

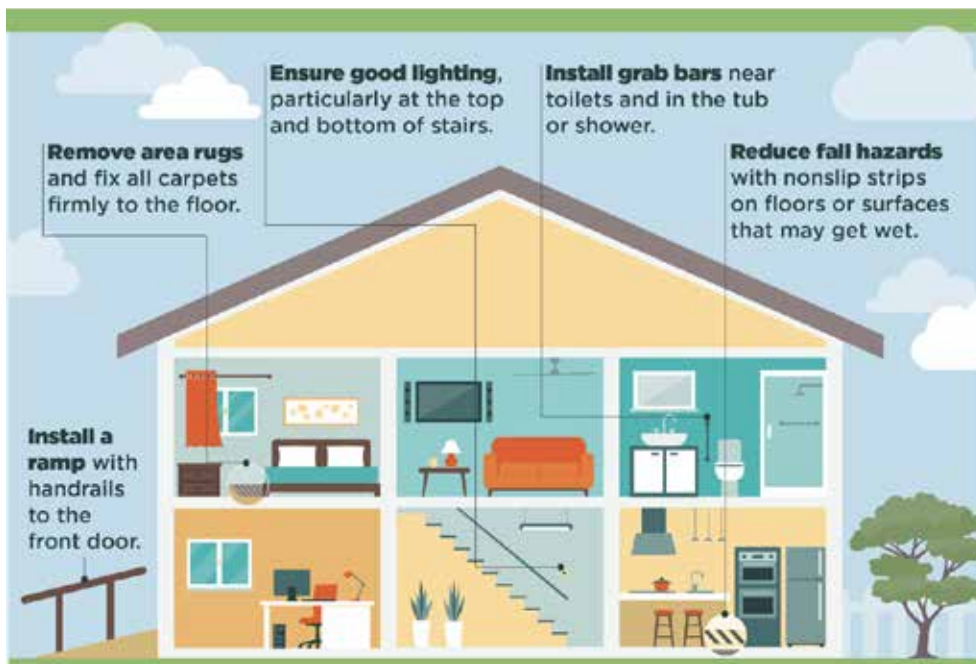


Home Safety Tips for Older Adults

Many older adults want to “age in place” – stay in their own homes as they get older – but may have concerns about safety, getting around, or other daily activities. Falls are a particular concern because we spend much of our time at home and tend to move around without thinking about our safety. Here are some tips to help prevent falls:

- ✓ Talk with your health care provider about medication side effects.
- ✓ Do strength and balance exercises.
- ✓ Stand up slowly to avoid dizziness.
- ✓ Use a cane or walker if you need more stability.
- ✓ Get your vision and hearing checked regularly.
- ✓ Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors. The infographic below illustrates ways to make your home safer and more accessible.

Rita's Care at Home can also help you with home safety. When we sign up clients for care we go through your home with a home safety checklist and let you know about areas that could be an issue.



Source: www.nia.nih.gov/health/aging-place/home-safety-tips-older-adults

Client Spotlight: **Margarita Peterseim**

Meet one of our favorite clients, Margarita Peterseim. She's 92 years old and has lived in Nashville since her early 20s. She was married for 70 years but is now alone. She taught elementary school for many years and raised two boys, Michael and David. David is a medical doctor and lives in South Carolina. She enjoys playing cards and also bingo. We provide Mrs. Peterseim with 24-hour care. "I would be lost without Rita's Care at Home," she told us. "Everyone is so helpful and pleasant and caring."

