



## Home Safety for Seniors

Home safety is important for family members of all ages - but for those over the age of 65, falling inside the home can be a serious problem. The National Institutes of Health (NIH) estimates that over 60% of all falls occur inside the home. According to the Centers for Disease Control and Prevention (CDC), one in three older adults falls each year, resulting in over 2.5 million seniors receiving treatment in emergency departments.

### What Causes Falling in Older Adults?

Falls among older adults can be caused by many different things, including:

- Decline in vision
- Medications resulting in equilibrium
- Poor visibility in dimmer lighting
- Muscle weakness or fatigue
- Clutter or hard-to-reach items in the home
- Slick or slippery surfaces, or inadequate shoes

### The Dangers of Falling

Falling can cause serious injuries that could result in hospitalization or in severe cases, death. Other effects on seniors could include limited activity, losing fitness abilities, creating fear of falls, or reducing mobility.

### Can Falls be Prevented?

Aging itself does not cause falls in older adults. Falls are preventable as long as home safety measures are taken, including:

- Remove clutter, small furniture, cords or wires, or household items from areas where someone might step
- Secure carpets to the floor and install non-slip mats in wet or high-spill areas, such as bathrooms and the kitchen
- Arrange furniture so that there is a clear path for walking through rooms
- Install grab bars in bathrooms and ensure that any stairs have sturdy, accessible hand rails
- Wear athletic shoes or flat shoes with non-slip bottoms while walking in the home
- Check lighting and add nightlights in hallways, bedrooms, and bathrooms to help increase visibility while walking at night
- Make sure that frequently-used items in the home are easily accessible on lower shelves or drawers
- Maintaining an active lifestyle and increasing muscle strength can improve balance and reduce the likelihood of falls

*"Adding Years to life,  
and life to years."*

## How Our Home Care Team Can Help

We provide seniors with a range of personal care services to promote health and independence and to make it possible for the elderly to age where they want to age – at home.

Our services are available 24 hours a day, 7 days a week – including weekends and holidays. With our personalized care plans, our clients choose the amount of time and type of care they prefer.

### Private Duty Services

Although there is no sure way to prevent dementia, there are steps you can take that might help, including:

- Provide assistance with activities of daily living
- Assist with exercise and mobility
- Light housekeeping and organization
- Patient supervision inside the home
- Meal preparation to maintain nutrition and prevent kitchen accidents
- Transportation to errands and medical appointments
- Social stimulation to combat loneliness/ depression
- Respite for family members

### Care Management

Our services may include but are not limited to:

- Initial assessment and routine evaluation to develop Plan of Care
- Coordination, communication and collaboration with care team and family
- Provide education about treatment options and serve as a resource to client and family

Give us a call at **888-769-7724**  
or visit us online at  
**SeniorSolutionsHomeCare.com**

