

PREPARING YOUR HOME FOR WINTER

Snow, ice and slippery conditions pose high risks for seniors and those who depend on mobility devices to get around. A fall can pose a serious risk to your health!

Roof

- Have someone clean out your eavestroughs

Clothing

- Dress in layers as temperatures and conditions change

Bathroom

- Replace tub mats or grip bars that are worn

At Your Door

- Have some sand or ice melter to spread on your steps and walkway

Alarms

- Make sure smoke alarms and a carbon monoxide detector are working properly



Tires

- Have a mobility specialist check your tires for use in snow.

Walkways

- Clear walkways of ice and snow.

Landscaping

- Find and repair areas that pool with water when it rains. These areas can become icy.

To-Do List

- Hire someone through your local seniors center to clean your walkway and driveway if you are unable to do this on your own.
- Have a new rubber tip installed on your cane—some have a retractable ice pick.
- Ensure you have a cell phone to call for help.
- Get warm, waterproof clothing for your feet and hands to protect from frost bite. As you get older you are more susceptible to hypothermia. Avoid long periods in cold weather.
- Have sand or ice melter material in your car.



Make sure outside lights are working and will last over the winter. Adequate exterior lights at night help to prevent falls.



Maintenance / Repair

Make sure water drains away from your landing and outside steps.



Home

Schedule an annual cleaning for your heating system and check that it is in good working order.

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