



Senior Support Services

March 2022



Care for Those Who've Cared for You

Caring for our Elders is a privilege, not a burden. To care for those who have cared for us is an honor for certain. Treat them well, take care of them, show kindness and respect. Teach your children how it is done for when it's your turn. This resource sheet includes safety tips and support services for seniors.

MEDICATION SAFETY TIPS FOR SENIORS

Medication Safety Tips:

1. Make it easy to see the medication:
 - Wear glasses
 - Use strong lighting
 - Ask for large print labels
 - Use magnifier
2. Create a routine for taking medicine at the same time as another daily event, such as mealtime or bath time.
3. Keep track of how long to take the medicine.

**POISON EMERGENCY,
CALL 1-800-222-1222.**

If the victim has collapsed or is not breathing, call 911 for an ambulance. Hearing impaired, call 1-888-244-5313. 24 hours a day, 7 days a week.



Questions to Ask Your Doctor About New Medications:

1. What is the name of the medication?
2. Why am I taking it?
3. Are there any side effects?
4. How long do I take this medicine?

Questions to Ask Your Pharmacist About New Medications:

1. Is the medicine taken with food or on an empty stomach?
2. Should certain food, drink or other drugs be avoided?
3. Is an easy opening cap available?
4. Is a large print label available?



HOME SAFETY TIPS FOR SENIORS

General Safety

- ✓ Have an **emergency phone number list posted by each phone.**
- ✓ **Never use throw rugs**; they are a tripping hazard.
- ✓ Consider using an **emergency paging service** with a wireless remote device.
- ✓ **Set the water heater to 120 degrees** or lower to prevent scalding.

Bathroom Safety

- ✓ Use **non-skid** tape or mats in the bathtub and shower.
- ✓ Install **grab bars** on walls of bathtub and toilet.
- ✓ Use a **shower chair** if balance is a problem.
- ✓ Install a **raised toilet seat** to lessen the chance of a fall.

Bedroom Safety

- ✓ Provide an easy to operate **light close to the bed.**
- ✓ Use **night lights** to illuminate the way to the bathroom.
- ✓ Install a **bedside telephone** and attach a list of emergency numbers in large print.
- ✓ **Remove all clutter**, electrical cords, phone cords, and protruding furniture from pathways, especially to the bathroom.

Kitchen Safety

- ✓ Keep a **fire extinguisher** in the kitchen and know how to use it.
- ✓ Avoid using **floor polish or wax** to reduce slick surfaces.
- ✓ Always turn **pot handles** away from the edge of the stove.
- ✓ Store **flammable and combustible items** away from the stove range and oven.
- ✓ Store food, utensils and other frequently used items at a **convenient height.**

Stairways/Hall Safety

- ✓ Staircases should have a **non-slip surface.**
- ✓ Fit **handrails** securely on both sides of the stairs and make sure they extend fully from top to bottom.
- ✓ Make sure there is **good lighting** at the top and bottom of the stairs and quip hallways with nightlights.

In Case of an Emergency

- ✓ Change the batteries in your **smoke detectors.**
- ✓ Install a **carbon monoxide detector.**
- ✓ Make sure **all exits are clear.**



FOOD ASSISTANCE

Rhode Island Community Food Bank

For a complete listing of member agencies providing emergency food assistance or to search the map to find a pantry near you please visit our website at www.rifoodbank.org and click on the Find Food button at the top, or call 401-942-6325.

SNAP (Supplemental Nutrition Assistance Program)

SNAP can help low-income seniors buy food. Eligibility guidelines are different for seniors and adults with disabilities. The Food Bank's SNAP Outreach program can provide SNAP information and assistance to guests of our member agencies. Our trained staff provides application assistance and other SNAP-related services. Learn more about our SNAP Outreach Program at www.rifoodbank.org/what-we-do/food-bank-programs/snap/.

Meals on Wheels Rhode Island – Meal Sites & Home-Delivered Meals

Meals on Wheels of Rhode Island is an organization dedicated to meeting the nutritional and other special needs of the elderly to help them maintain their independent lifestyle. Go to <http://www.rimeals.org/programs/capital-city-cafes> <http://rimeals.org/> or call 401-351-6700.

Be Kind RI

Free Delivery from Food Pantries and Markets by Kind Volunteers

Be Kind RI helps individuals and communities receive the help they need during COVID-19, particularly food assistance. Volunteers sign up and receive requests made by people in their communities. **Requests** can be made online at <https://www.nesterlygoodneighbors.com/request-a-volunteer/> or call 1-877-958-8785.

SENIOR CAFÉ & KOSHER MEALS

- Kosher Senior Café at the Dwares at 401 Elmgrove Avenue, Providence.
- Kosher Senior Café at Temple Sinai at 30 Hagen Avenue Street, Cranston.
- **Kosher Meals on Wheels** is available to homebound seniors and disabled people living in Providence, Pawtucket, Cranston, and Warwick. For more information email neal@jfsri.org, call 401-421-4111 ext. 107 or online at <https://www.jewishallianceri.org/jewish-life/senior-cafe/>.

STATE AGENCIES

Citizens Commission for the Safety & Care of the Elderly

www.rielderinfo.com/citizens-commission-for-the-safety-and-care-of-the-elderly.

Protect Older Adults - Office of Healthy Aging (OHA)

Did you know Rhode Island law requires you to report elder abuse or exploitation to the OHA?

Report elder abuse by calling 401-462-0555 | Online: www.oha.ri.gov/what-we-do/protect

Dept. of Behavioral Healthcare - Developmental Disabilities & Hospitals

Phone: 401-462-3201 | Online: www.https://bhddh.ri.gov/

This department assures access to quality services and supports for Rhode Islanders with developmental disabilities, mental health and substance abuse issues, and chronic long term medical and psychiatric conditions.

ADDITIONAL RESOURCES

Rhode Island Office of Healthy Aging

Formerly known as the RI Department of Elderly Affairs

57 Howard Ave., Louis Pasteur Bldg. 2nd Floor, Cranston

Phone: 401-462-3000 | Online: www.oha.ri.gov/resources

United Way 211

Call by dialing 2-1-1. This is the fastest and easiest way to get information when you need it, 24 hours a day, 7 days a week for resources across the state & community.

Also search the website at www.unitedwayri.org/get-help/2-1-1/

The POINT - Rhode Island's Aging & Disability Resource Center

Phone: 401-462-4444 | Online: www.unitedwayri.org/get-help/point/

AARP Foundation

Guide to Public Benefits in Rhode Island - www.aarp.org/aarp-foundation/our-work/income/public-benefits-guide-senior-assistance

Or search for free or reduced cost services – www.local.aarpfoundation.org

Economic Progress Institute Guide to Assistance Programs

This web-based resource outlines various programs for anyone in need and the eligibility requirements for each program. Go to

<http://www.economicprogressri.org/index.php/guide-to-assistance-5/>