

For Your Health

Safety in the Home

At Aetna, we believe there is nothing more important than your health. That's why we're pleased to bring you information to help you take an active role in the management of your health.

Read on to learn more.

Your home may house a multitude of hazards that can lead to accidents such as falls. Falls are the most common cause of accidental death and serious injury in the home, and they are a particular problem for the elderly, who often have limited mobility and problems with balance. You can make a few minor adjustments to your home to optimize your safety in the rooms you use the most.

Making Your Home Safe

Older people generally prefer to live at home, either alone or with their families. It allows them to enjoy the comforts of familiar surroundings, while still staying close to their loved ones.

However, living at home does present challenges. For example, falls are the number one in-home cause of death in the elderly. Most older people can live safely at home provided they make a few adjustments to compensate for any decline in their physical or mental function. Falls are common as people age for a multitude of reasons.

Tips to Optimize Home Safety

Research suggests that up to half of home accidents could be prevented by making some very minor modifications. Most of the changes needed are simple to make. Here are a few minor suggestions:

- Put a second railing in the stairwells.
- Mark trouble spots with bright tape.
- Put grab bars in the bathtub.

- Get a tub seat and other bath accessories.
- Install lights in dark places.
- Invest in a personal alarm.

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