



Stair Safety: Elevating Self-Care in the Senior Home

Every year, one-fourth of seniors in our country suffer from a fall. Falls are currently the leading cause of senior injuries, making the need for fall prevention and safety a top priority for older adults and the families who care for them.

For obvious reasons, stairs are a big culprit in senior falls. Stairs are practically unavoidable in most homes, and they can become a safety concern for older residents who experience decreased vision, poor balance and muscle weakness. While this usually isn't reason enough for older adults to move out of their homes, stair safety should still be taken seriously for those who wish to lead a healthy senior lifestyle.

Leighann Greco, Director of Sales and Marketing at Lexington Place, a senior living community in New Smyrna Beach, Florida, backs up the call for safety measures. "Stair safety may be easy to dismiss – as we've been climbing stairs all our lives! But when gradual, age-related physical changes make our bodies more vulnerable, we often don't realize the need for caution until we've already gotten hurt. A serious fall can do serious





damage to a senior’s health and lifestyle, leading to more injuries, medical conditions and possible loss of independence.”

Fortunately, it’s easy to be safe on the stairs. With some minor adjustments to the environment and a person’s habits, you can learn how to be safe at home.

Climbing Safely

Some of the most common reasons for falling on the stairs include health issues, such as poor vision, a balance disorder, mobility problems, joint pain or muscle weakness, environmental factors or simply lack of caution. While accidents will happen even when we are most prepared, there are several things older adults can do to make their trips up and down the stairs in their home safer.

Consider the following tips to help you or a loved one stay safe on the stairwell:

Clear the Clutter – Make sure there is nothing obstructing the stairs at the top or bottom landing. Clear away rugs or furniture that could be tripping hazards. Avoid piling items on the steps themselves.

Survey the Surface – If the surface of the stairs are tile or wood, consider applying non-slip treads to improve traction. If steps are carpeted, make sure the carpet is securely attached and doesn’t slip or sag.

Let There Be Light – All stairways in the home should be well lit. If you need to install a light for the stairs, make sure there is a switch at both the top and bottom. When caring





for an older friend or family member, check to see if any light bulbs need replaced and help them to do so if need.

Look Ahead – Vision problems are a common cause of trips and falls. If you need prescription lenses, be sure to wear them at all times. See an eye doctor regularly to make sure your prescription is up-to-date. Remove any reading glasses before climbing the stairs.

Hold On – Stairs should have at least one secure handrail that can support a person’s full weight. While a wall may provide some balance support, it won’t help you if you fall forward. Install a second handrail for extra support on both sides of the stairs.

Find Good Footwear – Slips and trips happen most often when going barefoot or wearing socks. Invest in a solid pair of house shoes with rubber soles that won’t fall off when walking or climbing the stairs.

Take Your Time – Don’t hurry up or down the stairs. Whether the phone is ringing, or someone is at the door, rushing to answer them isn’t worth a fall or injury. Also, be careful when carrying things from floor to floor. If you have a big load, ask someone to help you or take a few trips with smaller loads.

Stay Active – The best thing you can do to avoid a fall is to stay physically active. Improving flexibility and strengthening leg and core muscles are good ways to improve balance, and in turn make it easier to keep yourself from falling if you trip. Yoga, tai chi and light strength training are good options. It’s wise to talk to your doctor before starting any kind of new exercises.





Talk to Your Doctor – If you have a medical condition such as arthritis or take medication that affects your balance, talk to your doctor about how you can improve your situation. Your healthcare provider is the best resource for health information and guidance that’s specific to your needs.

High-Quality Support for Seniors

“At Lexington Place, our top priority is to give older adults the support they need to live fully enriched lives,” says Leighann, Marketing Director. “Whether that means giving families trustworthy advice about home safety, or providing professional care within our community, Lexington Place has you covered.”

Lexington Place is designed to promote a safe home for our residents. We invite you to visit us for a complimentary meal to learn more! Call us at 386-410-2523 or visit us any time at www.LexingtonPlaceNSB.com

Love Where You Live with Concordis Senior Living.

Concordis Senior Living provides the management services to Lexington Place. We offer a variety of lifestyle and care options rooted the Concordis Senior Mission and values. Whether you are in need of Independent Living, Assisted Living or Memory Care, Concordis Senior Living has you covered throughout the southeastern states.

Our mission at Concordis Senior Living is to enrich the lives of those we serve through quality and compassionate care consistent with our heritage and values. We strive to





provide programs and services that inspire well-being, as well as social, cultural and spiritual independence.

Concordis communities are rich in wellness programs, meaningful experiences and educational opportunities. Our communities allow residents to connect with those who share their interests and cherished traditions. Our goal is to provide residents with an active, worry-free lifestyle filled with ways to socialize with others, pursue their passions and be engaged in everyday life.

To learn more about Concordis Senior Living's unparalleled lifestyle and community management services, visit us at www.ConcordisSeniorLiving.com.

