

Home Safety Tips for Senior Citizens

By Hazel Jackson

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Agent for Family and Consumer Sciences



Home injuries of senior citizens will become an even more important health issue as the number of people age 65 and older continues to grow in the coming decades.

Older people make up about 12 percent of our population. It's estimated that the 65-years-plus group will comprise 20 percent of the population by 2030. People over age 85 constitute more than four percent of the population. The over-85 population is estimated to increase fourfold in the next 50 years.

Seniors are at greater risk for falls because they take more medications. These often can affect their balance, strength or vision. Health problems such as osteoporosis, a disease that produces bone brittleness and weakness, can lead to a bone fracture when an older person falls. Hip fractures are a major complication from falls in the elderly. In fact, about 12,000 people, most of them elderly, die as a result of falls each year.

More than 600,000 people over age 65 are treated in hospital

emergency rooms for injuries associated with products they live with and use everyday. Injuries to the elderly in and around the homes often are caused by situations that are easy to overlook, but also easy to correct.

We can help elderly family and friends avoid unnecessary injuries by conducting a safety check of their homes to spot hazards and help them take simple steps to correct these dangerous situations. Check all areas of seniors' homes for electrical and telephone cords, electrical outlets and switches, rugs and mats. Also poorly lighted stairways. And be sure adequate smoke detectors are in place and operational.

Lamp, extension and telephone cords stretched across walkways might cause someone to trip so be sure these cords are out of the flow of traffic. Arrange furniture so outlets are available for lamps and appliances without use of extension cords. It might be necessary to hire an electrician to install extra outlets. If an extension cord is absolutely necessary, put it on the floor against a wall so people can't trip over it.

Remove the telephone so its cord doesn't lie where people walk. Move electric cords put under furniture or carpeting because these

can cause fire and shock hazards. Periodically check cords and replace damaged or frayed cords and attach cords to walls, baseboards or floors, use tape or cord holders rather than nails, staples and the like because the latter present fire and shock hazards.

Be sure extension cords have sufficient amp or wattage ratings because overloaded cords might cause fires. If the power requirements of appliances used on a cord exceed the rating, unplug them and replace with a higher-rated cord.

Unusually warm or hot outlets or switches might indicate unsafe wiring so unplug cords, prevent switch use and have an electrician check the wiring as soon as possible.

Use only slip-resistant small rugs, mats and runners. Periodically check rugs and mats to find out if the backing should be replaced. Be sure stairways have sturdy handrails that are easy to grasp. It's also important to have night lights and light switches at both the top and bottom of stairways.

Many home fire injuries or deaths are caused by smoke and toxic gases rather than the fire itself. Smoke detectors provide an early warning and can wake seniors in case of a fire.

Put at least one smoke detector on every floor of the home. Make sure the detectors are located near bedrooms either on the ceiling or on the wall six to 12 inches below the ceiling. Locate the detectors away from air vents. Follow the manufacturer's instructions for installing the battery and bulb replacement.

Discourage elderly people who smoke from doing so if they're sleepy or in bed because many home fires start from a lit cigarette when someone falls asleep while smoking. Make sure seniors have an emergency exit plan and an alternate emergency plan because once a fire starts, it spreads. Periodically practice the plan to be sure everyone can escape quickly and safely. Pick a meeting place outside to be sure everyone got out okay.

In case of an emergency, numbers for the police, fire department, poison control center and a neighbor should be written in large print and the note taped on or near the phone. Also, have at least one telephone accessible in case a senior citizen falls or has an accident that prevents standing.

In addition, check for potential hazards in the kitchen, bathroom, living, family and dining rooms, passageways, bedrooms, stairs, basement, garage, storage or workshop areas. And remember to check the fuse box or circuit breakers and appliances and power tools.

Many elderly people carry postage-stamp-size devices to "summon" help by simply pressing the button. For more information on these devices, check with your doctor or medical center.

For more information on home safety, contact The Rockcastle County Cooperative Extension Service.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

Landscaping affects curb appeal and home values

By Max Phelps

Do you ever drive through a neighborhood and notice a house and yard so attractive you have to slow down, girdle and admire it? Well, that's curb appeal!

A well-planned landscape with nice healthy trees and shrubs and flowers that complement the home come together to create this eye-catching appeal. Attractive mulch-green lush grass, perhaps some stone or driftwood can add to the look. So can hardcape items like decks, winding paths, graceful arches, waterbeds, terraces or raised planter beds, walls and fountains, and pergolas.

This appeal we are referring to can add considerably to the value of your home. And if you are planning on placing your home on the market, as either homeowner or as a builder/developer, you want that extra edge, that curb appeal, when a prospective homebuyer pulls up out front. Often the first and last thing noticed is how a home looks from the street.

A well-designed and carefully maintained landscape is pleasing to you and to your neighbors, and your visitors or "company." Some folks like to put landscaping emphasis on the front yard where everyone can admire it.

Others will save the best for a backyard or private "outdoor room."

There are myriads of reasons for those two approaches. Wherever a homeowner wants, it's "right" if it meets their wants and needs. I especially have observed a number of middle-income retirees spending for a "backyard paradise" where they themselves and their guests can relax and enjoy. Others prefer to put all their landscape dollars where they will be most noticed. As a landscaper,

to design what the customer wants is what I look to do.

If you are a do-it-yourself person, you will still need some overall plan or draft. To shop at a garden center or home improvement center and locate a plant you like—then buy it and take it home—and then "find somewhere to stick it out in the yard" is not good landscaping practice.

Whatever area you wish to spend the most time and money on, have an idea what you want before going shopping.

Landscaped yards will be a topic of conversation. For the breathtaking landscape, it will be conversation you will be proud of. But if yours is a poorly landscaped yard, that unfortunately will become a conversation piece too from time to time.

A great joy comes to me when someone asks me to help them create their own small paradise to escape to after a stressful workday.

A private place, whether created with fencing, hedges, walls, whatever—maybe a gazebo or patio covered by an arbor and vines—is a great get-away place!

Such backyards (or front yards for that matter) or such outdoor rooms give extra living space. Also, a place to relax, maybe with a pool, a hot tub, a small waterfall or fountain, maybe just a comfortable chair.

A well-landscaped backyard can also provide extra incentive to do some entertaining at home. Or a place to share a romantic dinner at home out under the sun or stars. The sorts of things that would make our neighborhoods a better place to live if we did the more often.

The author is a freelance writer and landscaper. Your suggestions are always welcome. Contact by visiting www.rockcastles.com and leaving a message.

YARD SALE

Saturday, August 23 in Rainbow Ridge Subdivision. First white house on right 8 a.m. to 2 p.m.

FOR RENT

Mobile home. Small two bedroom, one bath in subdivision with w/d hookup. References and rental agreement required. \$100 deposit, \$225 month. 859-314-7599 45xft

Help Wanted

JD Logistics is looking for a dependable route driver. Monday-Friday. Pay up to \$90 day. Must have reliable vehicle, valid driver's license and proof of insurance.

Please call 1-800-268-5740 for more info or to schedule appointment

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Niceley Reunion

There was a good turn out at the Niceley Reunion Aug. 9 at Quail Park.

Those attending were: Joyce Kirby Robbins, Lisa Robbins, Conley and Glenda Mize, Josh Riddle, Jennifer Brock, Doris Blanton, Bobby James, Tamer James Ralph and Judy Niceley, Zachary Niceley, Heather and Jeremy Reams, Brenda Sayler.

Heath and Gerri Sayler, Glenda Smith, Janice Brock, Donald and Hilda Culberson, Heath, Christy and Kaden Culberson, Ora Meredith, William and Edith Niceley, Dora James, Jimmy, Tyler and Tammy Horn, Billy and Marie Moberly, Amy Moberly and Daniel Gaston, Jeff, Carolyn and Conner Niceley, Benny Blanton, Jordan and Carter Blanton and Fawn, Cheryl and Meredith and grandson, Travis.

Gas Association elects new officers/directors

The Kentucky Propane Gas Association recently elected and installed officers during the summer convention, held at Lake Barkley State Park. All officers will serve a second one-year term that began July 10.

Roger Parsons of Parsons Gas and Appliance Center at Roundstone, is the president.

Four district directors were also named at the convention, including Steve Towery, Parsons Gas, Somerset, District 2 and Roger Parsons, Parsons Gas & Appliance Center, Roundstone will represent District 5.

Signs of pregnancy? Are you sure?

The primary sign of pregnancy is a missed period. But, a missed period does not necessarily mean you are pregnant. Many women, especially young women, have normally irregular periods. These irregularities may include missed periods and other changes in the menstrual cycle. They can happen from month to month. Although pregnancy is the most common reason for missing a period, irregularity is also caused by illness, travel, worry, or stress.

Other early signs of pregnancy may include nausea, getting tired for no apparent reason, sore or enlarged breasts, frequent urination and possibly headaches. If you have had vaginal intercourse without using birth control, then these signs are likely to mean you are pregnant. Whether you intended to get pregnant or not, you will want to know as early as possible.

You need to take a pregnancy test to tell if you're pregnant. Many home pregnancy tests detect pregnancy by identifying the presence of human chorionic gonadotropin (HCG) in urine 17 to 20 days after fertilization. Some of the newer home tests can detect pregnancy from a urine sample as early as a few days after a missed period. Medical professionals also use urine tests to detect pregnancy.

Urine pregnancy tests will not detect HCG immediately after unprotected intercourse. It takes time to build up in your system. So don't be fooled into thinking you did not get pregnant if you have a negative test. You may be pregnant and get a "false-negative" result if the test is done earlier than two weeks after a missed

period. If you use a home pregnancy test you must follow directions carefully and correctly. To be sure about the presence or absence of a pregnancy, it is best to visit a qualified family planning professional for a pregnancy test and pelvic exam. Finding out that you're pregnant is stressful, even if it's "good" stress. You will want to share the news. Talking about how you feel can help you relieve your anxiety. If you and your partner intended to get pregnant, you will probably feel comfortable talking about it.

An unintended pregnancy can cause a lot more tension. You may or may not be able to talk to your partner about it. Choose someone who will support you emotionally by listening without giving a lot of advice or trying to influence your decisions. If you are a teen, hopefully you can talk to at least one of your parents, but if you don't feel comfortable, you can also turn to a relative, a friend's parent, a counselor or nurse at school or at a clinic, or a religious advisor. You probably have a friend to talk to — but try to find an adult that you trust. An adult will better understand the legal and medical decisions you'll have to make.

This article is a service of Mountain Maternal Health League Planned Parenthood, Inc. with support from the United Way of the Bluegrass and the Berea College Appalachian Fund. We provide reproductive health services for both women and men. To find out about clinic services or our free education programming, contact the Berea office at 856-2326, or e-mail carol.gilliam@pplf.org.



Community Friends

Julie A. Clay Regional Health Center has created a new service for mature adults aged 55 and older. Members of Community Friends receive special benefits, programs and discounted rates for many services. Call 859-232-6100 or e-mail communityfriends@pplf.org.

Benefits of participating include:

- Free routine eye exams
- Free dental preventive care
- Free physical exams
- Free hearing exams
- Free cholesterol testing
- Free blood pressure monitoring
- Free flu shots
- Free mammograms
- Free Pap smears
- Free STD testing
- Free HIV testing
- Free skin exams
- Free vision screening
- Free weight management
- Free stress management
- Free nutrition counseling
- Free smoking cessation
- Free alcohol counseling
- Free grief counseling
- Free bereavement counseling
- Free anger management
- Free family counseling
- Free individual counseling
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