

Grandparents Corner

June 2012

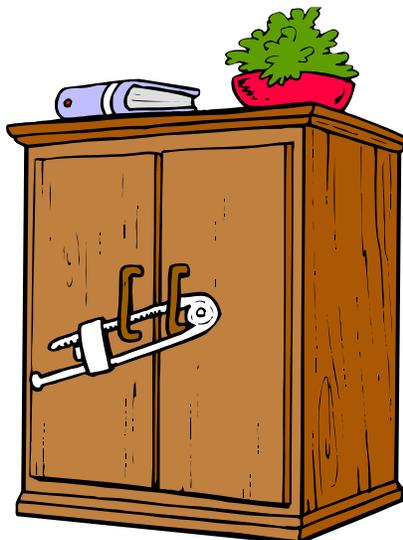
Childproofing Your Home

According to Safe Kids USA, every year, more than 3,000,000 unintentional injuries to children 14 and under happen in the home and require care in the emergency room.

Young children are curious and often do not realize what is dangerous. A drawer left open can easily turn into stairs to the TV. Recently, the news has highlighted yet another danger from button batteries. The coin-sized batteries come from many devices and when swallowed, can cause extensive damage to the throat and esophagus. Most of us do not think about a singing greeting card, which contains a button battery, as a life threatening object for our children.

The best solution is to understand your child's limitations and abilities, provide adequate supervision, and take steps to remove potential hazards before something happens.

For more information about safety basics, child proofing your home, and preventing injuries visit www.safekids.org.



Even familiar bedrooms can have hazards that cause falls. Outdoor areas are enjoyable, but can also be dangerous to a frail person especially with limited vision or Alzheimer's. Read the issue and answer True or False to the questions below.

1. Good lighting makes moving around easier and reduces the risk of falls and medication errors. T F
2. Sleep is enhanced when the room is very hot. T F
3. Blind cords can be tripping hazards. T F
4. To avoid insomnia, the bed should only be used for sleeping - not eating, working or watching TV. T F
5. Bed guard rails may be helpful when moving in and out of bed, but may add to the risk of falls if the person attempts to climb over them. T F
6. If the person in your care is frequently up at night, place an alarm mat beside the bed, use an infrared sensor beam to sound an alarm when they cross it, or attach a motion sensor to clothing. T F
7. In outdoor areas, good lighting, especially to illuminate walkway hazards at night, is important. T F
8. A person with Alzheimer's may try to leave the house on their own. T F
9. Sore feet are a major reason for unsteady gait and poor balance, and most elderly people who fall, report that they had chronically aching feet. T F
10. Properly fitting footwear is not an important factor in foot health. T F

KEY: 1. T 2. F 3. T 4. T 5. T 6. T 7. T 8. T 9. T 10. F