

# Aging in Place

how to stay safe &  
independent in your home

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# Top 10 home safety tips

Install & inspect smoke and Co2 alarms

Remove all trip hazards: rugs, thresholds, clutter, etc.

Ensure good lighting in hallways and entryways

Replace door knobs with level style handles

Ensure all railings are sturdy

Install auto shut offs on kitchen appliances

Install grab bars

Shower bench

Install ramps over stairways or consider a stair lift

Pad sharp edges with bumpers

1. Emergency call numbers handy
2. Someone to check in with you regularly
3. Find a handyman you can trust
4. Never provide your personal information to someone who calls you on the phone
5. Secure your valuables
6. Maintain a first aid kit within easy reach
7. Ensure all medications are properly labeled and not expired
8. Exercise regularly and watch your diet
9. Consider a cordless or cellular phone
10. Have a plan in case of emergencies

## Things to watch out for

Falls

Fires

Emergencies

Scams

Health

# Personal Emergency Response Systems

- Key features to look for:
  - **Auto Alert:** Will the PERS detect a fall and automatically set itself off should the user be unconscious
  - It is **waterproof** and can be worn in the shower
  - It has a **service** program: replacement parts, batteries and the unit itself can be serviced or replaced at no or low cost
  - It has **no contract:** you can stop at anytime with no cost incurred

## Passive Monitoring Technology

- These require nothing of the user and blend in with the background
  - Medication dispensing
  - Food intake
  - Location
  - Other ancillary information
- Information can be accessed by family/caregivers
- Have alerting thresholds
- Are monitored by clinicians

# Home Health Monitoring

- Telehealth
  - Clinical monitoring
  - For vulnerable clients
  - Monitors BP, pulse, & weight
  - Facetime for client and nurse
- Helps us monitor vitals and intercede before a crisis
- This is more involved and requires active participation of the user. It is not passive.

# GPS

- GPS Solutions
  - Commercially available devices
  - Cell phones
  - Cars
- Features to look for
  - Geofencing
  - Audible beacon
  - Easy applications/interfaces

Thank  
You!

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