



Carewell's Home Safety Guide

Fall prevention for bathroom & bedroom

If you're relatively new to caregiving and need guidance on how to safely set up your home, then this guide is for you. We'll walk you through several key product recommendations to help you successfully care for and support yourself or a loved one.







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Home safety

If your loved one is recovering from surgery or has mobility challenges, then they may need additional gear or supplies to help them safely move around the home. Things like rollators or grip socks can help reduce fall risk, and installing grab bars around the home offers stability assistance.





Product	Best for?	How to use it
<p>Medline Heavy Duty Rollator</p> <p>Shop Now</p> 	Increased balance, stability, and mobility	This lightweight rollator supports a user up to 400lbs. The handgrip height is adjustable, and brakes are built into the handles for easy control.
<p>McKesson Terries Slipper Socks</p> <p>Shop Now</p> 	Fall prevention	These socks come in a variety of youth and adult sizes and have multiple pairs in a pack. You want the sock to fit comfortably but snug. Extra fabric from a too-big size can reduce the effectiveness of the sock.
<p>Drive Chrome Knurled Grab Bar</p> <p>Shop Now</p> 	Fall prevention	Install grab bars into wall studs or use strong drywall anchors to increase their reliability. Best placed next to the toilet, outside of the shower and inside the shower.
<p>Dynarex Gait belt</p> <p>Shop Now</p> 	Fall prevention	Gait belts are worn by the care recipient and make it easier for caregivers to stabilize the recipient while helping with walking, standing or sitting.

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Bedroom safety

Easily getting into and out of bed or sitting up easily in bed can be a challenge for someone with limited mobility or unsteady balance. Caregivers like you have added bedside rails, sensor pads, and repositioning underpads to help safely navigate mobility in the bedroom.






Product		Best for?	How to use it
Cardinal Wings Repositioning Underpads Shop Now		Mobility and furniture protection.	These absorbent, disposable pads can be used to lift or reposition someone up to 400lbs on a chair or bed.
M-Rail Assist Bedside Rail Shop Now		Added stability when getting into or out of bed or for sitting up in bed	The M shaped handle allows for multiple grip options, and its presence alongside the bed can help keep someone from falling out.
McKesson Alarm Sensor Pad Shop Now		Fall prevention, increased safety for those with Alzheimer's or Dementia	Place this pad under your care recipient while they're in bed or seated in a chair. The alarm will sound if they've left or fallen out of their bed or chair.
Carex Upeasy Seat Assist Shop Now		Fall prevention, mobility	If your care recipient struggles to stand up from a seated position, this assist will help propel them up. Great for post-surgery care as well.

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Bathroom safety

Bathrooms can be a challenging space for anyone requiring care. Movements like sitting down, standing up, or stepping in and out of a shower can easily put someone in a vulnerable position. Not to mention slippery, wet surfaces. Here are a few supplies to help make this an easier space for everyone.

Product		Best for?	How to use it
Medline Bath Bench With Back and Arms Shop Now		Fall prevention, mobility assistance	This bath chair is easy to assemble, and non-slip feet secure it to the bottom of the tub. It makes bathing easier and safer.
Carex Raised Toilet Seat With Rubber Pads Shop Now		Fall prevention, added comfort	This seat adds 5.5" of height to a toilet seat, making it easier to sit down and stand up. Rubberized bottom keeps the seat in place. Weight capacity of 300lbs.
Carex Rubber Bathtub Mat Shop Now		Fall prevention	Add this mat to your bathtub or shower for additional grip. Suction cups keep it secure to the bottom.
Drive Portable Bath Step Shop Now		Fall prevention, mobility assistance	This bath step provides a 4" boost, and can be stacked one on top of the other for an extra 2" of height with each step.
Drive Toilet Safety Rail Shop Now		Fall prevention, mobility assistance	This safety rail mounts directly onto your toilet, no tools required. The grip bars make it easier to sit and stand from the toilet, and provide a guardrail to prevent falling off.

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Cleaning & deodorizing supplies

Leaks, spills, and stains can happen when caring for someone and it's best to quickly tackle these in the moment. Having disposable gloves, disinfectant wipes or spray, and stain removers on hand can keep the germs in check and your home smelling fresh.

McKesson

Clear Vinyl Exam Gloves



Shop Now

Lysol

Surface Disinfectant Wipes



Shop Now

Dermarite

Bye Bye Odor Deodorizer



Shop Now



"Don't sleep on this product! It works really well and I've stocked a bottle in all bathrooms and my car, just in case."

-Carol E.

Seventh Generation

Laundry Stain Remover Spray



Shop Now

Scott

Paper Towels



Shop Now


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First aid supplies

When it comes to first aid supplies, you can never be too prepared to clean and dress scrapes, cuts, or irritated skin or take care of sore or strained muscles. We like having a first aid kit on hand as well as some additional items to address specific issues.

Medihoney
Wound & Burn Dressing Gel




★★★★★

"Don't sleep on this product! It works really well and I've stocked a bottle in all bathrooms and my car, just in case."
-Carol E.


[Shop Now](#)

McKesson
8-Ply Gauze Sponges



[Shop Now](#)

McKesson
Instant Cold Pack




[Shop Now](#)

Icy Hot
Lidocaine Patch with Menthol




[Shop Now](#)

McKesson
50 Person First Aid Kit



[Shop Now](#)



Carewell Tip
This kit contains 260 essential first aid items for treating cuts, scrapes, burns, and bruises.

Shop First Aid on Carewell.com



More resources

These related articles offer in-depth information on home safety improvements.

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Upgrades & Home Renovations
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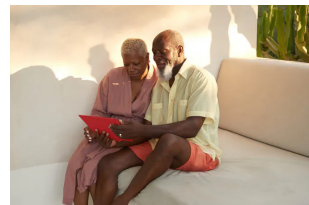
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