

# Is it wise to rehab at home?

## A safety checklist courtesy of Atria Senior Living

After a hospital stay, most people simply look forward to going home. But once there, many older adults find themselves overwhelmed with managing everyday tasks and following doctor's orders – and trying to do too much, too soon could delay recovery. As you plan your next steps, consider the following specific questions.

- Yes  No Are you able to manage all of your medications and maintain a nutritious diet?
- Yes  No Are you able to transfer safely from a chair or bed to a standing position?
- Yes  No Are you able to use a microwave or stove without assistance?
- Yes  No Are you able to open cabinets and drawers safely and access everyday items?
- Yes  No Are you able to get into and out of a car without assistance?
- Yes  No Can you move up and down stairs without the support of a ramp or rail?
- Yes  No Are you able to move comfortably through your house with a wheelchair, walker or other assistive device?
- Yes  No Are you able to transfer safely in and out of a bathtub without handrails, and on and off of an unelevated commode seat?
- Yes  No Are you able to lock your windows and doors easily?
- Yes  No Do you have a safety plan in place with an emergency call system and easily accessible contact numbers and fire extinguishers?
- Yes  No Are your washer and dryer easily accessible?
- Yes  No Are you able to check your mail and collect the newspaper?

If you answered “no” to even a few of these questions, we can help. Our short-term Retreat program offers a private, well-appointed apartment, 24-hour support, gourmet meals, transportation and housekeeping services – with no pressure for a long-term contract. Call today, and let us help you recover in safety and comfort.

