

Elderly parents and grandparents deserve our care: avoid domestic accidents!

Common age-related diseases, such as cataracts, osteoporosis, Parkinson's disease, insomnia, among others, can hinder vision, coordination and even balance, making the elder more likely to fall, and sometimes, this can happen quite frequently.

A GOOD ALTERNATIVE FOR MITIGATING THIS RISK IS TO CREATE RESOURCES TO AVOID DOMESTIC ACCIDENTS.

Safer home can prevent accidents!

Here are some steps you can take to increase security:



- Install non-slip floors and keep the circulation areas free of random objects and clutter.



- Avoid carpets inside the house or, if you'd still have them, choose a carpet material that sticks to the floor.



- Keep chairs, sofas, or armchairs in your home with seats that are about 50cm high. This height makes it easier for the elderly to sit and stand.



- Keep areas free of electrical or telephone wires.
- Keep the spaces well-lit and install light switches close to the bed.



- For the stairs, install handrails and glue non-slip strips to the steps.



- Use non-slip mats in the bathrooms and install support bars on the shower walls and next to the toilet.
- If necessary, use special toilet seats on top of the toilet, to raise its seating height.
- If you have pets, keep them away from circulation areas.



5 preventive care tips that help prevent accidents

- 1) Keep the elder's eye exams up to date
- 2) Offer them balanced, nutrient and fiber-rich meals, and care for their hydration.
- 3) Encourage them to practice physical activities that improve balance, coordination and hip and ankle mobility.
- 4) Keep the list of medications that the elderly use up to date and check the time of ingestion for each of them.
- 5) Do not allow the elderly to walk in bare socks or with flat soled shoes around the house or in any other location.