



KEEPING YOUR OLDER LOVED ONES SAFE

PRESENTED BY YOUR EMPLOYEE ASSISTANCE
AND WORKLIFE PROGRAMS

November 12, 2025

OBJECTIVES

- Explore strategies for enhancing safety and well-being for older adults in key areas:
 - Home environment
 - Medication management
 - Mobility and transportation
 - Weather and emergencies
 - Personal and financial security
- Review local and emergency resources and contacts

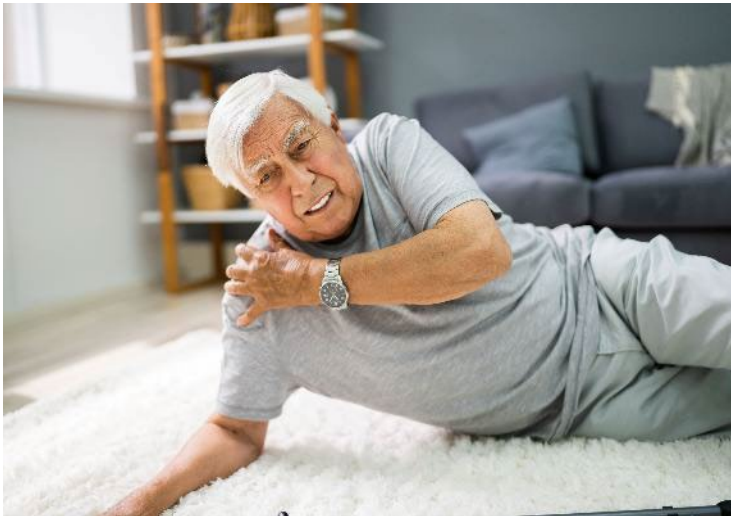
SECTION 1

HOME ENVIRONMENT

UNDERSTANDING FALL RISK

Prevalence

- Over one-third of adults aged 65 and older fall each year, with risk increasing with age



Risk Factors

- Physical
 - Impaired balance, muscle weakness, lack of exercise, and chronic medical conditions
- Medical
 - Blood pressure changes, vision problems, and medication side effects or interactions
- Environmental
 - Cluttered surroundings, poor lighting, and inadequate safety equipment

Tip: Ask your loved one's doctor about the **Timed Up and Go (TUG)** test to assess mobility and fall risk.

BATHROOM SAFETY

80% of falls occur in the bathroom

- Install safety features
 - Non-slip mats in all wet areas
 - Grab bars near toilets, tubs, and showers
 - Raised toilet seats and bath benches
- Improve lighting
 - Ensure adequate lighting with night-lights or brighter fixtures



HOME SAFETY

- Clear pathways
 - Keep all indoor and outdoor walkways well-maintained and free of clutter and tripping hazards
- Improve visibility
 - Ensure adequate lighting throughout the home, especially in hallways and stairwells
 - Use nightlights in key areas
- Enhance stability and support
 - Install handrails on both sides of stairs
 - Encourage your loved one to wear appropriate, slip-resistant footwear



DEVICES

- Canes
 - Provide stability and support; various styles available
- Walkers
 - Offer greater stability than canes; various types include rolling and wheeled with seats
- Reachers
 - Retrieve items without bending/stretching, reducing fall risk
- Cordless/mobile phones
 - Eliminates rushing to answer calls

SECTION 2

MEDICATION MANAGEMENT

MEDICATION MANAGEMENT STRATEGIES

- Coordinate care
 - Discuss all medications and specialty appointments with your loved one's doctor for coordinated health management
- Know medications
 - Understand side effects, interactions, and restrictions for each medication by reviewing information sheets
- Maintain records
 - Keep an updated medication list for all doctor visits, potentially using a health app for tracking
- Utilize tools
 - Use pill organizers and set up automatic refills for consistent medication access

Tip: Encourage your loved one to always carry a current medication list with dosages and allergies for emergencies

SECTION 3

MOBILITY AND TRANSPORTATION

SENIOR DRIVING: UNDERSTANDING RISKS

- Drivers aged 65 and above experience physical and cognitive changes that can affect their driving ability, leading to increased rates of fatal crashes.



SENIOR DRIVING: RISK PREVENTION

- Refresh skills
 - Enroll in senior driving courses to refresh knowledge and learn new safety techniques
- When to consider alternatives
 - Take note of: Frequent near-misses, getting lost on familiar routes, or feeling overwhelmed
 - Explore other transportation options: Ride-sharing, public transit, or family support
- Maintain health
 - Schedule regular vision, hearing, and physical check-ups
- Stay physically active
 - Regular exercise helps maintain reaction time
- Maintain vehicle properly
 - Ensure your loved one's vehicle has good tires, functional brakes, and clear windows
- Adjust driving habits
 - Drive only during daylight, avoid rush hour, choose familiar routes, and minimize distractions

SECTION 4

WEATHER AND EMERGENCIES

WEATHER SAFETY FOR SENIORS



- Seniors are particularly vulnerable to temperature extremes, facing unique health and safety challenges in both cold and hot weather.

COLD WEATHER CONSIDERATIONS

- Maintain warmth
 - Keep thermostat above 68°F
 - Ensure proper insulation
- Prepare the home
 - Check for drafts (doors/windows)
 - Service heating systems annually
 - Keep space heaters three feet apart and never leave them unattended
 - » Opt for auto shut-off models
- Be emergency-ready
 - Keep flashlights and emergency contacts handy
 - Assemble a winter kit

DRESSING FOR COLD WEATHER

Wear multiple clothing layers

Base

- Thermal underwear
- Leggings
- Warm socks with non-slip soles

Middle

- Shirt(s)
- Pants

Outer

- Weatherproof coat
- Hat covering ears
- Lined gloves or mittens
- Insulated non-skid boots
- Scarf

HEAT RISKS

- 40% of all heat-related fatalities in the United States occur in people over 65
- Seniors are especially vulnerable to heat due to:
- Age-related physiological changes that reduce temperature regulation
- Pre-existing health conditions
- Medication side effects
- Cognitive factors that can impair recognition of warning signs.



HOT WEATHER CONSIDERATIONS

- Adjust food prep and liquid intake
 - Prepare light meals without the use of the oven
 - Stay hydrated with cool, non-alcoholic beverages and consult your doctor if on fluid restrictions
- Dress appropriately
 - Wear lightweight, loose-fitting clothes, and hats, and use umbrellas for shade
- Manage environment
 - Stay indoors during peak heat (10AM-6PM), use fans, AC, or visit cool public places
- Cool your body
 - Take cool baths or showers, apply cool, damp cloths to neck, wrists, and ankles

RESPONDING TO HEAT EMERGENCIES

Warning Signs

- Headache
- Nausea
- Dizziness
- Fatigue
- Pale, moist skin
- Muscle cramps
- Confusion

Basic First Aid

- Move to a cool location
- Lie down with feet elevated
- Apply cool cloths
- Fan the person
- Offer water if conscious

Call 911 immediately if loss of consciousness, high body temperature, or severe symptoms.

Do not give salt pills or alcohol.

SECTION 5

PERSONAL AND FINANCIAL SECURITY

PERSONAL SECURITY RISKS

Seniors may be targeted due to:

- Increased isolation: Fewer visitors means unusual activity goes unnoticed.
- Physical limitations: Reduced mobility or senses
- Technology gaps: Unfamiliarity with modern security systems.

PERSONAL SECURITY: PROTECTIVE MEASURES

Home security becomes increasingly important as we age.

- Know your loved one's neighbors: Establish relationships with trusted neighbors who can keep an eye out for suspicious activity
- Secure entry points: Reinforce doors with deadbolts, use sturdy locks on windows, and ensure sliding doors are secure
- Improve lighting: Install motion-sensor lights outdoors and use timers for indoor lights to give the impression someone is home
- Manage keys carefully: Avoid hiding spare keys in obvious places and be cautious about who has access to your keys
- Travel security: When away, pause mail/newspaper deliveries and ask a neighbor to collect flyers or keep an eye on your home

PERSONAL SECURITY: SYSTEMS

Security system options

- Personal Emergency Response Systems (PERS)
 - Offer peace of mind, especially for those living alone
 - Typically feature a wearable button for immediate contact with emergency services or a caregiver
 - Cost: \$20-60 per month
- Home security systems
 - Deter intruders and alert authorities to breaches
 - Comprehensive systems include door/window sensors, motion detectors, and smart features like remote monitoring via smartphone apps
 - Cost: \$15-60 per month (plus potential installation fees)

FINANCIAL SCAMS: RISKS AND PREVALENCE

Financial scams are a growing threat to seniors, often dubbed “the crime of the 21st century.”

A staggering one in five seniors falls victim to financial fraud, resulting in an estimated annual loss of \$36 billion

Why seniors are targeted

- Perceived financial stability with retirement savings and home equity
- Less likely to report fraud due to embarrassment or confusion
- May be more trusting of “official-sounding” requests
- Less familiarity with newer technologies and scam tactics

FINANCIAL SCAMS

Common scams and prevention

- Healthcare scams
 - Scammers offer fake services or medical equipment in exchange for personal info or money
 - Prevention: Be wary of unsolicited calls; consult your doctor or insurer directly
- Internet scams
 - Phishing emails, fake tech support, or online dating scams
 - Prevention: Don't click suspicious links; verify tech support claims independently
- Grandparent scams
 - Scammers pose as a grandchild in distress, needing money urgently.
 - Prevention: Verify identity by calling the grandchild directly on a known number
- Telemarketing fraud
 - Pressure sales tactics for fake prizes, investments, or charities
 - Prevention: Never give personal info or money over the phone to unsolicited callers

FINANCIAL SCAMS: RESPONSE

What to do if your loved one is scammed

- Discourage feelings of shame: It's not their fault; scammers are professional criminals
- Report to authorities: Contact local law enforcement, the FTC, and bank/credit card companies immediately
- Protect accounts: Change passwords, monitor credit reports, and consider freezing credit

KEY TAKEAWAYS FOR ELDER CARE SAFETY

- Falls are preventable with proper home modifications and safety devices
- Medication management requires organization and professional coordination
- Weather extremes pose serious risks that require preparation and awareness
- Transportation safety includes knowing when to stop driving and exploring alternatives
- Home security and scam awareness protect both physical and financial well-being
- Community resources and professional help are available when needed

COMMUNITY RESOURCES FOR SENIOR SAFETY

– [The Village Network](#)

- Grassroots organizations providing comprehensive support for seniors aging in place, including wellness programs, social activities, pre-screened service providers, and transportation assistance.
- Find a local Village or learn how to start one in your community.

– [Nextdoor.com](#)

- A private social network connecting neighbors, offering local safety updates, recommendations for trusted service providers, and community support.
- Free to join – simply verify your address to connect with your neighborhood.



ESSENTIAL RESOURCES AND EMERGENCY CONTACTS

- [AARP Driver Safety Program](#)
- [Centers for Disease Control](#)
- [Consumer Affairs](#)
- [Eldercare Locator](#)
- [Local Area Agency on Aging](#)
- [National Institute on Aging](#)
- [Nextdoor.com](#)
- [The Village Network](#)
- 911
 - For all emergencies requiring immediate fire, police, or medical attention/response
- [Poison Control](#)
 - 1-800-222-1222 for poison emergencies and questions

THANK YOU



**Behavioral Health Services
Employee Assistance and WorkLife Programs**

24 HOURS A DAY

800-222-0364

foh4you.com

