

Staying Safe And Independent In Your Home

A couple is seen from behind, sitting on a wooden bench in a vibrant green field. They are looking out over rolling hills and a forested area under a clear blue sky. A large, white, arch-shaped graphic element is superimposed over the scene, framing the landscape. The overall mood is peaceful and scenic.

Lisa H. Kunz, COTA/L
Helping Hands and Healing Hearts

Introduction

Lisa H. Kunz, COTA/L



- Core values: caring, empathy, honesty, and integrity
- Focus on independence and safety



What you will learn today

- Safety measures
- Occupational based tasks
- Everyday living
- Comfort
- New technology



Importance of proper equipment

- Walker (with tray)
- Shower chair, transfer bench
- Grab bars
- Raised toilet seat
- Long handled shoe horn
- Long handled sponge
- Sock Aid
- Adaptations



Equipment adaptations

- Door handles
- Tub handles
- Doorbells
- Lighting
- Electronic voice activation for lights
- Phones for hearing and vision impaired
- Vision and hand impairments



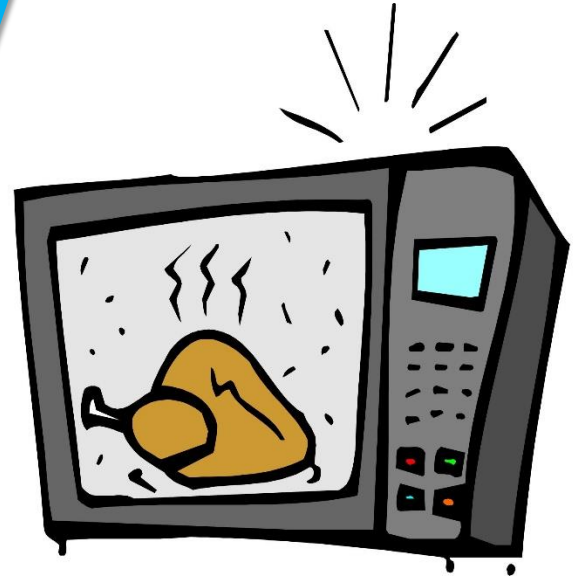
Safe Transfers

- Stand pivot transfer
- Bathroom transfer
- Household transfer
- Anywhere falls can happen



Kitchen safety

Microwave ovens vs. Stove
Doing tasks while seated



Car Transfer



House Aids

- Cleaning
- Shopping
- Meal Preparation
- Freeing up your time to enjoy life!



Exercise

- Keeping strong is vital
 - Yoga
 - Tai Chi
 - Chair Exercises
 - Walking Every Day



Home Technology

- Med-Minder
- Reminder Rosie
- Philips Lifeline
- GrandCare Systems
- Inirv React
- MobileHelp
- Connect America
- Life Alert
- Gait-sensing technology





Questions

- Problems you are experiencing
- Challenges
- Ideas to share with the group
- Additional Information



How to reach us

Call 800-381-6478

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