AGING IN PLACE

A Guide for Families & Caregivers



Older Adult Falls

Falls are not a normal part of aging -- they can be prevented!

Each year, 3 million older adults are treated in emergency departments for fall injuries.



Falls Prevention Checklist

- Talk to your healthcare provider about past fall history and potential risks for future falls.
- Have your eyes checked at least once a year. Replace glasses as needed.
- Keep moving. Do exercises that improve strength and balance. Talk to your doctor about exercises that would benefit you.
- Remove clutter in and around your home. Make sure your walkways are clear from any trip hazards.

More prevention tips can be found at www.southsnofire.org.

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Medication Safety



- Create a system to track when medications are taken (daily checklist, calendar or cell phone reminders).
- Practice safe medication storage. Keep medication in the original bottle or medication organizer.
- Keep medications out of reach of children and pets.

Fire Safety



- Stay alert! Always stay in the kitchen when cooking.
- Maintain a 3-foot safe zone around space heaters.
- Install smoke alarms inside and outside every sleeping area and on every level of the home.
- Install a carbon monoxide alarm on every level of your home.
- Create and practice a home fire escape plan.

File of Life



- Read labels carefully.
- Maintain a list of current medications, both prescription and over-the-counter. Include dosage, the time you take the medication each day, the purpose of the medication and any written instructions you may have.
- Post medication information on the refrigerator for emergency responders.

POLST Forms



- Forms are for patients who are at risk for a life-threatening event.
- POLST forms are completed by a physician only after a conversation with their patient and/or the patient's representative.
- POLST forms ensure family, caregivers and emergency responders know what treatment you want or don't want.

Resources



Local Resources:

South County Fire
Community Resource Paramedics
www.southsnofire.org
Phone: 425-551-1239

Homage Senior Services
Meals, home repair, health & social services, and transportation options.
www.homage.org
Phone: 800-422-2024

Additional Resources:

CDC
www.cdc.gov

National Council on Aging
www.ncoa.org

Smart 911:
www.smart911.com

Questions for my healthcare provider

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