Don’t Wait for a Fall!



Accepting that you need an assistive device can be hard. But for your safety and quality of life, you should invest in them as soon as you notice that it’s harder to do tasks or you’re unsteady on your feet.

Our Care Manger can recommend assistive devices, such as those featured on the back of this flyer, to help you age in place safely!

Fall Risk Factors

- ❑ Previous falls
- ❑ Lower body weakness
- ❑ Balance issues
- ❑ Chronic health conditions
- ❑ Dehydration or malnutrition
- ❑ Psychoactive medications
- ❑ Poor vision
- ❑ Unsafe home environment

Ways to Reduce Risk

- ✔ Home safety check
- ✔ Chronic care management
- ✔ Assistance with activities of daily living (bathing, dressing)
- ✔ Medication management
- ✔ Meal planning & preparation
- ✔ Transportation to appointments & errands
- ✔ Housekeeping & laundry
- ✔ Encouraging regular exercise

Schedule a free home safety check with our care manager.
CALL TODAY! You’ll be glad you did!

Caring for you

Spring County
1-202-555-0128