

Aging at home:

Preventing falls.



As many people age, one of their greatest wishes is to live in the comfort and security of their own home for as long as possible. Maintaining your loved one's health and providing a safe home environment will go a long way toward preventing a fall while protecting their independence.

Your loved one's overall condition plays an important part in preventing falls. Encouraging them to stay active by continuing to enjoy hobbies, spending time with friends or exercising frequently will help keep their minds and bodies healthy. Also, having your loved one's vision checked annually and periodic medication reviews by a doctor or pharmacist — to avoid side effects such as drowsiness or dizziness — will help ensure a safe environment.

Here are some key safety checks that can help prevent falls:

- **Bathrooms:** Installing grab bars in the shower or tub will make it easier to get in and out, and non-slip mats and rugs on the floors will allow for sure-footed movement. A night-light provides additional lighting
- **Stairs:** Installing lights over the stairs, steps and landings will create a brighter environment, and removing items from the stairs will keep the area clutter free. Providing handrails on both sides of the stairs from top to bottom will allow your loved one to keep their balance
- **Bedrooms and hallways:** Be sure to have proper lighting installed such as night-lights. Should you choose to use area rugs, be sure to tape them down, or do not use them at all

If you have questions about fall prevention or other concerns about your loved one's well-being, Solutions for Caregivers can help. We're here to provide you and your loved one with the support and information you both need.

Solutions for Caregivers is designed to provide the support caregivers need, and help alleviate the financial and emotional costs of caregiving. Our experienced nurses visit your loved one, provide an objective assessment of the situation, develop a care plan and discuss recommendations with the whole family. We can also help with decision making around alternate living arrangements like assisted living or nursing home care. Or, for those dealing with advanced illnesses and end-of-life situations, we can provide recommendations for palliative and hospice care. Solutions for Caregivers can help you and your loved one, so you can enjoy your time with them.

For more information on Solutions for Caregivers:



Call **1-866-463-5337**, TTY 711
24 hours a day, 7 days a week



Visit **www.LiveandWorkWell.com**
Access code: "Caregiver"



Solutions for Caregivers assists in coordinating community and in-home resources. The final decision about your care arrangements must be made by you. In addition, the quality of a particular provider must be solely determined and monitored by you. Information provided to you about a particular provider does not imply and is in no way an endorsement of that particular provider by Solutions for Caregivers. The information on and the selection of a particular provider has been supplied by the provider and is subject to change without written consent of Solutions for Caregivers.