

## **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!***