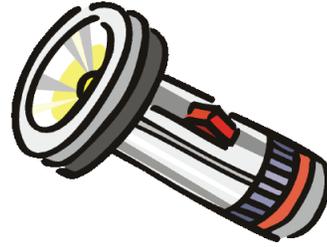


Emergencies

- Be prepared for an emergency. Have enough medication in your home. Do not wait until you are out of medication to order more. Contact your physician if you need a new prescription.



- Have a supply of water, medication, blankets, canned food, flashlights, a radio, and batteries on hand in case of a natural disaster.

MY CONTACT AT FAMILY & CHILDREN'S SERVICE IS:

FAMILY & CHILDREN'S SERVICE

191 Bath Avenue • Long Branch, NJ 07740 • 732.222.9111 • Fax 732.531.8507
www.fcsmonmouth.org

For more than a century, Family & Children's Service (FCS) has served Monmouth County as a trusted and essential resource for individuals and families who need a helping hand. By providing a variety of services and solutions, we meet the diverse needs of area residents at all stages of their lives.

Safety at Home

Home accidents are a major cause of injuries and hospitalizations.

As we age, our senses of sight, touch, hearing, and smell may decline. Physical abilities may decline. These changes in perception, physical abilities, and judgment make us more prone to accidents.

Simple precautions and adjustments can help us remain safe.



Here are some tips to keep you safe at home:

- Telephones should be located in each room and be easily accessed. Have emergency numbers posted by each telephone.

- Consider a safety alert device.

- Keep steps in good condition and free of objects. Use secure handrails and be sure the stairway is well lit.

Walk slowly and carefully when navigating steps and always hold the handrail.

- Do not stand on chairs. Use a sturdy step stool if needed. It is better to store objects in lower cabinets or ask for help.

- Wear proper fitting shoes with low heels. If needed use a walking aid, ordered by your physician. Be sure it is correctly measured.

- Keep walking areas free of objects, newspapers, and cords.



- Have working smoke and carbon monoxide detectors on each floor. Have easy access to your fire extinguisher and know how to use it.

- Know how to use medical equipment properly. Contact your physical therapist or physician if unsure.

Bathroom Safety

- Do not use the shower door or towel rack for support. Grab bars should be installed on the walls by the bathtub and toilet. The bathtub or shower should have a non-skid bottom.

- Be sure there is adequate lighting in the bathroom and the light switch is at the entrance.

- Keep the water heater at 120 degrees Fahrenheit or below to avoid burns.

- Ask for help for showering or bathing as needed.

- Keep electrical devices away from the bathroom.

Medication



- Keep medication in a safe place and out of the reach of children. Remember visiting children and pets.

- Keep a list of current medications on hand. Dispose of expired or discontinued medications.

- Keep medications in their original containers. If you are unsure of a medication contact your physician or pharmacist.

- Never take medication not ordered by your physician.

- Always read the label and have the medication stored at the correct temperature. Take the medication as prescribed by your physician.

- Remember by law your Home Health Aide is **not** permitted to administer any oral medication, injectable medication, eye or ear drops, topical medication or medication patches.

- If you need assistance ask your physician or nurse.