

# Safer at home

## LIGHTING ✓

Lighting in a room should be bright enough to enable you to see well while doing whatever activity you choose. Generally speaking, for people with normal vision, starting at age 60 you need about twice the level of light you did at age 20. No single level of lighting can be recommended — it should be based on the tasks performed in the room. The chart below provides a good starting point. Increase from there until you can comfortably see what you're doing.

### HOW MUCH LIGHT DO I NEED?

ACTIVITY/AREA	LUMENS
<b>Ambient lighting:</b> Living room, bedroom, entry, general areas of home	450
<b>Task lighting: Kitchen</b> Food preparation, cooking	800
<b>Task lighting: Bathroom</b> Shaving, applying makeup	800
<b>Task lighting:</b> Reading or close work with small objects	1100-1600

## KITCHEN ✓

Can you see well when preparing meals?

- Increase lighting with LED bulbs.

## A fall prevention checklist

### KITCHEN (continued)

Are the things you use often on shelves that are hard to reach?

- Keep things you use often on shelves that are easily in reach to avoid step stools or having to bend over too far for very low shelves.

Is your step stool sturdy?

- When absolutely necessary, use a step stool with a bar to hold on to. Never use a chair as a step stool.

## BATHROOM ✓

Do you have bath mats on the floor?

- Use only rugs with non-slip backing or use double-sided tape on all edges to prevent slipping.

Is the tub or shower floor slippery?

- Use self-stick strips on the floor of the tub or shower, or a rubber mat.

Do you need some support when you get up from the toilet?

- Have grab bars installed next to the toilet.
- If the toilet is too low, install a raised toilet seat.

## BATHROOM (continued)

Do you need support getting in and out of the shower/tub?

- Have grab bars installed both inside and outside the tub.
- For even more support inside the tub, a shower bench can be installed along with a hand-held shower head.

## STAIRS & STEPS ✓

Are any steps broken or uneven?

- Fix broken or uneven steps.

Does the stairway have sufficient lighting?

- Replace any burned out or insufficient bulbs with new brighter bulbs.

Are there handrails on both sides of the stairs that are firmly attached to the wall?

- Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs.

Is there a light and light switch at the top and bottom of the stairs?

- Have illuminated light switches installed by a professional at the top and bottom of the stairs.

Is the flooring on the steps loose, torn or slippery?

- Make sure any flooring is firmly attached to every step, or remove it and attach non-slip rubber treads to the stairs.

## LIVING SPACES ✓

When you walk through a room, do you have to walk around furniture?

- Ask for help moving the furniture so your path is clear.

Do you have area rugs on the floor?

- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- Clear the floor of objects, dirt and debris.

Do you have to walk over or around wires or cords (like lamp or computer cords)?

- Use wire ties or tape to keep wires next to the wall to avoid a tripping hazard. If needed, have an electrician put in another outlet.

## BEDROOM ✓

Can you reach a light without getting out of bed?

- Place a lamp close to the bed where it's easy to reach.

Does the path from your bed to the bathroom have sufficient lighting?

- Put in light sensed nightlights along your path.