



Visit-A-Bit Home Safety Instructions

VNA wants to make sure that home is a safe place for all Visit-a-Bit participants.

According to a recent survey by Home Instead Inc., the following health issues could make aging safely at home more difficult: (% that find it difficulty to live at home with health issue)

- Arthritis – 48.4%
- Over or Under Weight – 29.6%
- Diabetes – 28.4%
- Poor Eyesight – 27.9%
- Impaired Mobility – 13.8%
- Impaired Hearing – 11.6%

Here are some small ways that you can help keep participants safe at home, and ways that you can refer your larger concerns back to VNA:

- **Checklist:** Together, complete the “Emergency Checklist” and put it in a prominent place, so anyone coming to the house can see it.
 - Provide a “Senior Emergency Kit”
- **Fire:** Check all emergency devices (fire extinguishers, flashlights) and make sure fire/carbon monoxide detectors have fresh batteries.
- **Emergency:** Make sure a emergency response system is easily accessible and a telephone with programmed numbers is available in case of emergency. Make sure he/she knows how to call for help, and review emergency procedures.
- **Medication:** A VNA nurse will be checking medications to ensure that no pills are expired and that he/ she is taking them regularly. It is **not** the job of the Visit-a-Bit volunteer to check or distribute medication. If you have any concerns regarding medication and/ or health, please call VNA immediately.
- **Lights:** Make sure that there is adequate lighting, and all light bulbs are functional. If there are light bulbs that are out, please let VNA know what type of light bulbs are needed new light bulbs will be supplied and installed if you wish. If light bulbs are inaccessible, please let VNA know and we will send someone to the house to check/ change light bulbs.

- **Clutter:** Make sure halls and doorways are clear of clutter so no one trips.
- **Rugs:** Make sure rugs are not a tripping hazard. Remove or tack down.

This list is just a start, and safety assurance isn't something that will happen in just one visit. It's an ongoing role, and understanding some of the safety hazards that plague aging adults will help. Some needs will be small things that you might be able to handle, like discussing the need to wear non-skid socks or shoes inside. And, some of the needs you identify might be bigger, like the need to install shower bars. If you come across a significant safety concern, please refer your concern back to VNA for follow up.

We encourage you to refer to the Home Safety Checklist each week before a visit.

Thank you for promoting safety at every chance you get!