Assistive Devices and Helpful Products to Prevent Falls

Disclaimer

The products listed in this section are currently available in the market. We selected these types of products based on our experience and public reviews. For further information, contact product’s manufacturer and distributors. The price ranges listed are as of January, 2017 and are subject to change. For installation of grab bars, railings, and other products contact qualified professionals for installation. The number before the products (such as 1. for Vinyl railings) coincides with that indicated in the Home Safety Checklist and Solutions section as well as in the Picture Credits.

Entrance to Front and Back

1. Vinyl railing
   Hand railings on both sides of the stairs will provide support for safely climbing and descending the stairs. Vinyl railings have advantages over wooden or metallic railings in terms of durability, maintenance costs, corrosion, resistance to mold, and decay. Price range: Approx. $63 for 36in X 4ft section
   Approx. $150 for 42in X 8ft section

2. Rubber threshold ramp
   Threshold ramps can prevent stumbling and also provide accessibility to the users of a wheelchair or scooter. Rubber threshold ramps have advantages over metallic or wooden ramps in terms of traction, and shock absorption. It can be trimmed to custom fit various doorways. It is available in various sizes. (Note: Threshold ramps may be needed for both sides of a threshold) Price range: Approx. $90 for 42”(W) X 24”(L) X 1.5(H)
   Approx. $150 for 42”(W) X 24”(L) X 2.5(H)

3. Motion sensing outdoor wall light
   Lights with motion sensors can detect movement within a specified range and then illuminate. The motion sensing security lamp shown in the picture has a manual override feature so that the light turns on in the dark and turns itself off during the day instead of just when there is motion. Price range: $50 - 200
4. Suitcase/Fold ramp
Suitcase or fold ramps are easy to carry and are used to bridge the gap over steps, curbs, and raised landings. To get in and out of mini vans with an end or side entrance, a fold aluminum ramp can be used. This fold aluminum ramp with a non-skid surface shown in the picture has several advantages over wooden and single-piece design ramps because it is corrosion and rust free, has a high traction surface with side rails, and a foldable design for easy transportation.
Price range: $110 for 2ft ramp
$250 - $315 for 6ft ramp

5. Cane icetip
An ice tip is easily attached to most canes and crutches to provide good grip on an icy surface to prevent falls. The key feature of this attachment shown in the picture is that it has five prongs to provide greater grip than attachments with one prong, and it can be used with any type of cane.
Price range: $6 - $29

6. Outdoor grab bar
A grab bar at an entrance provides support and makes it safer and easier to open an entrance door. The key feature of this plastic grab bar shown in the picture is that it is rust proof and in winter, will not get as cold as a metal grab bar. Weight capacity of a recommended grab bar in general is 250 pounds and below.
Price range: $15 - $53

7. Motion sensing LED light
Using automatic LED lights is an efficient way to illuminate dark hallways to prevent falls. The motion sensors activate the light whenever movement is detected, and the auto shut-off feature turns the light off when there is no movement for a preset duration of time. The light in the picture does not require wiring for the installation, and the built-in photocell activates light in a low-glow mode in darkness, thus saving on battery life.
Price range: $8 - $40
8. Rug pad and double sided carpet tape
Rug pads can prevent the mats and rugs from skidding over the floor and provides cushioning underfoot. Various pads differ in their dimensions, color, and material. Carpet tape can also be used alone or in combination with a rug pad. The key feature of this rug pad is that it is made from eco-friendly materials.
Price range: $10 - $130

9. Single-piece cable cover
Cable covers keep the wires and cords off the floor and eliminate the risk of falls by getting tangled in them. Cable covers, such as the one shown in the picture, are easy to install because of their single-piece design and self-adhesive backing. They can also be painted to match the color of the interior.
Price range: $4 - $40

10. Furniture risers
Risers elevate the height of the bed, chairs, or table if they are too low. They also create considerable space under the bed for storage. The key feature of this furniture leg riser is that it is made of durable polycarbonate with an interlocking design for safe stacking, and it can fit most leg types including castors. The usual weight carrying capacity of a single riser is 600 lbs. per leg.
Price range: $9 - $30

11. Standing cane with tray feature
A standing cane provides safety and balance while getting in or out of a chair. There are several key features of this standing cane such as a fully adjustable height and length, and it features a handy multi-use swivel laptop/TV tray with cup holder and utensil compartment.
Price range: $130 - $180
12. Three step ladder
A 3-step ladder with a wide platform top is helpful to reach shelves. The ladder shown in the picture has several key features such as a large standing platform for stable and secure use, thin design for saving space, a convenient hand grip with non-skid steps, and non-marring feet for secure footing on the ladder.
Price range: $28 - $142

13. Non-slip socks/Safe shoes
Well fit canvas shoes or athletic shoes are recommended. Shoes with more than 1.5 inch heels may cause falls. If shoes are not preferred inside the home then wearing non-slip socks can diminish the risk of falling on bathroom, kitchen, wood and other slippery floors. The key feature of this non-slip sock is that it has skid resistant treads. Price range: $1 - $22 for non-slip socks
$30 - $60 for canvas shoes
$30 - $90 for athletic shoes

14. Lazy Susan
Lazy Susans can be used to save space and organize items in the kitchen. There are many shapes of Lazy Susans such as full circle, kidney shaped, and d-shaped. They can be a single tray or multi-tier shelves. They can be free standing on a tabletop or installed in a kitchen cabinet. When installing in a cabinet, there should be appropriate clearance from the hinge and the door.
Price range: $5 - $34 for single turntable
$13 - $340 for 2 tier shelf

15. Hallway security gate
Security gates of different shapes and sizes are available to keep children and pets away from the kitchen, or other restricted areas of the house. Some of the gates swing open in both directions with easy, one hand operation. Some of the gates are tall (39.4 inches) and can expand up to 63.5 inches (Note: When the door is open, there is still a portion of the gate on the bottom that remains in the way. Be careful while stepping over the remaining part of the gate.)
Price range: $23 - $190
16. **Programmable stove shutdown device**
Automatic stove control devices turn off the stove if a person leaves the kitchen unattended and forgets to come back. The key feature of the device in the picture is that it automatically turns the stove off when someone is not present. It has a motion sensor to detect the presence of an individual in kitchen. (Note: Different models available for either 3 or 4 prong stoves).

Price range: $100 - $450

---

**Bedroom**

17. **Carpet trim**
Carpet trims are available in different colors and materials such as metal, rubber, wood or plastic. They prevent the carpet edges from fraying and smooth the transition between a floor and a carpet and vice versa. The product shown in the picture has a fluted design for better traction and predrilled holes for easy installation.

Price range: $4 - $140 for approximate 2 inches X 72 Inches

18. **DECT 6.0 cordless phone**
Some of the latest cordless phones offer Digital Enhanced Cordless Telecommunications (DECT) 6.0 technology that provides clearer and louder voice output that can benefit individuals with mild to moderate hearing loss. The key features of this phone are large, high contrast and easy to press numbers, an intercom between handsets, sound amplification up to 30 decibels, digital answering machine, and long battery life.

Price range: $22 - $120

19. **Big button remote control**
Remote controls for TVs and VCRs with a small number of buttons are simple to use. The key features of this remote control is that it only has 6 large, lighted buttons for the most basic functions and is easy to hold in your hand.

Price range: $5 - $40
20. **Bedside cane/bed rail**
Bedside canes/bed rails provide assistance for getting in and out of bed. A long bed rail is not recommended because it can cause injuries. The device shown in the picture has the following features: an ergonomic non-slip handle, adjustable height, foldable design for easy storage and travel, an organizing pouch for essential items such as a remote control or a cordless phone, a collapsible design to get it out of the way when required, and a safety strap for securing the base of the cane to the bed.
Price range: $30 - $160

21. **Bathtub grab bar**
Some grab bars can be mounted on the edge of the bath tub by a clamping mechanism. The turning knob located on the outside of the clamping mechanism is used to secure the grab bar. The key feature of this grab bar is that it is made of plastic and stainless steel. (Note: Do not use with fiberglass bathtubs because it can damage the fiberglass).
Price range: $10 - $112

22. **Right angled grab bar**
Right angled grab bars are used both horizontally and vertically. These grab bars offer a left hand or right hand orientation depending upon the handedness of the user and the placement of the bath tub, shower, or toilet. The grab bar shown in the picture is ADA standards compatible with a non-slip surface. (Note: ADA guidelines say that the clearance between the grab bar and the wall should not be more than 1½ inches).
Price range: $40 - $151

23. **Raised toilet seat**
Raised toilet seats assist people with bending and seating difficulties and in performing toilet transfers with ease. The device shown in the picture has an extra wide toilet seat for bariatric patients, height adjustable aluminum legs, padded armrests, and a 600 pound weight capacity.
Price range: $15 - $70 for raised toilet seat without arms
$21 - $103 for raised toilet seat with arms
$27 - $276 for bariatric raised toilet seat with arms
24. Bath mat
Bath mats will reduce the risk of slipping on a wet bath tub surface. The key features of this mat are the use of antimicrobial materials to prevent any mold and mildew, machine washable, and suction cups on the bottom. (Note: The mat should be removed from the tub, rinsed, and allowed to air dry after each use).
Price range: $6 - $60

25. Water alarm with temperature monitor
Water alarm devices send an audible alarm when the water reaches the base of the unit, to prevent the overflow of water. The key features of the device are: having both a water alarm and temperature monitor within one unit and temperature display on the LCD screen that alerts the user if the water is too hot.
Price range: $9 - $15

26. Walk-in bathtub
Walk-in bathtubs offer a swing-in door that allows the user to walk in and out of the bathtub with ease. Some of the walk-in bathtubs also have a seating feature. The swing-in door can either be on the left or right side of the bathtub depending on the orientation of the bathroom. The bathtub shown in the picture has a non-slip bottom surface with arm support inside the tub, and an optional whirlpool system. (Note: Be careful of the elevated step height before getting in or out of the bathtub).
Price range: $1200 - $5730

27. Stairs grab bar
Specially designed grab bars can be installed on the walls alongside the stairs. The key feature of the grab bar shown is that its curved design allows for continuous support around the corner of the stairs.
Price range: $57 - $166
28. **Stair railing with a good grip**
Stair railings are available in a wide variety of designs, styles and materials. They provide support while climbing or descending the stairs inside the home. They can be made of wood, iron, steel, or vinyl. The design that allows for a good grip, as shown in the picture is highly recommended instead of handrails that are too fat or wide to comfortably grip.
Price range: $150 - $200 for 8 foot section
$300 - $360 for 10 foot section

29. **Stair treads**
Stair treads prevent accidental slips while ascending or descending the stairs. They are available in various colors and shapes. The stair treads shown in the picture have skid-resistant rubber backing. These stair treads attach to the surface of the stairs by “hook-and-loop” fastening strips (Velcro). The “hook” strip is sewn into the stair tread and the “loop” strip is glued to the stairs. These strips are used to attach and detach the stair tread when needed.
Price range: $35 - $387 for a pack of 12 - 13 pieces.

30. **Stairs LED lighting kit**
When installed on stairs, the motion activated LED lights illuminate the areas that need additional lighting. The light shown in the picture is battery powered and comes with universal (interchangeable) joints that are easy to install.
Price range: $50 – $158

---

### Personal Emergency Response System and Fall Detecting Device

31. **Fall detection system**
Personal emergency response systems (PERS) detect falls and alert the caregivers, emergency response call center, or 911 for a monthly fee. These devices use internet or phone lines to send out the alert. The key features of this device are as follows: Tracking the daily activities of a user on a website, automatic fall detection and alert message to family members, and automatic reminders if not worn. It can be used with a compatible cell phone to send alert and fall location.
Price range: $20- $400 with likely a monthly monitoring fee
Picture Credits for Assistive Devices and Helpful Products 
(as of January, 2017)

1. Vinyl and resin railing: http://www.thevinyloutlet.com/railings
10. Furniture Risers: http://www.amazon.com/Clear-Bed-Risers-Set/dp/B000L3QBEK/ref=pd_cp_e_0
15. Tall security gate: Courtesy of Karen Barnes.


23. Raised toilet seat:  https://www.amazon.com/dp/B007GBCUY0?psc=1


