

A Social Initiative for Senior Citizens

By Antyodaya Foundation

Every year more accidents involving seniors / senior citizens occur at home and outdoors that are avoidable. These are caused by the decreased Motor coordination, poor vision and reduced mindfulness /forgetfulness. Debilitation there-of, takes much more time to recoup due to decreased ability to heal as seen with the advancing age. It also causes unnecessary stress for the seniors, their families and support groups.

Most of these are avoidable by taking remedial steps that enable the senior citizens to live with dignity as is their right.

Areas that can be made senior proof are as follows:

Bathrooms

Use 2/3 Feet Long Grab (Hold) Bars on All Side Walls of the Bathroom.



After bath, use at least 5/6Mugs of Water to Clean the Floor and Try to Mop Up the Floor Thereafter.

Take Bath on sitting on a Stool.



Soap Mate should be Mounted Above the Water Exit Hole.

Do Not Use Slippers While Bathing, Keep Them Outside The Bathroom.



Avoid putting the lock from inside so that help could be available in case of eventuality. You can indicate 'InUse' Sign on the Door of the Bathroom.

Avoid using Glazed Tiles in the bathroom.



Add a Big Size Non-Skid Bath Mat to Your Shower Area.

Avoid Wearing Undergarments while Standing up.

Home and Neighbourhood



Avoid spilling water on the floor, mop the floors immediately.

Reduce your home's Clutter (Extra Items lying In the Way) to prevent stumbles.



Remove (or Fix) any Rugs/Carpets (Curls) that Might Slip or Cause Fall.

Wear Loose Clothes to enable blood circulation.

Do not Wear Over Long Clothes Generally Touching the Floor (Gowns, Trousers etc.)



Add Railings to Both Sides of Stairways at Home/ In apartment complex.



Never Use Mobile While Walking/Climbing Up or Down.

Our Shoes/Chappals should be Supportive, Low-heeled, and provide Good Friction. Test them Periodically by Rubbing them on Dry and Wet Ground Surface.

Avoid Walking Around Your House in Socks, Stockings, or footwear that can lose traction e.g., slippers.

Keep the House Sufficiently well Lighted during Night.



On/Off Switch used in Night Should be Conveniently located.

CarryTorch with you or Learn to Use the Torch in the Mobile During Night Outings.



Avoid Walking On Uneven Street/Roads/Area Specially during Night and Rainy Seasons.

Avoid Going Out of the House On Rainy Days.

Do not Hesitate to Seek Support when needed as Negligence could turn out to be disastrous for Self, Spouse and the Family. Be Very Careful Near The Swimming Pools due to Enormous Spillage in Surrounding Area.

Health & Others

Drink Sufficient Water.

Adhere to Suitable Diet Plan as per your age, generally reduce intake of sugar unless suggested by the doctor.

If you are above 55 years old, get Bone Density Test Done (DEXA Scan) for ascertaining osteopenia/osteoporosis though it is an expensive test.



Test your vision. If you haven't been to the Optometrist Lately, Drop In Soon to have your eyes Evaluated. Weak Eyesight and Blurry Vision can Cause Stumbles and Falls.

Check your medications. Ask your doctor or pharmacist to review your medications, so that they can identify any prescriptions or over-the-counter drugs that cause dizziness or drowsiness. Find alternatives to these medications if possible. Always take your medications as prescribed. Do not Skip the Medicines.

Turn on the lights. All stairways should be adequately lit, but it's also important to turn on lights when you get up in the middle of the night. Avoid "feeling your way" through the dark, as you could trip over a loose electrical cord, a fallen object, or a thick rug.

Exercise regularly. As per the age one can indulge in light stretching and bending exercises after consulting a doctor.



Periodic Health checkup should be done as recommended by your family doctor. Tests for deficiency of Vitamin D3 and B12 should be done Periodically.



Do not Hesitate to Take Intermittent Rest while Climbing Staircase.

Carry List of Important Phone Numbers for Emergency in your Wallet.



Avoid using Lock Password on Mobile phones and store emergency numbers or carry them in the wallet.

Urination, Spend some time on the Bed Sitting in order to restore the blood circulation to normal, before standing up to go to the bathroom. It is recommended that one should sit while passing urine, also afterwards don't stand up suddenly.

If you are Waking up in the Night More Than Once then you Need to Consult a Doctor.

Never Exert Pressure during Defecation (While In Toilet).

Avoid using 2 wheelers if possible, especially at night and during the rainy season. It makes sense to engage/ seek help for the following (Medicines, Vegetables, Groceries etc..) though it could mean extra expenses.

As one ages the ability to remember routine activities might get challenging, many a times we are confused about whether we have taken our medicines. Under Dosage / Overdose could be Damaging. It is recommended to keep all medicines in this kind of Pill Box.

