



EMPLOYEE ASSISTANCE
PROGRAM

Fall Safety Tips for Your Loved One

November 2022

Senior Management Services

As weather changes and leaves are falling, this makes fall the perfect time of year for preparations for your loved one and their home as well.

Here are some tips to ensure that your loved one is ready for the coming months:

Seasonal Vaccines

Cold and flu season begins this time of year, and it's a good idea for seniors to get the flu vaccine to protect themselves through the cooler months. Washing hands in hot, soapy water regularly is also an important habit.

Smoke Alarms

It's a good practice to change the batteries in your smoke alarms and carbon monoxide detectors when we turn back our clocks for Daylight Saving Time. Mark your calendar to do the same in your loved one's home as well. Check home fire extinguishers and replace any that have expired.

Home Maintenance

Before the cold weather sets in, it's a good time to have a professional inspect the heating system in your loved one's home. Invest in space heaters as well, even for seniors living in assisted living facilities. Remind your loved one, however, to never leave them unattended and to keep them at least several feet from curtains and walls.

Outdoor Precautions

If your loved one lives alone, it may be a good idea to arrange for leaf removal and tree trimming this season to help prevent debris on walkways and steps that can be a safety hazard when wet.

Once you've checked these items off of your list, both you and your loved one will be free to enjoy the beauty of the season!

For additional information about Eldercare, please contact Quest at 1-800-364-6352.

Background for this article was referenced from the following locations:

- <http://www.unlimitedcarecottages.com/senior-safety-tips/preparing-the-elderly-for-autumn-and-related-hazards/>
- <http://briaahs.com/elder-care-tips-on-getting-ready-for-autumn-for-the-elderly/>