

4 Important Tips to Make Your Home 'Senior-Safe'

Warren, NJ In-Home Care Provider Offers Home Safety Tips for Seniors Living at Home

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[/EINPresswire.com/](http://EINPresswire.com/) -- Having an in-home caregiver, for many seniors, is like having a best friend who visits every day and always helps with household chores. While the central purpose of your caregiver's visits may be your health and wellbeing, on the vast majority of days where you're feeling fine and only need a little extra help around the house, your caregiver's role becomes friend and companion.

Of course, you have to have something to do together to fill the long hours, and there's only so much television you can watch or hands of Gin Rummy you can play in a row. This is why seniors and their caregivers often plan and embark on shared projects like crafts, gardening, or sorting and organizing your impressive collection of photos and keepsakes. But who says your shared activities can't also be useful?

“

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Stephanie Howe

Senior Safety in the Home

The longer you live in a home, the less likely it becomes that you will re-think out it is arranged and, more importantly, how safe it is for you to traverse the floors. Most seniors live in a home saw it's last furniture rearranging before the kids moved out and it hasn't been considered since. Sound familiar? If your space hasn't changed since you retired, then it's probably time to take a long thought about senior safety procedures.



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Comfort Keepers of Warren, NJ



Stephanie Howe

Stephanie Howe of [Comfort Keepers in Warren, NJ](#), has a handy [guide of four important safety tips](#) that Caregivers and Seniors can do to make the home safer for everyone.

"We like to be actively involved in positively improving our clients' lives," said Howe, owner of the central New Jersey in-home care franchise. "We feel interactive caregiving helps everyone."

The fact of the matter is that as you get older, even if you're still quite stable most of the time, the consequences of a fall become much more severe. A single lost cat toy or buckled throw rug under your feet could mean an unpleasant trip to the hospital that no one wants. The tenants of senior home safety have three major factors: clean floors, wide paths, and grab bars. Fortunately, your caregiver can help you with all three.

Devising a Safety Project With Your Caregiver

Most senior-caregiver teams develop a fun system of working together to achieve shared goals. Seniors may pitch in for light and seated tasks while caregivers have a great time running around, moving things, and doing all the lifting and carrying that is no longer practical for their senior client. You can use this natural workflow again to completely rethink mobility safety in your home. Join heads together with your caregiver to put together an ideal senior safety plan for your home. Perhaps the most important thing to plan is where the furniture will go. If you want to visualize before you start, consider graph paper or a free floor planning site which can be fun to work on together.



Comfort Keepers of Warren New Jersey Location

Clearing the Floors

Once your plan is devised, and you're ready to act, the first step should always be the floors. It's time to pick up everything including throw rugs, welcome mats, and other things that normally belong on the floor. Sweep, mop, and dry hard floors and thoroughly vacuum carpets. Start shifting furniture to clear out everything underneath so that no hidden grandchild or pet toys are lurking under there for later hazards.

Arranging the Furniture

Once the floors are clean from baseboard to baseboard, it's time to enact your floorplan. Work with your caregiver to get your existing furniture into an arrangement that much more defines wide, straight walking paths and ideally includes a few natural safety features. One of the best ways to create a very safe walkway is to move the couch forward about three feet from the wall. This way, the couch back can act as a soft handrail.

Installing Grab Bars

Speaking of handrails, the final step is to install a collection of sturdy grab bars in your home. Where you put them, how many you install, and if you install any at all is your choice, but it's best to consider a few key locations. One in the kitchen is a good idea because counters are notoriously sharp or slippery.

Bathrooms traditionally have one or two by the toilet and another to help get in and out of the tub or shower. An extra grab bar by any stairs is always helpful, and one by the bed can help with your

morning routine. Caregivers can help you install grab bars with a few quick turns of a handheld power drill.

About Comfort Keepers of Warren, NJ

Comfort Keepers provides award-winning in-home care for seniors and other adults in need of assistance with daily activities. Their highly trained and dedicated caregivers can help your loved one stay in their home for as long as safely possible—a dream come true for both the seniors and their families. Their goal is to enrich the lives of every treasured client while maintaining client safety, well-being, and comfort as each person continues to live independently despite disease and other age-related conditions.

Their caregivers, referred to as Comfort Keepers®, are carefully selected, screened, and trained to provide professional, compassionate assistance that meets the organization's high standards. Through a unique approach called Interactive Caregiving™, Comfort Keepers' caregivers build true friendships with their clients in order to fulfill their emotional and social needs.

To find out more about Comfort Keepers of Warren New Jersey's commitment to excellence, please call (732) 369-3639.

This release was drafted by [Results Driven Marketing, LLC](#): a full-service digital marketing, public relations, advertising and content marketing firm located in Philadelphia, PA.

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