



Special Tips for Home with Older Adults

Older adults are at higher risk for burn injury due to diminishing reaction times, mobility, balance, vision, hearing, and senses.

- Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire.
- Make sure that anyone with a disability is included in your escape planning and determine what assistance they would need to get out of the home, in case of an emergency.
- It is recommended that you install smoke alarms and alert devices called accessories (strobe lights or bed/pillow shakers) for people in your home who are deaf or hard of hearing.
- Memorize the emergency number to call in case of fire, usually 9-1-1 or the fire department.
- Consider having a medical alert button for access to help in an emergency.
- Test the water before bathing or showering because older adults' skin thins with aging, making them at higher risk for burn injuries.
- Install anti-scald devices in the bathroom to avoid a scald injury.
- Keep all flame sources (candles, stoves, lighters, cigarettes, etc.) away from medical oxygen. Do not allow anyone to smoke in a home where medical oxygen is used.
- When using a heating pad or electric blanket, choose one that has a timer that will shut off the device automatically. Avoid placing it directly on the skin.

Orange County Burn Center is located at Orange County Global Medical Center

714-972-BURN(2876)

1001 North Tustin Ave

Santa Ana, CA 92705-3577