1. Kitchen and Safety – 2 pages

2. Home Modifications to Support Aging in Place – 1 page

3. Transportation Alternatives – 2 pages

4. Emergency Preparedness – 3 pages

5. Technology and Internet Safety – 2 pages

Title: Staying Safe at Home

Wednesday, March 27, 2019

Regis College Occupational Therapy Student Presentation

Handouts:
Kitchen Concerns in the Kitchen

Safety

Lighting

There needs to be enough light at the sink and countertop areas because you need to be able to see.

Nights lights can be installed if deemed necessary.

Light switches should be located at all entrances of the kitchen.

Counter switches should be locked at all entrances of the kitchen.

Appliances

Unplug appliances they are not in use and keep them away from the sink.

o Keep all cabinets closed

Keep plenty of counter space open/clear and only when not in use.

o Store regularly used items.

o Install a level hanger.

o TOCER

o Reachable and/or have pull-down shelves.

o Counters should be easily reachable.

Counters:Counters

Longer functional for you, simple changes can be model Kitchen counters/counters help create a functional kitchen if they are no.

Cleaned regularly. Be sure to have those cleaned regularly.

The most common cause of kitchen fires is dirty ventilation so make

o burners in the front of the stove, so there will be no need to reach over hot controls for the stove should be easy to use and should be located.

o sink.

Appliances

o Keep up of appliances is essential to reducing buildup and potentially dangerous situations.

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Reegis College, Occupational Therapy

Kitchen and Safety Handout
Avoid wearing clothes that are loose fitting with long sleeves while cooking.

- Keep hot pots and持有的器皿 within reach of the stove and other burners.
- Keep the handle of pots and pans away from the edge of the stove.
- Keep knives properly stored.

Little changes can be made to help with the preparation of food:

- Food Safety Tips:
  - Refrigerate raw meats and cooked leftovers within a maximum of 2 hours.
  - Make sure foods are cooked to the right temperature.
  - Keep raw meats and ready-to-go foods in separate containers.
  - Wash hands and surfaces often.

- Food Preparation:
  - Installing a stovetop for a stove may be helpful.
  - In case of emergencies, write the expiration date on items that do not have one.
  - Use permanent markers to write the expiration date on items that do have an expiration date.
  - Refrigerate perishable items within 4 hours of preparation.
  - Do not overlook food storage.

Continue with food preparation.
<table>
<thead>
<tr>
<th>Purpose</th>
<th>Easy</th>
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<td>Provides a seat when sitting in a shower</td>
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<td>To make standing easier</td>
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<td>From the ease of cleaning</td>
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<td>Things out of things on the floor</td>
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<td>To grab or make easier to go grab</td>
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<td>The body is elevated on the seat</td>
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<td>Instead of reaching</td>
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<td>To increase the height</td>
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<td>Individuals for the ability to stand</td>
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<tr>
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<td>Stoves: All</td>
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<td>Wall, Amazon, etc.</td>
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Home Modifications

Home modifications support aging in place by helping to create a safe and functional home environment.
How is it helpful?

- Decreases air pollution
- Decreases the cost of gas
- Saves money
- Increases safety
- Risk of accidents due to decreased driver errors or unable to reach other reckless visibility in poor weather conditions

What is Alternative Transportation?

By: Makezie R., Michelle S., & Michelle S.
Seniors can interview for this service at the eligibility center in Boston, MA. 

The RIDE provides door-to-door service for Boston residents who cannot use public transportation independently. 

The RIDE provides door-to-door service to metro Boston residents who cannot use public transportation independently. 

Crossing, at the Weston Council on Aging on May 8th, 2019. 

Senior Charlie Cards can be purchased at the CharlieCard Store in Downtown Boston. 

M&F residents age 65+. 

The MBTA offers reduced fares on the bus, subway, commuter rail, and ferry for MBTA senior discount program. 

To see full schedule visit the council on aging monthly newsletter. 

Provide transportation to local grocery stores. 

Grocery stores (free). 

Ride must be booked by calling the Weston Council on Aging, 2 days in advance of Woodland MBTA Stations. 

Wellinsey, Wayland, Wellesley, Newton-Wellesley Hospital and the Riverside. 

This service through the council on aging will provide you with a ride to Weston. 

Curb-to-Curb Van (fee). 

be purchased at the Weston Council on Aging. 

Taxis are available 7 days a week, 24 hours a day. Taxis discount coupons can be purchased at Weston Council on Aging. 

in Weston and neighboring towns, To book call 781-899-6600 

The taxi discount program is available to seniors who have transportation needs. 

The taxi discount service ($2.50 each way in Weston, $7 each way out of town). 

Appointments can be made 4-6 days in advance by calling 781-76-6280 

To medical appointments, the RIDE will pay the cost of tolls and parking. 

The program matches up volunteer drivers with persons needing transportation. 

F.I.S.H (Friends in Service Helping) Program (fee). 

There are a variety of community programs and services that offer safer, cheaper, and more reliable transportation services. 

What are my Alternatives?

Complications
lead to multiple health 
hormones which can 
increase our stress 
daily basis:
It as sitting in traffic on a such
then it should be (such
initial more often
stress, and when this is 
mental responses to

This is our body’s 
Fight or Flight Response 
Decrease health complications
Documents in an Emergency Supply Kit

- Numbers and Vendor
- Information about medical devices such as wheelchairs, walkers, and oxygen including model
- Medical supplies like syringes or external batteries
- Glasses and/or contacts and contact solution
- Hearing aids and extra batteries
- ID band (full name, contact number for family member/caretaker, and allergies) available
- A 3-day supply of medicine at minimum. If medicine needs to be kept cold have cold ice packs

Medical Items in an Emergency Supply Kit

Create and emergency supply kit

SMART Plan so first responders can identify you right away
- If you require any medical transportation or access needs consider signing up for services
- Determine if assisted living facility has plan what procedures are in place in case of
- Plan how you will leave or where you will go during an emergency - If you live in a
- Create a list of contacts in case of emergency
- Choose a contact person who will check on you during an emergency

How to Plan for an Emergency?

What is Emergency Preparedness?

Prepared by Nicole Paige and Caitlin OT/S
TO PREPARE FOR A MEDICAL EMERGENCY

- Know how to shut off all utilities
- Make sure at least one family member is CPR certified
- Access to first aid items
- Have a water supply and non-perishable items on hand
- Fireproof box
- Store important documents (birth certificates, social security cards, insurance policies, etc.) in a fireproof box
- Have immediate family members phone numbers memorized or written down
- Make sure all family members have a communication plan

The National Safety Council recommends the following:

IN ORDER TO BE PREPARED WITH A PLAN

TO PREPARE FOR NATURAL DISASTERS

- Duplicate power of attorney and/or medical power of attorney documents, as appropriate
- Copies of driver’s license and/or ID
- Copies of medical insurance cards
- List of all medications, including the exact name of the medicine and the dosage, and contact information for pharmacist and/or doctor
- Instructions for family members, doctor, pharmacist, and/or caregivers

Documents should be kept in a waterproof bag so they stay safe.
Check in to see your town’s plans and suggestions for emergency preparedness.

For the town as well as suggested items for a survival kit.

On the town website, www.westonma.org, there are many different emergency preparedness plans.

**Weston Resources**

Remember to GET OUT FIRST, then call 911.

Make sure to keep a fire extinguisher in an accessible place in your kitchen.

Keep a portable ladder in the upstairs of your home in case you can not get down the stairs.

Make sure all of your family members are aware of the escape plan and where the meeting point is.

**Fire Escape Plan**
Safely & Internet Technology

Navigating the Internet
technology and safety
confident in safety using
we hope you feel more
participation!

Thank you for your participation.

HELPFUL RESOURCES

Online Safe Stay

Seniors

www.connectsafe4.org

Safety

The Senior Guide to Online

Forget them

passwords, in the event you
application to store

Remember

is a great

passwords

www.connectsafe4.org

Ask:

Fingerprint recognition,
multi-factor authentication
For tips & information on
**What is technology?**

Technology is science or knowledge put into practical use to solve problems or invent useful tools. We use technology to make our everyday lives easier.

Computers and the internet are examples of technology.

**Why is the internet useful?**

- Keeping up with friends and family
- Online shopping
- Exploring the news
- Creating travel arrangements
- Knowledge
- Exploring dating apps

**SAFE SURFING**

- Don’t provide sensitive information on websites you do not trust (social security, banking information, address, etc.)
- Use antivirus software (Norton, AVG, Kaspersky)
- Use passwords on your phone, computer, or tablet
- Ask a family member for help if you’re unsure about a certain website

**COMMON SCAMS**

- Requesting: short term loans/you owe money, validate banking information
- Friend in trouble scam
- “You’ve won a prize” clickbait
- Pop-ups
- Install required security software

**STAY SAFE TIPS: PASSWORDS**

- Use strong & unique passwords
- Make sure passwords are long: minimum of 8 characters, include #s, upper & lower case letters & symbols

**STAY SAFE TIPS: SOCIAL NETWORKING**

- Think before you post
- Use privacy settings
- Report abuse: If you’re receiving threatening messages, DON’T RESPOND! Reach out for help & support and report the behavior.

**STAY SAFE: SMART DEVICES**

- Alexa & Google Home are ALWAYS listening—Use the mute button to maintain your privacy
- Use pin to protect against unauthorized purchases