Important Information from Home Health United

Expect Exceptional

Home Safety

Outside the Home
- Install handrails on all stairs and make sure they are in good repair.
- Consider installing a ramp.
- Make sure entrances have good lighting.
- A grab bar on the door frame can make stepping into your home easier and safer.

Throughout the House
- Clear walking paths and keep high-traffic areas free of clutter.
- Secure or remove area rugs.
- Keep stairways well lit.

In the Kitchen
- Rearrange cupboards placing frequently used items in easy reach.
- Instead of climbing onto a chair or stool, purchase a reacher/grabber.
- Wear shoes to prevent slipping.
- Mop up spills or drips right away.

In the Bedroom
- Consider renting or purchasing a hospital-type bed with side rails.
- An over bed trapeze aids in getting in and out of bed.
- A portable commode can be placed beside the bed to avoid nighttime trips to the bathroom.
- Have a phone next to the bed.
- Use a night light.

In the Bathroom
- Install grab bars on the bathroom walls.
- Install a raised toilet seat or toilet safety frame.
- Switch to a hand-held shower.
- Patient lifts and transport chairs help non-mobile individuals get into the shower.
- Provide a bath bench for those who have trouble standing.
- Use a night light.

Hand Washing is Essential to Prevent the Spread of Infection
Soap and water are the most important components in preventing the spread of infection. Caregivers must wash their hands before and after giving care, even if they wear gloves.

Steps to proper hand washing
1. Turn on the water and adjust the temperature to warm.
2. Apply liquid soap to your hands, work up lather and scrub your hands, wrists and fingers for 15 seconds, paying special attention to cleaning under your nails.
3. Rinse thoroughly under running water.
4. Dry completely with a clean towel or paper towel.
5. Use the towel to turn off the water and discard paper towels in the trash.

Care of Medical Supplies
- Keep in the original packages until ready to use.
- Designate an area for storage of medical supplies away from heat, direct sunlight, moisture, children and pets.
- Wash hands thoroughly before handling medical supplies.
- Throw away any supplies that may be contaminated.
- Used supplies may be discarded with regular garbage.
- Used supplies contaminated with blood or body fluids should be placed in a plastic bag before discarding.

Safe Handling of Sharps
When necessary, a special container should be used for safe disposal of used needles and syringes. Do not put any other items in the sharps container. Promptly place contaminated needles and syringes into the sharps container after use.

Food Safety
To prevent food borne illness, food must be handled, cooked and stored safely.
- Wash hands and surfaces often.
- Separate food to prevent cross contamination.
- Cook to proper temperature.
- Refrigerate promptly.
Medication Management
- Do not take medication prescribed for someone else.
- Create a complete list of current medications (including prescription, over-the-counter, vitamins and herbals). Review the list and keep up to date. Show the list to the doctor or pharmacist to prevent inappropriate combinations.
- Know the name of each medicine, why it is taken, how to take it, potential side effects and what foods or other things to avoid while taking it.
- Take medications exactly as instructed.
- Do not stop or change medicines without the doctor’s approval, even if feeling better. If a dose is missed, do not double the next dose.
- Use a chart or container system to help remember what kind, how much and when to take medicine.
- Store medications in a cool, dry place according to instructions on the label.
- Call the doctor if new side effects occur.

Proper Disposal of Medications
Do not flush prescription drugs down the toilet or drain unless the label or accompanying information instructs you to do so. In Dane County, old prescriptions and over-the-counter medications can be taken to a MedDrop® event. Visit www.meddropdane.org to learn more about the date, time and location of the next event.

Check to see if your community has a MedDrop® event. If not:
- Take prescription drugs out of their original containers.
- Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
- Put the mixture into a disposable container with a lid or into a sealed bag.
- Conceal or remove any personal information on the empty containers, including prescription number.
- Place the sealed container of medication and the empty drug containers in the trash.

Home Health United Can Help Make Your Home Safer
Visit one of our medical equipment stores to find out more about the safety products we provide. Our knowledgeable and friendly customer service personnel will help you choose the right products for your home and situation.

Call 1-800-924-2273 or visit one of our Medical Equipment Stores.

Aids for Daily Living
- Reachers & Grabbers
- Adaptive Utensils
- Long-handled Shoe Horns

Mobility Aids
- Standard & Power Wheelchairs
- Wheelchair Accessories
- Scooters
- Walkers & Canes

Patient Room & Home Safety Equipment
- Hospital Beds, Mattresses & Accessories
- Lift Chairs
- Patient Lifts
- Bath & Toilet Aids
- Trapeze & Traction Equipment

Oxygen & Respiratory Therapy
- Oxygen
- Positive Airway Pressure (CPAP/BiPAP)
- Nebulizers
- Apnea Monitors
- Ventilators

Certified Mastectomy Fitter
- Prosthesis Forms
- Bras & Accessories

Rehab Equipment Services
Wound, Ostomy & Medical Supplies
- Braces
- Breast Pumps

Our mission is to promote optimal health and quality of life to those we serve through our exceptional, comprehensive care at home and in the community.

Home Health United is a 501(c)(3) nonprofit agency providing:
Home Health • Palliative Care • Hospice • Home Medical Equipment • Infusion & Enteral Services • Community Health Services

Named Top 25% Agency by HomeCare Elite • CHAP Accredited

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