

Conference on Aging

Medical Supplies Checklist For Senior Independent Living

(shared from Bayshore Medical Supply website)

For many of the elderly, nursing homes are the absolute last place they want to go. Factoring in our new normal from the pandemic, and it's understandable why seniors would be reluctant to move to a nursing home. In many cases, the next option would be to live as independently as possible with the help of others, such as in-home health care and family members. To do this requires seniors and their caregivers to have the right supplies on hand in order to make this possible. If you are a senior or a caregiver looking to help, we have put together a list of medical supplies you might need in order to extend how long one might live independently of a nursing home.

Mobility Needs

Mobility is essential in keeping an independent life, yet even simple things like getting around the house or even standing needs to be done safely. There are a variety of mobility tools, depending on the health situation you are addressing. Here at Bayshore Medical Supply, we make sure to keep in stock a healthy supply of mobility products that would fit your situation. Below is a list of ones that you might need in order to keep you or the person you're helping more independent.

- Canes
- Walkers
- Wheelchairs
- Power Chairs and Scooters
- Knee Walkers
- Lift Chairs

Bathroom Supplies

Maintaining dignity and safety while taking care of one of life's most basic functions is essential to keeping one's independence. Having the right supplies can make bathing and using the toilet significantly safer and easier processes.

- Grab Bars
- Toilet Seat Risers
- Shower and Tub Benches
- Hand-held Shower Heads
- Washable Bed Pads

- Disposable Bed Pads
- Catheters
- Leg Bags
- Bedside Urinary Bags
- Lubricants
- Gloves
- Incontinence Supplies such as Briefs, Diapers & Liners

Resting and Sleeping

Being able to rest and sleep comfortably as well as getting in and out of bed or sleeping chair is needed as well in order to maintain safety and independence. Sleep is the body's way of naturally healing so this speaks not only to the quality of life of a senior but to the quality of health as well. Here are some supplies and products that can help in that quality of life and health.

- Bed Rails
- Hospital Beds & Mattresses
- Egg Crate Pads
- Memory Foam Mattresses
- Super-soft Sheets
- Extra-firm Pillows
- Mattress Covers
- Waterproof Sheets
- Lift Chairs

Compression Products

Compression products such as compression socks and hosiery are designed to reduce swelling and increase blood flow. This can greatly reduce the pain and swelling and improve mobility and movement in seniors.

- Knee High Socks
- Thigh High Socks
- Full Leg Wraps
- Arm Sleeves
- Aids in helping taking compression products on and off

Other Medical Supplies

In order to keep the home safe and the elderly healthy is to have medical supplies on hand. These supplies are for both monitoring the senior's health and taking care of any minor incidents that happen.

- Everyday Bandages
- Rolls of Gauze
- Medical Tape
- Heating Pads
- Blood Pressure Reader
- Thermometer
- O2 Saturation Monitors
- Antibacterial Cleansers
- Moisturizers

Having the right supplies on hand can make a huge difference in whether seniors maintain their independence safely. If you're a senior or a caregiver of one and know of someone facing the hard choices of how to maintain their independence, please feel free to share this checklist with them (per Bayshore Medical Supply website).

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