

Fast Facts

1 in 3 older Americans falls every year

Falls are the 2nd leading cause of accidental death in the U.S.

Source: Centers for Disease Control and Prevention (CDC)

Every 15 seconds, an older adult is treated in the emergency room for a fall

Every 29 minutes, an older adult dies from a fall

A few of the services we offer include:

- Light Housekeeping
- Meal Preparation
- Transportation
- Doctor Appointments
- Overnight Stays (24-hour care)
- Personal Grooming and Dressing
- Mobility Assistance
- Dementia / Alzheimer's Care
- Memory Loss Support
- Relief of Family Caregiver
- Companionship
- Daily Living Assistance



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Fall Prevention



Call us at: 312.526.3666

What are Common Causes for Falling?



- Visual Problems
- Impaired Balance
- Dizziness
- Multiple Medications
- Alcohol
- Not Enough Lighting
- Muscle Weakness in Legs
- Tripping Hazards
- Foot Problems
- Wrong Shoes and Clothing
- Other Medical Problems
- Fear of Falling

Here is the Good News: MOST FALLS ARE PREVENTABLE

There are many ways that one can prevent a fall. Some small lifestyle changes can add up to a big impact on a senior's health and wellness:

1 Start with regular doctors appointments. Failing eyesight or hearing are the first indicators of fall risk. Good eyesight makes a senior more aware of obstacles and dizziness can occur with loss of hearing. Regular exercise, with a doctor's advice, will help maintain muscle strength necessary for good balance. And always use assistive devices as prescribed.

2 Some behaviors need to be modified with help from family, friends or a caregiver. If balance is a concern, avoid using step stools and ladders. Home improvements can also be made easily with a helping hand.

3 The little, everyday things add up too. Wear shoes that fit properly, with non-skid soles. Wait before getting up out of a chair or bed. This allows blood pressure to have time to adjust. Even cleaning glasses or contacts regularly will help prevent falls.

**Have you fallen more than 2 times in the past 6 months?
Get a checkup!**

55% of People Fall in their Home

No Cost Home Improvements:

- Remove Clutter From Walkways
- Rearrange Furniture to Prevent Obstacles
- Run Electrical Cords Along the Wall
- Place Everyday Items on Lower, Easy-to-Reach Shelves

Low Cost Home Improvements:

- Light Stairs and Walkways Appropriately
- Install Nightlights in Bedroom and Bathroom
- Use Non-slip Rubber Mats in the Bathroom
- Remove Throw Rugs or Secure them with Double-Sided Carpet Tape

Assisted Home Improvements:

- Install Grab Bars around Toilet, Shower & Tub
- Have Handrails Installed on Both Sides of Indoor and Outdoor Stairways
- Add Light Fixtures in Dimly Lit Areas
- Repair Sidewalks and Walkways So That Surfaces are Smooth & Even

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Downward Cycle of Fear

