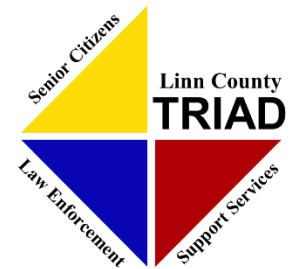


Home Safety



- Avoid falls; it's the #1 cause of death and injury of seniors:
 - Keep floors clean and uncluttered.
 - Run cords against walls and watch where you step.
 - Keep entrances clear and repair any broken steps or uneven walkways.
 - Install solid handrails and ramps to make access safer.
 - Install grab bars by tub/shower and use non-slip mats.
 - Keep frequently used areas well lit using night lights & timers as necessary.
- Maintain smoke & carbon monoxide alarms in your home.
 - Have a fully charged fire extinguisher quickly accessible. Use only if the fire is small and you have excellent mobility.
 - You should also check your home for radon.
- In the kitchen:
 - Mark 'on' and 'off' positions on appliances clearly.
 - Store heavier objects at waist level.
 - Store hazardous items separate from food.
- Store medication in a safe place.
- All doors and windows should be kept locked:
 - Never attach ID tags to keys & if you lose keys, change all locks.
 - **Do not** hide spare keys in predictable places like under your doormat.
 - Use bars on the bottoms of sliding doors in addition to locking them.
- Outside entry doors should be solid wood or steel:
 - Use double cylinder deadbolt.
 - **Do not** rely on chain door locks or sliding bolts.
 - Use a doorbell with a camera if you do not have a peephole or a window view of the door.
- Keep 2 exits clear for evacuation.
- Use alarm systems to deter intruders.
- Have large house numbers that are easily visible in case of emergency.
- Keep curtains and blinds closed at night.
- Minimize opportunities for intruders to hide outside:
 - Trim nearby trees up 7' minimum from ground & below the window level.
 - Keep porch lights on all night or use motion sensor lights.
 - Lighting can deter intruders

Sources:

[1] Cedar Rapids Fire Department

[2] National Fire Protection Association

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Additional Resources

Cedar Rapids Police Department

505 1st St SW
Cedar Rapids, IA 52404
(319) 286-5375 ext. 5485
www.cedar-rapids.org/police

Crime Stoppers

1-(800) -272-7463

Cedar Rapids Fire Department

713 1st Avenue SE
Cedar Rapids, IA 52401
(319) 286-5200 – Main Number
(319) 286-5277 – Public Educator
www.cedar-rapids.org/government/departments/fire

Marion Police Department

6315 US-151
Marion, IA 52302
(319) 377-1511
www.cityofmarion.org/departments/police-department

Marion Fire Department

3933 Katz Drive
Marion, IA 52302
(319) 377-8237
www.cityofmarion.org/departments/fire-department

Hiawatha Police Department

101 Emmons St.
Hiawatha, IA 52233
(319) 393-1212

Linn County Sherriff's Office

P.O. Box 669, 310 2nd Avenue SW
Cedar Rapids, IA 52406
(319) 892-6100
www.linncounty.org

Mount Vernon Police Department

213 1st St NW
Mount Vernon, IA 52314
(319) 895-6141
www.cityofmtvernon.com

Linn County Emergency Management

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 892-6500
<http://www.linncounty-ema.org>

Aging Services

317 7th Ave SE Suite 302B
Cedar Rapids, IA 52401
(319) 398-3644
www.agingservicesia.org

Heritage Area Agency on Aging

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 398-5559
www.HeritageAAA.org

Horizons: A Family Service Alliance

819 5th Street SE
Cedar Rapids, IA 52403
(319) 398-3943
www.horizonsfamily.org

LifeLong Links

(Families & Caregivers can get info on services for older adults & persons with disabilities age 18+)
(866) 468-7887
www.lifelonglinks.org

AARP

(866) 554-5378
www.aarp.org/ia

United Way of East Central Iowa

317 7th Avenue SE Suite 401
Cedar Rapids, IA 52401
(319) 398-5372
<http://www.uweci.org/>

