

Caring for Our Seniors - Reducing the Risks of a Fall Begins at Home.

Through education and self-examination, we can eliminate the likelihood of falls for the family members. Review the questions below carefully. For best results, correct the items you have checked and ensure to maintain a safe space for those who may be vulnerable to falling.

Health, Safety & Home Assessment

❑ Do you take four or more medications daily?

Multiple medications can cause dizziness, drowsiness and balance problems. It is important to have all of your medications reviewed at least once a year by a pharmacist or doctor.

❑ Have you or those around you noticed a change in your hearing?

Dizziness can occur with hearing loss. Set up an appointment to have your hearing checked.

❑ Have you or those around you noticed a change in your vision?

Seeing obstacles is the first step in avoiding a fall. Keep your glasses clean. Have your eyes examined once a year.

❑ Have you fallen two or more times in the past six months?

Get a checkup! Falls lead to injuries. You need to find out why you are falling.

❑ Do you wear floppy slippers or a long bathrobe?

Wear well-fitting slippers with non-skid soles. Avoid night clothing that drags on the ground. Keep robe tied.

❑ Throw rugs?

Throw rugs pose a tripping hazard. They should be tacked down or removed.

REACHING OVERHEAD?

Put commonly used things on shelves that are easy to reach. If you must reach overhead, keep a sturdy stool handy.

PICKING UP OBJECTS FROM THE FLOOR?

Plan ahead. Move the object closer to something sturdy to hold on to.

GETTING IN AND OUT OF THE BATHTUB?

Add grab bars to the walls or use a tub seat to assist with bathing. Non-skid tub mats and a hand held shower can also be useful.

GETTING IN AND OUT OF A CHAIR?

Avoid sitting on low furniture. Chairs with arms make it easier to get up.

WALKING WITHOUT HOLDING ON TO SOMETHING?

If you feel unsteady without holding onto something, you may need a cane. Consult your doctor or health care provider.

Your local Visiting Angels agency can address the issues that are important to you and your family by performing a free in-home safety assessment at your convenience. The safety and security of seniors is our first concern at Visiting Angels, so call Thom or Michele Price today (678 682 7444). ***Caring for Our Community, Changing Lives!***