

Improving Safety at Home

- Financial subsidy for home modifications and assistive devices
- Simple tips you can use for your home



The Need to Improve Safety at Home

According to a report from Health Promotion Board in 2015, at least 20% of elders, aged 65 and above, encounter a fall each year.

There are many complications resulting from falls, ranging from light injuries like bruises to serious consequences such as fractures and even death.

Our home is where most of us spend much of our time in, home safety is thus very important. Other than modifying the home, the use of suitable and appropriate devices (e.g. walking aids) is also essential in preventing falls at home.



Improving Safety at Home

Financial subsidies available:

*Home
Modification*



*Enhancement
for Active
Seniors (EASE)
Programme*

*Appropriate
Assistive Aids*



*Senior Mobility
and Enabling
Fund (SMF)*



Enhancement for Active Seniors (EASE) Programme

- *EASE is a subsidised program for simple home modification for HDB flats; the subsidised amount is dependent on flat type*
- **Improvements offered:**
 1. *Slip-resistant treatment to existing floor tiles of up to 2 bathrooms/ toilets*
 2. *Grab bars are offered in a set.*
 - *1st set: 8-10 for first toilet and within flat*
 - *2nd set: 6 grab-bars for second toilet*
 3. *Up to a maximum of 5 ramps for wheelchair-bound seniors*

Eligibility criteria:

- *Singapore Citizen in the household*
- *Elders above age 65*
- *Family member aged 60-64 who need assistance for one or more of the Activities of Daily Living*

**For more information, go to*

<https://www.hdb.gov.sg/cs/infoweb/residential/living-in-an-hdb-flat/for-our-seniors/ease>

Information is correct as of 22 October 2020.



Tsao Foundation
Longevity is Opportunity

Senior Mobility and Enabling Fund (SMF)

- Subsidy for items which can support elders living in the community
- **Two types:**
 - Assistive devices e.g. walking sticks, wheelchairs, hospital beds, spectacles, hearing aids
 - Home healthcare items e.g. milk supplements, adult diapers, wound dressing products.

Eligibility Criteria

- ✓ Be a Singapore Citizen aged 60 and older
- ✓ Have a household monthly income per person of \$2,000 and below OR Annual Value (AV) of residence reflected on NRIC of \$13,000 and below for households with no income
- ✓ Be living in the community (not residing in a nursing home or sheltered home)
- ✓ For assistive device, there must be no previous claim under SMF for the same device category
- ✓ Be assessed by a qualified assessor on the type of device required
- ✓ Be able to co-pay for the assistive device

*For more information, go to

<https://www.aic.sg/financial-assistance/seniors-mobility-enabling-fund>

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Some simple tips to look out for in your own home

✓ **Steps**

- *Are the steps to the kitchen/toilet clearly visible to the elder? Is grab bar required?*
- *Coloured duct tapes can be used to give contrast to the steps.*

✓ **Lighting**

- *How is the lighting in the house? For elder who make nightly trips to the toilet – is the path to the toilet properly illuminated at night?*

✓ **Electrical**

- *Stray wires on the floor can cause elder to trip.*

✓ **Clutter**

- *Clutter in the house can cause elder to trip, especially if the walkway is narrow.*



Some simple tips to look out for in your own home

✓ **Rugs**

- *Common in Asian households. Many elder use unwanted clothing as rugs, which can be very slippery.*
- *Is the rug non-slip? Can it potentially cause the elder to trip?*

✓ **Emergency**

- *In the case of an emergency, how available are the alarms or phones? Are they within reach if the elder is unable to get up from the floor or in another part of the house?*

