

Fall Prevention



Each year, one in every three adults age 65 and older falls. Falls can lead to moderate to severe injuries, such as hip fractures and head traumas, and can even increase the risk of early death. Fortunately, falls are a public health problem that is largely preventable.

How can older adults prevent falls?

Older adults can take several steps to protect their independence and reduce their chances of falling.

- **Exercise regularly.**
- **Take medication correctly and review possible side effects with a professional.**
- **Remember your annual eye exam.**
- **Remove environmental obstacles.**
- **Eat a healthy diet and drink plenty of water; avoid alcohol.**
- **Get plenty of rest.**
- **Wear appropriate footwear.**

Do you have a loved one who falls regularly or struggles with ambulation? **We can help.**

Our Fall Prevention Care Plan focuses on the individual needs of the client who needs extra help with safety and ambulation and can include: light housekeeping, assistance with ADL's, household management, shopping, meal preparation, proper nutrition, exercise, safety in the home, medication reminders.

Let us customize a care plan that fits you or your loved one's needs. Call for a free assessment at **847-548-1330**.

Private Duty Home Care
Companionship • Light Housekeeping
Meal Preparation • Personal Care

Geriatric Care Management
Comprehensive Care Planning • Medical Advocacy
Liaison for Families at a Distance

Partners in Senior Care, Inc.
*Our mission is the quality delivery
of care services to the senior population.*

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