



Living Safely, Aging Well

By Dorothy A. Drago

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Living Safely, Aging Well By Dorothy A. Drago

Living Safely, Aging Well, nationally recognized safety expert Dorothy A. Drago spells out how to prevent injury while cooking, gardening, sleeping, driving—and just walking around the house.

In the first part of the book, Drago describes the causes of injuries by type—falls, burns, poisoning, and asphyxia—and explains how to decrease the risk of each. She then explores the home environment room by room, pointing out potential hazards and explaining how to avoid them, for example, by installing night lights, eliminating glass coffee tables, and using baby monitors. Lively line drawings make it easy for readers to visualize risks and implement prevention techniques. *Living Safely, Aging Well* pays special attention to hazards encountered by people with Alzheimer's disease and other forms of dementia. A chapter devoted to health literacy helps people and caregivers make the best use of the medical care system and a chapter on driving helps evaluate when it is no longer safe to be behind the wheel.]]>

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Editorial Review

Review

"This is a wonderful resource for anyone thinking about how to increase the safety of the home to allow for independence as people live longer."

(*Publisher's Weekly*)

"I think anyone who's over the age of 50 needs this book on their shelf. If you're concerned about safety for a loved one or want to maintain independence yourself, *Living Safely, Aging Well* will give you the steps you need."

(Terri Schlichenmeyer *Bookworm*)

"An excellent guide that describes the types of injuries that commonly happen at home, and how to prevent them... This is a top reference for any who would live well."

(*Midwest Book Review*)

"Presented in an easy-to-read format appropriate as a resource for the healthcare professionals as well as a caregiver and the general population."

(Margaret Galante, R.N., B.S.N., Glenner Memory Care Center)

"This book may change your life. It can save you and your loved ones from life-altering injury or even death. In graceful prose, Drago addresses the threats that abound in and near our homes. Understanding strategies to prevent falls, the need to keep older drivers mobile but safe, medication safety, and how to interact with health providers will help keep you free from injury. This slim volume is one you will read with interest and keep handy in your home."

(Susan P. Baker, M.P.H., Johns Hopkins Bloomberg School of Public Health)

About the Author

Dorothy A. Drago, M.P.H., owns Drago Expert Services, which evaluates consumer product safety, designs safety communication, and provides litigation support. She previously worked as a senior analyst for the U.S. Consumer Product Safety Commission and is author of *From Crib to Kindergarten: The Essential Child Safety Guide*, also published by Johns Hopkins.

Users Review

From reader reviews:

Roger Bennett:

What do you regarding book? It is not important with you? Or just adding material when you want something to explain what you problem? How about your time? Or are you busy man or woman? If you don't have spare time to try and do others business, it is give you a sense of feeling bored faster. And you have time? What did you do? Every person has many questions above. They need to answer that question because just their can do that. It said that about reserve. Book is familiar in each person. Yes, it is right. Because start from on jardín de infancia until university need this particular Living Safely, Aging Well to read.

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Martin Duval:

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