



Newsletter

JULY 2016

Safety in the Home- Not Just for Mom!

Falls are the number one cause of injury for the over 65 club. Research from the Centers for Disease Control and Prevention (CDC) notes that one in every three adults over the age of 65 falls each year. The CDC also reports that the number one cause of fatality from injury among seniors is falling. The direct medical cost of falls is \$30 billion a year. Falling when you are two years old usually results in a bruise and a band-aid, but when you are 75 you could be left with a broken hip and an entire change of lifestyle and loss of independence.

I was on a walk recently, part of my ordinary early morning routine, making my way down a steep hill. In an attempt to avoid oncoming traffic at the bottom of the hill, I tripped over a temporary utility water line and fell. This resulted in a hairline fracture of my knee cap. This was not only very painful but caused a huge inconvenience by restricting me from driving!

FIVE TIPS TO AVOID FALLING:

1. It's never too late to start exercising. If you haven't already, implement a regular exercise regimen into your daily schedule. Start with something simple like walking or swimming, but be sure to gradually add in elements of resistance training, balance, and stretching. Do it with a friend for accountability and companionship. Exercise can be extremely beneficial for your mental health as well, and strengthening your muscles, posture, and sense of balance will help protect you from falls.
2. Have your home checked by a specialist from a medical supply company, a professional care manager, or a physical therapist trained in

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About Our Founder

Linda Fodrini-Johnson, MA, MFT, CMC is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management (now called aging life care) since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989, which now employs over 200 caring people. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 26 years.

MONTHLY AFFIRMATION:

"I have done my best and rest assured that I have planned for possible emergencies."

- reducing fall hazards in homes. Check for items that need to be removed or rearranged such as furniture, throw rugs, or safety equipment that needs to be installed such as hand rails.
3. If you remodel, make sure everything you add is "universal design". Ask your contractor for lever handles, grab bars, and wide doorways to name a few. When I remodeled, we installed a shower in our master bathroom that is constructed out of glass blocks and is wide enough for a wheelchair, should either of us need the extra room in the future.
 4. Educate yourself on your medications and ask questions. If they make you dizzy tell your doctor and avoid participating in activities that increase your risk of injury or accident until your symptoms improve. If you have osteoporosis, treat it immediately. Be sure your vitamin D and calcium intake is adequate and ask your doctor to check these levels regularly.
5. When you travel, always pack a night light (of course you already have these in your home) and a small flashlight that you can keep close to your bed in an unfamiliar room or house. It is also good to have an extra pair of glasses – just in case.
- Stay safe and have a long healthy life enjoying travel, pleasure, and family. Avoid those falls by planning ahead and always thinking before reacting to any unexpected stimulus.
- We have professional care managers that can check mom's house or yours. Free home assessments are offered to anyone exploring home care. An ounce of prevention is worth a pound of cure!



SPECIAL JULY ANNOUNCEMENT:
Eldercare has become one of the first care agencies to be licensed as a Home Care Organization in California!

Upcoming Events

Dementia: Understanding Behaviors and Finding Solutions

WEDNESDAY JULY 27TH, 2016, 5:30PM - 7:30PM

This class will provide tools on understanding the needs of your loved one when denial is present. Learn the different types of dementia, as well as how to "stretch the truth" to provide dignity, safety, and self-esteem.

Classes are intended for family caregivers or those dealing with the challenges of aging.

No fee- advance registration required.

Caring for an Aging Family Member

2ND THURSDAY OF EVERY MONTH, 6:00PM - 7:30PM

Addressing the fears of Alzheimer's disease & other issues associated with aging.

When concerns of aging family members become a part of your every day routine, when they interfere with work, your health or other relationships, you may need to join a support group.

** No fee and no registration required.*

Location of Events:

Eldercare Services, 1808 Tice Valley Blvd.,
Walnut Creek, CA 94595

TO REGISTER

Call: **866.760.1808** or

Email: info@EldercareAnswers.com