

## **“The Key to Safety: Prevention”**

While exercising at my local YMCA last week, I saw a poster listing ‘4 Ways to Prevent Falls.’

“Falling is the leading cause of injury among seniors, and is the ninth leading cause of death overall for people 65 and older. If an older adult breaks a hip, the average life span after the break is one year.”

([www.cumberlandcountyyymca.org](http://www.cumberlandcountyyymca.org))

The poster listed the following methods to prevent falls:

1. Have your medications evaluated for possible side effects.
2. Ensure your environment is safe.
3. Get your eyes checked.
4. Exercise to improve gait, balance, strength and flexibility.

This got me thinking about how important it is for seniors to maintain safety in their homes in order to reach their goal of staying independent. Essentially, *safety* is the ultimate foundation for our independence, or looked at another way: *prevention*. If all the pieces are in place to ensure a safe home, there are few reasons why an individual would need to be transferred to a long-term care setting. Keeping this in mind, the vast importance of a full home assessment becomes clear. It allows an individual and his/her family to continue along the path of a long, happy life. Whole Senior Care’s slogan, “Guiding seniors on the path to wellness,” exhibits our company’s focus on preventative care. If we can incorporate excellent preventative care into the plan of care for our seniors, we can better assist them in reaching their goals. *Safety* is the main tenet of this belief. For more information about how to receive a full home assessment, please contact us.