

# Safe Ideas for a Parkinson's Home

Making a house easy to navigate for an individual with Parkinson's is very simple to do with some quick changes. View our room by room diagram for some fast ideas.

## Office

- Use a chair with a firm, straight back. Avoid chairs with soft cushions, swivel chairs or chairs with wheels.
- Make sure there are no exposed wires that could be tripped over. Plan where furniture is arranged so that extension cords aren't needed.
- Use a telephone with large buttons so numbers can be easily dialed. Enter numbers into speed dial and use voice commands where technology allows.

## Kitchen

- Use self-closing cabinets and drawers.
- Lower counter spaces and work spaces so that cooking and kitchen tasks can be performed from a sitting position.
- Use a food processor for cutting and peeling vegetables and other hard to eat foods.
- Install nonskid rubber mats near sink and stove. Clean up spills immediately.

## Garage

- Have a phone put into the garage in case the person with Parkinson's should fall or get stuck inside the garage and need to call for help.
- Put things away and off the floor to avoid falling over loose objects. Minimize clutter.
- Install handrails along walls and stairwells.

## Bedroom

- Select loose clothing that is easy to take on and off. Velcro can be helpful.
- Make sure a firm chair is available to use when dressing and a footstool to use when putting on shoes.
- Avoid use of space heaters, electric blankets and other flammable fire hazards.
- Install a bed rail between the mattress and box spring.
- Use nightlights to keep the room from getting too dark and difficult to navigate at night.

## Bathroom

- Have grab bars and handrails securely installed in the bathroom.
- Use a shower chair and a hand-held shower spray. If tub baths are taken, use a tub transfer bench.
- Use only rubber or rubber back mats in the bathroom to keep it skid free and safe!

## Whole House

- Make sure all rugs are anchored and smooth.
- Keep furniture in its usual place and make sure wide spaces are placed between furniture to make it easy to move around.
- Invest in touchable lamps or those that react to sound.

## Outside

- Seal and fix cracks in pavement.
- Install sufficient light on front and back porch.
- Install handrails along all staircases and entryways.
- Pick up tools and garden items to prevent falling.

*Tips courtesy of Parkinson's Hope.com*