bathroom Safety kits from S+ that have thoughtfully combined product solutions to meet many individual's specific needs and daily activities. We deliver products to your door and can provide professional, tailored installation to give your elder resident an ability to extend their time in their own home - with respect and safety.

Check out S+ to care for a loved one and lessen your own worries.

¹ Non-Communicable Diseases (NCD) WATCH , Nov 2013, Centre for Health Protection, Department of Health, Hong Kong Government.