

Household Safety
By the Cleveland Stroke Club Survivor Group
Facilitated by Jean Nisenbom

Lighting

- ☀ Keep a flashlight in every room.
- ☀ You can buy night lights with flashlights built in.
- ☀ You can buy canes and walkers with flashlights built in (or tape one to your cane).
- ☀ You can buy flashlight clips for your wheelchair (or add one to your bag).
- ☀ Keep a flashlight by the stairs.
- ☀ You can buy light switches that glow in the dark (same price as regular light switches).
- ☀ Some of the emergency flashlights have several settings, some will light up a whole room.

Stairs

- ☀ Take your cellphone and a flashlight when you go upstairs.
- ☀ If you have a medical alert button, wear it when you go upstairs.

Phones

- ☀ Plug your cell phone in every day (first thing in the morning or last thing at night)
- ☀ If you have a landline, keep the phone handy.
- ☀ Add the phone number of your utility companies to your phone, to report an outage.

Carpeting

- ☀ The rules of safety are no throw rugs.
- ☀ If you must have a small rug, make sure it is tacked down securely.

Bathrooms

- ☀ Install grab bars. Insurance companies (including Medicare & Medicaid) will fund some grab bars.
- ☀ Get a raised toilet (ADA approved) or a toilet raiser or use a 3-in-1 commode over the toilet (this works well because you can use the handle to get up).
- ☀ Use water shoes in the shower and bathroom. There are suction mats, but you really have to be careful and try it out—some don't work at all.

Bedrooms

- ☀ Use good non-slip slippers or gripper socks.
- ☀ Blankets, cat toys, clothes should be off the floor.

Kitchen

- ☀ Install or have a battery back-up light in the kitchen, in case of power outage.
- ☀ Use a cell phone alarm or very loud timer when you cook. Set it to ring every 10 minutes so you do not forget to watch what is on the stove.
- ☀ Make sure the floor is dry—wipe up spills right away.
- ☀ Make sure the floor is clear of packaging, plastic wrap, dryer sheets, etc.
- ☀ Do not put knives and sharp object in the soapy water – leave them on the counter and wash them separately.

Smoke and CO2 Alarms

- ☀ Make sure your alarms are working – most have test buttons.
- ☀ Newer models plug in, so you do not have to replace batteries. They are good for a couple of years.

Outside

- ☀ Watch out for “black ice” an invisible ice coating sidewalks and streets.
- ☀ Put a mixture of salt & cat litter and shovel in your wheelchair bag or trunk.
- ☀ Keep salt in your entry way.
- ☀ Do not close your screen door behind you when it is icy. You can be locked out because the latch can freeze shut.
- ☀ You can buy walkers and canes with metal clips to walk on ice.
- ☀ Wear boots. Our volunteer nurse highly recommends: Ice Grips for shoes. Ice grips are hard to get on and off, so you will need inside shoes and outside shoes.
- ☀ Keep a small flashlight on your key chain.
- ☀ Turn on your GPS tracker on your cell phone so people can locate you.
- ☀ Your cell phone has a flashlight in it.

Please check with your doctor to make sure that you are up to date with all your vaccinations.

We have posted this on our Website:

<https://clevelandstrokeclub.files.wordpress.com/2021/01/household-safety-tips-by-and-for-survivors-v5.pdf> For more information about the Cleveland Stroke Club, see our Website: www.clevelandstrokeclub.org