



Resources

Medalart- www.medalart.org

The New York City Poison
Control Center (800)222-1222
or 212-764-7667

New York City Department
for the Aging (212) 639-9675
or 311

Senior Citizens Help Line
(800)342-9871

Meal Service for Older Adults
311

New York City College of Technology

November 13, 2013

Sources: SunriseSeniorLiving.com

www.aplaceformom.com

Home Safety for Seniors



Drug Safety

Make sure medications are clearly labeled

Never borrow prescriptions drugs from others

Dispose of any old or used medicines

Have medication dispensed in a bubble pack or convenient dispenser

Check with your doctor or pharmacist before mixing non-prescriptions drugs and prescription drugs

Check with your doctor or pharmacist before you mix alcohol and your drugs



Safety Smarts for Seniors:

SMART FURNITURE

Furniture should be easy to lean on and strategically placed so it can be used for balance

Avoid buying furniture that has sharp – and potentially dangerous – corners

EASY REACHING

Place frequently used things in waist-high cabinets and drawers. This eliminates the need to reach high or bend low – which reduces the risk of falling

Since knobs can be hard to grip, consider switching to drawer pulls

SAFE WALKING

Avoid using scatter rugs

Tuck electrical cords behind furniture, or use cable management products, which are available in most office supplies stores

SHARPER VISION

Create a strong contrast in color between major pieces of furniture, walls, drapes and floors

Make nighttime navigation easier by using nightlights and motion sensor lights, especially along the path between the bed and bathroom

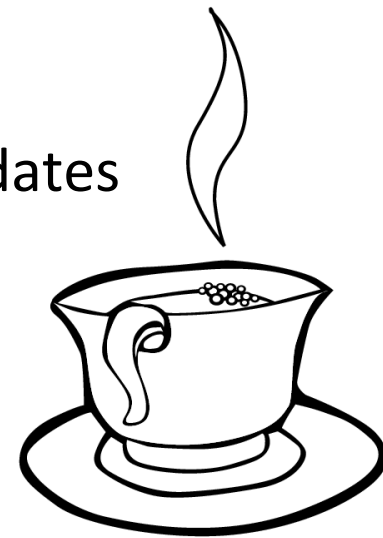
Lighting:

- ✓ Check and adjust light levels / do not assume that it is your poor eyesight
- ✓ Good lighting on stairways with switches at top and bottom
- ✓ Use non-glare 100 watt or greater incandescent bulbs or the fluorescent equivalents
- ✓ Place a lamp within reach of your bed / keep a flashlight by your bed in case of power outage
- ✓ Install night lights in the bathroom, hallways, bedroom, and kitchen



Kitchen:

- ✓ Keep floors clean and uncluttered
- ✓ Illuminate work areas
- ✓ Mark “on” and “off” positions on appliances clearly and with bright colors
- ✓ Use a kettle with automatic shut off
- ✓ Place microwave oven on a counter top
- ✓ Store sharp knives in a rack
- ✓ Store hazardous items separate from food
- ✓ Inspect food for freshness and expiration dates
- ✓ Avoid wearing clothing with long, loose sleeves when cooking
- ✓ Keep heavier objects at waist level



Bathroom:

- ✓ Leave a light in the bathroom at night
- ✓ Install non-skid surfaces on the floors, shower and tub
- ✓ Install grab bars near the toilet and on the walls of the bathtub/shower
- ✓ Install elevated toilet seats with armrests
- ✓ Use shower chairs and bath benches
- ✓ Turn water heater to 120 degrees F
- ✓ Use door locks that can be opened from both sides
- ✓ Get into a tub or shower by putting the weaker leg first
- ✓ Get out of a tub or shower with your strong side first



Bedroom:

- ✓ Move furniture with sharp corners away from the bed in case of falling out of bed
- ✓ Wear non-skid socks to bed to avoid slipping and falling if getting up at night
- ✓ Consider the height of the bed and how easy it is to get in and out of bed
- ✓ Install a nightlight
- ✓ Keep a flashlight at the bedside
- ✓ Install wall-to-wall, low-pile carpeting
- ✓ Remove all sources of flame
- ✓ Do not smoke in the bedroom



Community Health Nursing

Part IV: diagnostic Community Statements: assessment and diagnostic

Today's aging population continue to live independently despite various chronic health problem. Health maintenance is an ongoing challenge for these people. The purpose of this study is to assess the lifestyle change of elderly population that come at Stein senior center on a day to day basis. The focus group range from 65 years of age and older. while gathering information most of the participants are retiree that live alone and come to the center predominantly for social activities. I was able to gather information that they are pretty much independent with activity of daily living, some of them lack family support as they are dealing with long term illness that require different level of support. For example one elderly female has to carry her eye drops with at all times because she could not apply it, as I was helping her I educated her on how to instill it with proper hand washing. while I was touring the center I took the opportunity to assess the environment in order to have a better understanding of the elderly health needs. The center offer a variety of social activities such as dancing, game, a computer room where they can get access to the internet. They have staff on standby that can help them navigate the diverse resources available to the community such as Medicaid/Medicare, crime victim services, transportation. Even though they seem physically self- sufficient they still need health education to prevent certain diseases and for a better quality lifestyle maintenance. Many of them have chronic illnesses like diabetic, high blood pressure , arthritis and so on, and because some of them are taking many medications, they are at high risk for drugs toxicity, non compliance and fall. For these reasons my group and I did our presentation on fall prevention at home, medication safety, compliance with medication regimen as prescribed, and follow up care.

Part V: Evaluation

The goals that I wanted to accomplish were for them to remain safe in home setting, by avoiding going too frequently to hospital. They will remain compliant with medication regimen, and that they will maintain and increase their independence, and prevent complications of age existing condition. Collaboratively we assessed the seniors knowledge of their health and their learning needs, we maintained confidentiality, we evaluated their needs in relation to available services that are health promoting, maintaining and restoring .

The goals were accomplished by listening to their feedback. They verbalized that they will remove the rug that they have in the kitchen, keep their area well neat, use object within their reach, install bathroom grip bar in their bathroom, place mat inside their bathroom, they will keep their doctor appointments, they will review their medications with their doctor, pharmacist, visiting nurse and significant other, some of them have even bought some blood pressure machine to record their blood pressure.

I learned that age does affect your lifestyle regardless of your education background. This project benefits this vulnerable group because it promotes and encourages older adult to live healthy and to prevent illness. By educating them it increases their knowledge of health and informed them about their health care choices. I was very happy when some of them told me how much they had gained and how it influenced their lifestyle attitudes