

Calvary Community Care Fall-Safe Home Design

Falls and Injury Prevention – How not to fall for it



If you are building or renovating, no matter what your age or whether or not you have a current disability, it makes good sense to think about safety and ease of access in and around the home.

It is easier (and more cost effective!) to include these features in your building or renovation plans, than to make structural changes later.

Walkways

- Floor surfaces should be level and slip resistant.
- Outdoor pathways should be level and have slip resistant firm surfaces with good drainage.
- Allow extra width in corridors, doorways, bathrooms, toilets and car parks for easier movement.
- Avoid steps, stairs and slopes, or install handrails next to them.

Bathrooms

- Doors into the bathroom and toilet should be hung to open outwards for better access.
- Have soap holders recessed (set in) so that you will not hit them if you slip.
- Design the shower so that it is spacious and you don't have to step over anything to get into it.

Lighting

- Ensure you have good lighting for security and moving around.
- Install two-way light switches at each end of corridors, stairs, in living areas with more than one entry and bedrooms (with the additional switch located alongside the bed).

Other considerations

- Keep walking distances as short as possible. For example, from where the car is parked to the entrance and from the toilet to the bedrooms. Avoid long corridors.
- Telephone connections, electric plugs, fixtures and controls should be able to be reached from a seated position (1 metre off the floor) and 500mm from internal corners.
- Good house and garden design, and selection of materials, can eliminate much external maintenance.

Build in features that will make your home easily modified if the need should arise. An example is having the wall cavity reinforced behind the shower, bath and toilet so that grab rails can easily be attached.

Designing a new home with changing life conditions in mind

Livable Housing Australia has developed a book entitled 'Livable Housing Design Guidelines' with new builds in mind

What is Liveable Housing Design?

A liveable home is designed and built to meet the changing needs of occupants across their lifetime.

Liveable homes include key easy living features that make them easier and safer to use for all occupants including people with disability, ageing Australians, people with temporary injuries, and families with young children.

A liveable home is designed to:

- be easy to enter
- be easy to navigate in and around
- be capable of easy and cost-effective adaptation, and
- be responsive to the changing needs of home occupants

What are the benefits of a liveable designed home?

The features make the home easier for parents to manoeuvre prams, easier to carry the shopping into the house, easier for people with disability or temporary injury to get around and easier to move furniture. These same features enable key living spaces to be more easily and cost effectively adapted to meet the changing needs and abilities of home occupants such as ageing baby boomers and people who have or acquire disability.



Need support? Calvary Community Care can support safe, independent living at home with a variety of services and expert advice. Call 1300 66 00 22 for more information.

Who can help?

Your CCC local office can refer you to the relevant organisations for assistance.

Livable Housing Australia to download the booklet 'Livable Housing Design'

<http://www.livablehousingaustralia.org.au/>

Independent Living Centre can provide information about products and services to help people remain independent and improve their quality of life.

<http://ilcaustralia.org.au/> or ph. 1300 885 886.

They can also provide information on Home Modifications: http://ilcaustralia.org.au/community_services/home_modifications

Community Health Centres and Day Therapy Centres can offer Occupational Therapy assistance/advice.

My Aged Care gives you access to a range of information and support which can be delivered to you in your home. It is for people 65yrs+, or 50yrs+ for an Aboriginal and/or Torres Strait Islander person.

www.myagedcare.gov.au or ph. 1800 200 422.

The Department of Veterans' Affairs

Telephone: 133 254

Regional callers: 1800 555 254 or <http://www.dva.gov.au/health-and-wellbeing/home-and-care/aged-and-community-care>

References

Revised and re-published by the Commonwealth of Australia 2011

'Don't Fall For It - A guide to preventing falls for older people'

<http://bit.ly/2oSBy4k>

Livable Housing Australia *'Livable Housing Design' 3rd edition*

<http://www.livablehousingaustralia.org.au/>

Need support? Calvary Community Care can support safe, independent living at home with a variety of services and expert advice. Call 1300 66 00 22 for more information.