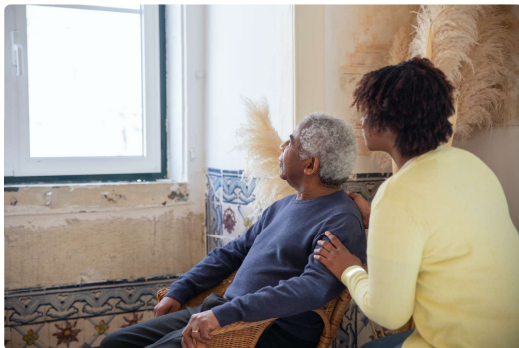




Home Safety Devices: How Can They Help?

BY: CRISTIANE B. CRUZ, R.KIN, MPK



**Many Of Us
Provide
Care For
Others...**



**There Are
Various
Home Care
Aides That
Can Help
Us...**



**Ensure You Consult A Specialist
Before Purchasing Equipment**



BATHROOM

Raised Toilet Seats

- ▶ **Benefits:**
 - ▶ Helps To Be Able To Get Down/Up From The Toilet
 - ▶ Also Available With Handles
- ▶ **Safety:**
 - ▶ Ensure It Is Attached Tightly
 - ▶ Check The Bowl Circumference/Height Of Seat
- ▶ **Client Story:**
 - ▶ “A Very Tall Resident (In LTC) Was Having Knee Pain Due To The Small Toilets. This Helped To Reduce Her Discomfort”



Transfer Bench

- ▶ **Benefits:**
 - ▶ Helps Clients Get Into/Out Of Bathtub
 - ▶ Reduce Risk Of Falls
- ▶ **Safety:**
 - ▶ Client Must Be Able To Lift Their Legs Into Tub
- ▶ **Client Story:**
 - ▶ “A Stroke Patient Was Able To Have Showers At Home Again, As She Could No Longer Get Up From The Bottom Of The Tub”



Tub & Grab Bars

- ▶ **Benefits:**
 - ▶ Helps Clients Stand Up
 - ▶ Takes Up Small Space
- ▶ **Safety:**
 - ▶ Require Some Lower And Upper Body Strength
- ▶ **Client Story:**
 - ▶ “A Client With Leg Weakness Was Able To Get Up From The Toilet Without Assistance With This Device”



Bathmats

- ▶ Benefits:
 - ▶ Provides Non-slip Surface
- ▶ Safety:
 - ▶ Can Build Up Mold Underneath
 - ▶ Can Be A Tripping Hazard
- ▶ Client Story:
 - ▶ “A Client Was Able To Take Standing Showers Without Worrying About Slipping”



Commodes

- ▶ Benefits:
 - ▶ Provides Shorter Distances For Toileting
- ▶ Safety:
 - ▶ Can Tip Over If Not Placing Equal Weight On Both Sides
 - ▶ Ensure Height Is Adjusted
- ▶ Client Story:
 - ▶ “A Client’s Caregiver Was Able To Use This In The Bedroom At Night, So That She Did Not Have To Walk So Far”

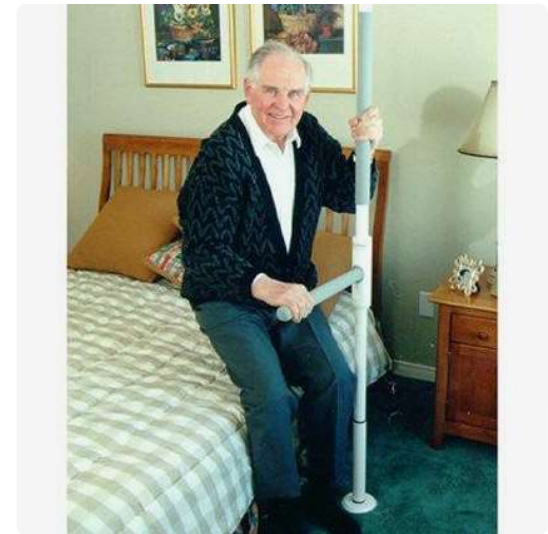


A photograph of a bedroom interior. The room features a bed with a light-colored duvet and several pillows, including a large patterned one. Two nightstands with lamps are positioned on either side of the bed. A large window with white shutters is on the left. A dresser with a mirror is on the right. The room is carpeted and has a neutral color palette. The word "BEDROOM" is overlaid in large white letters in the center of the image. A blue square is in the top right corner.

BEDROOM

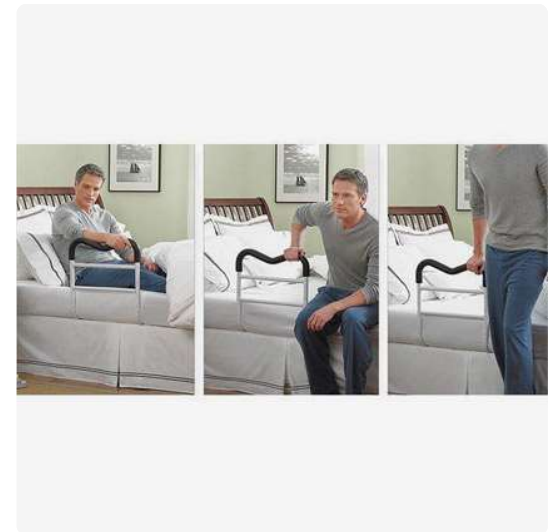
Superpole with Superbar

- ▶ **Benefits:**
 - ▶ Helps Clients Stand Up From Bed/Chairs
 - ▶ Weight Capacity Of 300 lbs.
- ▶ **Safety:**
 - ▶ Ensure Professionally Installed
 - ▶ Can Be Tripping Hazard
- ▶ **Client Story:**
 - ▶ “A Client Was Able To Use This To Get Out Of Bed Without Assistance, Which Reduced Risk Of Back Injury In The Caregiver”



Bedrail

- ▶ **Benefits:**
 - ▶ Helps Client Get Out Of Bed
- ▶ **Safety:**
 - ▶ Can Be Entrapment Hazard
- ▶ **Client Story:**
 - ▶ “A Chronic (Low Back) Pain Client Was Able To Get Out Of Bed Without Using Her Back As Much, Which Reduced Her Overall Pain”



Lift Chair

- ▶ Benefits:
 - ▶ Helps Client Gets Out Of The Chair
- ▶ Safety:
 - ▶ Should Be Placed In A Proper Place In The Home
- ▶ Client Story:
 - ▶ “ A Parkinson’s Client Was Able To Get Up From Her Chair Without Assistance, As Was Able To Have The Chair Be Lower As Her Strength Improved”



Adjustable Bed

- ▶ **Benefits:**
 - ▶ Can Help Adjust A Person's Head/Legs
 - ▶ Can Be Raised Up/Down
- ▶ **Safety:**
 - ▶ If Placed Too Low, Can Be Falls Hazard (If The Client Can Walk)
- ▶ **Client Story:**
 - ▶ "A Stroke Client (In LTC) Was Able To Adjust Himself, Without Relying On Staff, Which Helped Increase Sense Of Independence"





STAIRWELL

Stairlift

- ▶ Benefits:
 - ▶ Helps Clients' Get Up/Down A Flight Of Stairs
- ▶ Safety:
 - ▶ Must Ensure Proper Installation
- ▶ Client Story:
 - ▶ "A Client Who Lived Alone, And Was An Amputee, Was Able To Use This To Get Up/Down Her House Stairs"

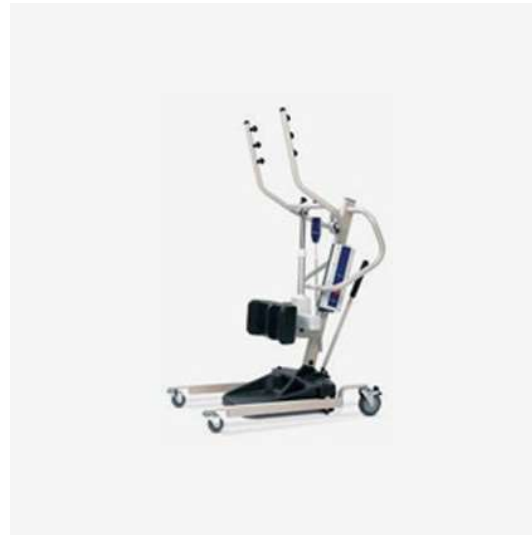




ADDITIONAL TIPS

Transfer Lifts

- ▶ **Benefits:**
 - ▶ Can Help Raise A Client Out Of Bed/Chair
- ▶ **Safety:**
 - ▶ Caregiver Should Be Properly Trained On How To Use
 - ▶ Client Should Be Assessed Before Using
- ▶ **Client Story:**
 - ▶ "Client's Wife Was Able To Use This On Days Her Husband Was Feeling Too Weak To Get Out Of His Chair/Bed"



Utensils with Large Grip

- ▶ **Benefits:**
 - ▶ Helps Clients Who Have Trouble With Their Grip
- ▶ **Safety:**
 - ▶ May Be Unnecessary
- ▶ **Client Story:**
 - ▶ “A Client With Hand Weakness Was Able To Feed Herself Without A Staff Member Present”



ROHO Cushions

- ▶ **Benefits:**
 - ▶ Reduces Risk Of Pressure Sores When In A Wheelchair
- ▶ **Safety:**
 - ▶ Can Cause Falls/Slips For Certain Clients
- ▶ **Client Story:**
 - ▶ “Switching From A Foam Cushion To A ROHO Helped To Reduce The Small Wound That A Paraplegic Was Developing”



A hand holding a compass in a snowy forest. The background is a blurred winter scene with snow-covered trees and ground. A dark blue rectangular block is in the top right corner.

Searching For The Right Equipment

- ▶ Ensure You Speak With A Specialist
 - ▶ Physiotherapist
 - ▶ Occupational Therapist...
- ▶ Cost
 - ▶ There Are Some Funding Options
 - ▶ Assistive Device Program (ADP), Disease Specific Funding...
 - ▶ Contact Different Companies About Rentals Or Donated Equipment
 - ▶ Might Find Someone Selling Used Equipment Online



HME

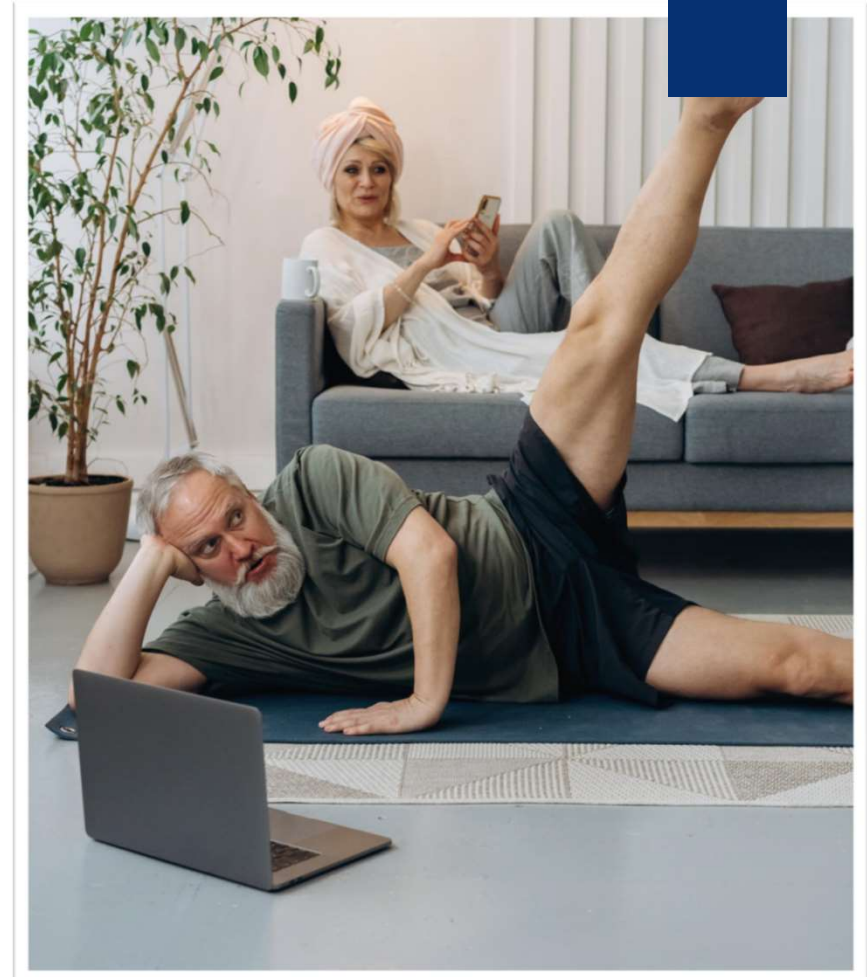
Home Medical Equipment

<https://www.hmemobility.com/>

**Equipment
Listed Can
Be Found
At:**

Want Additional Support?

- ▶ Book A Virtual Appointment With Me!
 - ▶ 1 Hour One On One For Initial Session
- ▶ A Kinesiologist Can Help You Use Exercise For:
 - ▶ Chronic Diseases And Injuries
 - ▶ Arthritis
 - ▶ Low Back Pain
 - ▶ Tendonitis And Bursitis
 - ▶ Falls Prevention
 - ▶ Performance
 - ▶ Improving Health And Independence



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