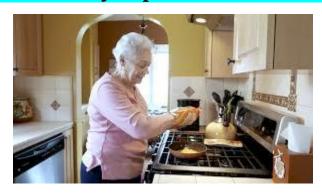
Home Safety Tips for Older Adults



Cooking is the leading cause of home fires and home fire injuries year after year. Adults over the age of 65 are at significantly higher risk of dying from a cooking-related fire. These tips will help you cook safely and minimize fire hazards in your kitchen.

- Do not cook if you are sleepy, have been drinking alcohol, or have taken medications that make you drowsy.
- Stay in the kitchen when you are frying, grilling, or broiling food. Turn off the stove if you leave the kitchen for even a short period of time.
- If you are simmering, baking, roasting, or boiling food, check it regularly. Use a timer to regularly remind you that you're cooking.
- Turn handles of pots and pans to the side so you don't accidentally bump them and spill the contents.
- Wear short, close-fitting, or tightly rolled sleeves when cooking. Loose clothing can easily catch fire if it comes in contact with a gas flame or electric burner.
- Double check the kitchen after you finish cooking to make sure the oven burners and other appliances are turned off.

Smoke Alarm Safety Tips with Special Considerations for Older Adults

Smoke alarms save lives by providing early warning of fire, yet roughly two-thirds of home fire deaths occur in homes without working alarms. Follow these tips to ensure you are protected by working, properly installed smoke alarms.

Age-related hearing loss may make it difficult for older adults to respond quickly to the sound of a standard smoke alarm. Additional smoke alarm safety warning devices should be considered in homes where older adults reside.

 Smoke alarms should be installed in every bedroom, outside each sleeping area, and on every level of the home. Not in the Kitchen.

- Test smoke alarms to make sure everyone in your home can hear them, even when they are asleep. Some older adults may not be awakened by the sound of the smoke alarm.
- Notification appliances that are separate from the smoke alarm and produce complex low frequency audible signals upon activation can be used to awaken those with mild to severe hearing loss.
- If anyone in your household is deaf, or if your own hearing is diminished, consider installing a smoke alarm that uses a flashing light or vibration to alert you to a fire emergency.
- High intensity strobes are used as a method of waking those who are deaf or who
 have profound hearing loss. Smoke alarms are available with strobe feature or
 the ability to be used with strobes. Pillow or bed shakers that are activated by the
 sound of the alarm are required to be used with strobes.
- Smoke alarms with built in or separate strobes can be purchased through home improvement store websites or by searching the Internet for "strobe light smoke alarms."
- If possible, both a family member and a backup person should be assigned to help awaken those with hearing loss during fire drills and emergencies.
- Smoke alarms require regular testing and maintenance to ensure they are working properly. Families and/or caregivers may need to assist older adults with these tasks.

Fire Escape Planning for Older Adults

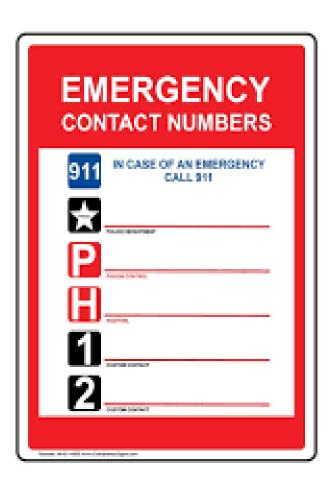
Once the smoke alarm sounds, you may only have a few minutes to get to safety. Everyone needs to have a family fire escape plan. Fire escape plans should be updated regularly, however, to address changes that can occur as we age, such as decreased mobility, hearing or eyesight. Use these tips to help ensure your plan is up-to-date.

- Involve all family members in revising/updating your fire escape plan.
- Walk through your home and note any possible exits including windows.
- Draw a floor plan of your home and mark two ways to escape from each room.
- Consider whether older adults should sleep in a room on the ground floor to make escape easier.
- Make sure that doors and windows leading to the outside can be opened easily by everyone.
- If an older adult uses a walker or wheelchair, check all exits to be sure they can fit through doorways. Keep them near the bed.
- Make any necessary accommodations such as providing exit ramps and widening doorways to facilitate an emergency escape.
- Ensure doorways, hallways, and stairs are clear of furniture and clutter that could become an obstruction or tripping hazard during a fire emergency.
- Utilize battery-powered lights to illuminate paths of exit, or have flashlights readily available and accessible.

- When possible, a responsible family member (and a backup person) should be assigned to assist the elderly or persons with mobility issues who will need assistance to escape.
- Contact your local fire department's non-emergency line and explain your special needs for fire escape planning, asking them to keep your special needs information on file.
- Check to make sure your house number is easy to see from the street so emergency personnel will be able to find you quickly.
- Practice your fire escape plan at least twice per year.
- Review and revise your fire escape plan as necessary to accommodate new health mobility concerns

Emergency communications list:

This helps elders remember important numbers, and helps first responders notify the proper people.



The Vial of Life list should be posted on the refrigerator door. This provides critical medical information, which Paramedics will need to know.

VIALOFLI	FE.com			1-888-	724-1200	
FIRST NAME	INITIAL	LAST NAM	LAST NAME		SOCIAL SECURITY NUMBER	
STREET	CITY	STATE	ZIP CODE	TELEPHONE		
DATE OF BIRTH	SENDER HEIGHT	WEIGHT HAIR COLO	EYE COLOR	BLOOD TYPE	RELIGION	
List hearing difficu	dties	0.00	-	DENTURES UPPER LOWER	UNABLE TO SPEAK	
List vision difficulties					AGE IF NOT ENGLISH	
Identifying Marks						
Current Medical C	onditions					
Past Medical Cond	fitiens					
Current Medicatio	ns: Dosage and Freq	quency				
Current Medicatio	ns: Dosage and Freq	quency				
Current Medicatio	ns: Dosage and Freq	quency				
	10	quency				
	10	quency				
Allergles to Medic	10					
Allergles to Medic	ations d Telephone Number					
Allergies to Medic Doctor's Name an Last Hospitalizatio	ations d Telephone Number					
Allergies to Medic Doctor's Name an Last Hospitalizatio	ations d Telephone Number					
Allergies to Medic Doctor's Name an Last Hospitalization Special Instruction	ations d Telephone Number in ns such as health dir					
Allergies to Medic Doctor's Name an Last Hospitalization Special Instruction	ations d Telephone Number in ns such as health dir					
Allergies to Medic Doctor's Name an Last Hospitalizatio	ations d Telephone Number on ns such as health dir Policy		- Address - Pho	one - Relationsh	lip	
Allergies to Medic Doctor's Name an Last Hospitalization Special Instruction	ations d Telephone Number on ns such as health dir Policy	rectives, etc	- Address - Pho	one - Relationsh	lip	

If we can provide additional information, please contact the Fire Prevention Division at (707)584-2641.



Stay safe!