



- Use a microwave oven whenever possible (but not if a person with a pacemaker is present).
- Ask the gas company to modify your stove to provide a gas odor that is strong enough to alert you if the pilot light goes out.
- If possible, have the range controls on the front of the stove.
- Provide a step stool, never a chair, to reach high shelves.

**Kitchen Safety, Comfort and Convenience**

- Use adjustable-height chairs with locking casters.
- Install a Lazy Susan® (swivel plate) in corner cabinets.
- Set up cabinets to reduce bending and reaching.
- Put in a storage wall, rather than upper cabinets.
- For easy access, replace drawer knobs with handles.
- Place a wire rack on the counter to reduce back strain from reaching for dishes.
- Adapt one counter for wheelchair access.
- Remove doors under the sink to allow for wheelchair access; cover exposed pipes.
- Create different counter heights by putting in folding or pull-out surfaces.
- If bending is difficult, consider a wall oven.
- Install pullout shelves in cabinets.
- If possible, use a fridge that has the freezer on the bottom.
- Prop the front of the fridge so that the door closes by itself. (If needed, reverse the way the door swings.)



A cutting board placed over a drawer provides an easy-to-reach surface for a person in a wheelchair.

**Note - Bedroom Safety**

Use a monitor to listen to activity in the room, and—

- ➔ keep a cell phone, flashlight and whistle near the person's bed
- ➔ provide a sturdy chair or table next to the bed for help getting in and out of bed
- ➔ make sure the bed is stable and doesn't move.

*Taking Care of Yourself*— **Happy Feet Prevent Falls**

Every year one in three Americans will take a tumble, and risk increases with age.

Healthy feet prevent falls. As we age, the foot's muscle tissue thins, blood circulation decreases, nerves become less sensitive and the cushioning tissues on the soles becomes less springy. Arches start to fall; the foot flattens and spreads.

Older toes tend to curl because of weak muscles. Corns bunions and tender spots are frequent. Because diabetes damages the foot's nerves, diabetics

are at particular risk of foot problems.

Sore feet are a major reason for unsteady gait and poor balance, and most elderly people who fell reported that they had chronically aching feet.

Footwear is the single most important factor in foot health. Getting the right size is vital. A good orthopedic shoe specialist and the trained staff at sporting goods stores can help in getting good shoes for older feet.

Source: Harvard Health Letter



*Inspiration*

Eliminating clutter makes room for your true treasures.

**Live Life Laughing!**

It is a lot of pressure on me not to pressure them.



**Memory Care - Avoid Falls**

Falls are the leading cause of injury-related deaths among people 65 and older. Protect the person in your care by—

- exercising to preserve muscle strength and flexibility
- being extra careful when the person takes medications that cause dizziness or sleepiness
- going to the eye doctor once a year for check-ups