

Living Safely & Well at Home



A practical guide to improving your home to make it safer and healthier

The effects of housing on health

As we get older the condition of our home becomes increasingly important to our health.

Many common health problems, such as heart disease, respiratory infections, stroke and arthritis, may be caused or made worse by the condition of our homes, and the risk of falls increases with age.

Repairs and adaptations can make your home a safer & healthier place to live.



This brochure explains:

- *how common housing faults may affect your health*
- *how to make improvements*
- *who may offer information and practical help*

did you know

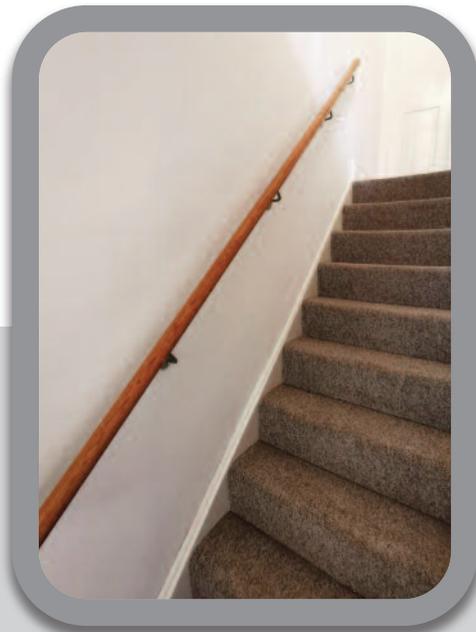
Falls in the home are the largest cause of premature injury or even death amongst older people. The second most common housing related health hazard is living in a cold home. This can make conditions such as respiratory complaints and heart disease worse, as well as increasing the risk of a stroke

Produced by

Stairs, steps and poor lighting

These increase the risk of:

- Falls - around half of all falls happen at home
- Hip & other fractures



Action:

To make your home safer:

- Install a second handrail on staircases
- Put in brighter lighting, especially on stairs & by steps
- Have grab rails put in next to steps, toilet, bath and/or shower
- Repair loose or uneven stairs, secure carpets, remove loose rugs
- Remove things you can trip over eg trailing electrical cables
- Have a touch-sensitive lamp by the bed to avoid reaching for switches in the dark.
- Keep warm & active - being cold increases risk of falls

did you know

One in three people over the age of 65, and one in two over 80, fall each year.

30% of older people die within 1 year of hip fracture

top tip

As well as making the home safer, the risk of falling is reduced if you:

- 1 Exercise to maintain muscle tone
- 2 Have regular medication reviews
- 3 Get your vision checked

Who can help?

Your local council or GP may be able to put you in touch with a local 'Falls prevention' service.

Foundations

<https://www.findmyhia.org.uk/> can put you in touch with a home improvement agency (see P8).

Disabled Living Foundation

provides advice about equipment, adaptations & services to make living independently at home safer
www.dlf.org.uk

RIDC www.ridc.org.uk publish practical consumer reports about equipment & services that enable independence.

Age UK www.ageuk.org.uk offers home safety information (see P8).

Cold homes

May cause or make these conditions worse:

- Respiratory (COPD, asthma etc)
- Cardiovascular disease (eg heart problems, stroke)
- Arthritis & rheumatism
- Mental health problems
- Hypothermia

Causes of cold homes

- Poorly insulated building - wasting expensive heat
- Inadequate or inefficient heating system
- Not turning on heating due to worry about cost

Action:

- Improve home insulation
- Improve or replace inefficient heating system
- Claim benefits to help to meet the cost of heating



did you know

According to the NHS between 18°C and 21°C is a healthy room temperature. Below 9°C poses the risk of hypothermia and death

Blood pressure increases when temperatures fall below 12°C. The risk of heart attack or stroke increases as blood pressure rises

top tip

Make sure that you are getting the most heat for your money.

- Are you on the best possible tariff?
- Using the most efficient fuel?

See MoneySavingExpert.com or which.co.uk/switch/energy-advice or energysavingtrust.org.uk

Who can help?

Your local council might offer help with making your home warmer.

Foundations can put you in touch with a home improvement agency and the local **Age UK** may offer cold weather help (see P8).

Energy Advice (national) – see P8.

Homes which are too warm also cause health problems. Many of the remedies are the same - improve insulation and ventilation. The NHS website www.nhs.uk includes Heatwave information.

Damp, condensation and mould growth

Can make these health conditions worse:

- Respiratory eg asthma, bronchitis
- Arthritis and rheumatism
- Mental health eg depression, anxiety

Main causes of damp

Penetrating damp

You may see isolated damp patches on walls & ceilings, sometimes with mould growth. Rainwater is getting into the fabric of the home through defects in the walls, render, joints, roof, chimney stacks, flashings etc. One common cause is blockage of gutters or down-pipes which results in rainwater running down the outside walls. If left untreated major damage can be caused eg rotting structural timbers.

Action:

- Repair the cause of water penetration as soon as possible. You may have to remove and replace internal plaster work and affected timber

Rising damp

This is usually caused by lack of an effective barrier ('a damp proof course' or DPC) between the water in the ground and the walls of the home. Water soaks up the wall leaving a 'tide mark' on the inside wall (not usually more than 1 metre high).

Action:

- Keep the base of outside walls clear of debris
- Remove any soil which may be covering the damp proof course (DPC)
- Repair or improve the DPC - this is a more technical (expensive) job. See Technical Help section to make absolutely sure that the DPC is the problem

Plumbing defects

Even a minor leak in water or waste pipes can cause a significant damp patch.

Action:

- If the leak is rapid turn off the water supply at the stopcock
- Locate the defect and repair leaks straight away

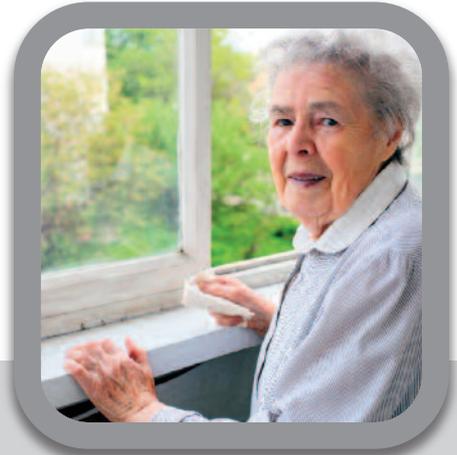
**top
tip**

Make sure you know where the stopcock is and turn it a couple of times a year to prevent it seizing up. If it is difficult to reach consider installing a wall mounted switch - some water companies advise on this

Main causes of condensation

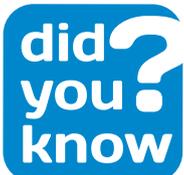
Condensation occurs when warm, moist air meets a cold surface. This may result in black or green mould growth. Causes include:

- An excess of water vapour in the air
- Cold surfaces eg. poorly insulated walls
- Inadequate home heating resulting in the fabric of the building being cold



Action:

- Reduce the amount of water vapour in the home by:
 - as far as possible avoid drying wet washing inside the home, especially in poorly ventilated areas. If unavoidable, dry clothes in the bathroom with the door closed and window open.
 - always cover pans when cooking
 - avoid using calor gas or paraffin - both produce large amounts of water vapour
- Increase ventilation, especially in kitchen and bathrooms - open windows, turn on extractors
- Improve insulation, particularly in lofts and walls - cold spots can result in mould growth
- Maintain a slightly higher, more constant background temperature to avoid cooling down the main fabric of the building



Mould spores can aggravate eye & skin conditions as well as causing respiratory problems. If you are removing mould growth use a protective face mask, goggles & rubber gloves

Technical Information

- **World Health Organisation** (www.euro.who.int/en/home) for brochure 'Damp and mould: health risks, prevention and remedial action'
- **Building Research Establishment** sells technical guides www.brebookshop.com

Who can help?

Foundations

<https://www.findmyhia.org.uk/>
0300 124 0315 will put you in touch with a local home improvement agency which can help with organising building work if you own your home.

Shelter www.shelter.org.uk and

CAB www.citizensadvice.org.uk (see p8) can also offer specialist advice about landlords' repairing obligations.

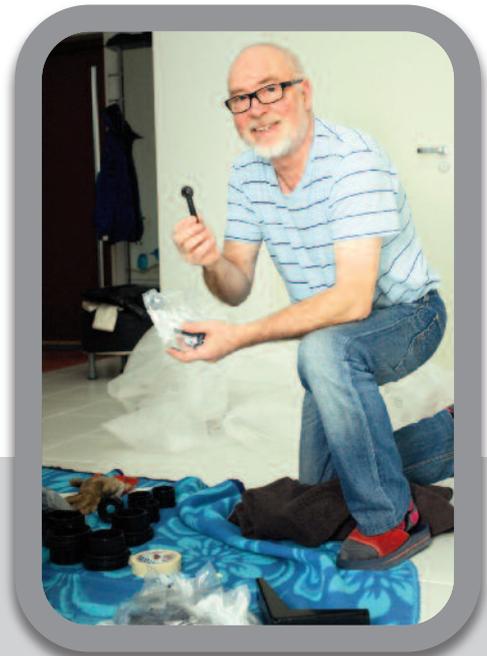
Defective or inadequate electrical wiring

Increases risk of

- Falls due to trailing wires & extension cables
- Accidents if circuits fuse/trip frequently and if sockets & switches are poorly located
- Injury caused by electric shocks or house fires
- Depression and anxiety if you worry about these risks

What to look out for

- Extensive use of multiple adaptors/trailing extensions may indicate lack of sockets and subsequent overloading
- Frequent fusing or tripping of circuits
- Old style switches, sockets & light fittings indicating that wiring is out of date
- Burning smells from or discoloration of sockets and appliances



Action:

- As an absolute minimum install a smoke alarm as old wiring increases fire risk
- If you rely on extension leads and adaptors install additional sockets. Always use a registered electrician
- Ask for a safety check by the electricity supplier but do consider what can be done if the system is condemned as unsafe eg temporary emergency heating
- If a full rewire is needed consider raising sockets and lowering switches to make them easier to reach and reduce falls risk

did you know

Each year around 70 people are killed and 350,000 are injured due to an electrical accident in the home.

Who can help?

Electrical Safety First www.electricalsafetyfirst.org.uk offers safety advice - leaflets, a calculator to check overloading of sockets and a free smartphone app to run a simple visual check of home electrics.

Local fire services usually offer free home fire safety checks which include electrical safety.

A local **Home Improvement Agency** or **AgeUK** may run traders lists or handyman services (see p8).

Defective Gas or Solid Fuel Appliances

Health risks include:

- Exacerbated respiratory conditions
- Carbon monoxide (CO) poisoning
- Injury eg. as a result of gas explosion or fire

Indicators of faults

- Black soot or stain marks on gas appliance
- Yellow or orange lazy flame on gas fire - it should be 'crisp' and blue
- Excessive condensation
- High level of particulates eg from solid fuel & wood stoves

Action:

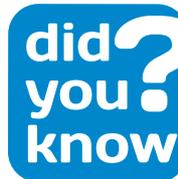
- Install a carbon monoxide detector
- Have gas appliances checked regularly by qualified installers who must be listed on www.gassaferegister.co.uk
- Sweep & clean out chimneys, flues and solid fuel appliances regularly

Symptoms of carbon monoxide poisoning

CO is an odourless, colourless gas. Symptoms are similar to many other conditions and include:

- Drowsiness/dizziness
- Headaches & nausea
- Confusion
- Tiredness
- Chest pains/ breathing problems

Exposure to even low levels can cause brain damage or death



Around 4,000 people attend accident and emergency departments in England each year because of carbon monoxide poisoning

Who can help?

Gas Safe Charity

www.gassafecharity.org.uk
Offer information and access to financial help.

CO and Gas Safety Society

www.co-gassafety.co.uk offer further information and support victims.

A-Z of National Information

Home Repairs & Adaptations

Home Improvement Agencies (HIAs) <https://www.findmyhia.org.uk/> 0300 124 0315

HIAs offer help to organise & carry out home repairs, adaptations and related practical work to the home eg. home safety, handyvan. **Foundations** can put you in touch with your local HIA.

Disabled Living Foundation www.dlf.org.uk 0300 999 0004

Advice about equipment, adaptations & services to make living independently at home safer.

Which? www.which.co.uk run a Trusted Trader scheme.

TrustMark www.trustmark.org.uk is a government endorsed Trusted Trader scheme.

Your local Trading Standards/HIA or AgeUK may also run a Trusted Trader scheme.

Energy Advice

Simple Energy Advice www.simpleenergyadvice.org.uk 0800 444202

Provides advice and information on energy efficiency programmes and financial support.

National Energy Action www.nea.org.uk/advice

Aims to eradicate fuel poverty. Range of practical information available on website.

General Advice for Older People

AgeUK www.ageuk.org.uk Advice Line: 0800 678 1602

Wide range of free information - Tel advice, website, factsheets and via local AgeUK groups.

Independent Age www.independentage.org.uk Advice Line: 0800 319 6789

Free tel advice, factsheets & website on home care, care homes and many related matters.

Turn 2 Us www.turn2us.org.uk

Help to access welfare benefits, charitable grants & financial help online, by phone via partners.

Citizens Advice (CAB) On-line Advice Guide: www.citizensadvice.org.uk

Local CAB provide free advice on a wide range of subjects via website and local bureau.

Housing & Care Options Advice

Elderly Accommodation Counsel www.housingcare.org

Online service provides comprehensive, information about sources of care, support and housing for older people. EAC also provides an online HOOP tool to help people think about different aspects of their home, how well it suits them and possible options: hoop.eac.org.uk

LOCAL INFORMATION (Also available from your council, library or CAB)

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