

Home Safety-Bedroom & Outdoor

Good lighting makes a room cheerful, makes getting around easier and reduces the risk of falls and medication errors. If the room doesn't get much natural daylight, install sturdy floor lamps (position them in a corner where they won't be knocked over), wall-mounted lamps or lamps that attach firmly to the bed frame. Avoid table lamps that can tip over, break and cause fires. Most light bulbs get hot, so use light fixtures that shield the bulb from fingers. **Night lights** in the bedroom, in the hallway just outside the bedroom, and in the nearest bathroom are also important. For daytime naps, use light-blocking blinds. Keep blind cords looped up or knotted to avoid tripping hazards.

Keep heaters clean and clear of furnishings, drapes and bedding. Sleep is enhanced when the room is slightly cooler (about 65° F). **Fresh air** is important. Crack open windows in nice weather and air the room frequently.

A **bedside table** should be sturdy, large enough to accommodate whatever you need, and at a comfortable height and distance from the bed. Always keep a **flashlight** within easy reach. To **avoid insomnia**, the bed should only be used for sleeping—not eating, working or watching TV.

The **mattress** should be firm, a comfortable height—about 22" is good—and placed securely against a wall. If the bed has wheels, lock them. If blocks are used to raise its height, make sure they are secure.

Bed guard rails may be helpful when getting in and out of bed. Consult with a physical therapist about the best way to use them—if at all. A *bed cane* may be a safer alternative; it has a wooden base that fits between the mattress and box spring and a grab bar above. Also consider adding—

- A fish tank, to provide entertainment and relaxation
- A bulletin board with pictures of family and friends hung where it can be easily seen
- A calendar and an easy-to-read alarm.

HAPPY DAYS DURING MAY/JUNE
MOTHER'S DAY MEMORIAL DAY FATHER'S DAY SUMMER
ENJOY!