

Consider this:

Why not purchase an emergency alert product like the FreedomAlert from Logic Mark. Programmable with NO monthly monitoring fee to help stay safe in the bad weather. To learn more, contact your local Visiting Angels agency and see how affordable peace of mind can be!

Know what the winter storm classifications mean to you:

- **Winter Storm Advisory:** Winter weather conditions are expected to cause significant inconveniences and may be hazardous. If you are cautious, these events are not life-threatening.
- **Winter Storm Watch:** Winter storm conditions are possible within the next 36 - 48 hours. This is the time to prepare.
- **Winter Storm Warning:** Life-threatening severe winter conditions have begun or will begin within 24 hours. Put your plan into action.

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Winter Safety

**Helping Seniors Prepare
for a Winter Wonderland**



**A guide for family, friends
and loved ones**

*from
America's Choice in Homecare®*

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A Winter Wonderland Can Be Hazardous for Seniors

Every winter season brings increased risks to the most vulnerable.
With some preparation and planning, you can help avoid the hazards of old man winter.

Visiting Angels Winter Safety Tips

The sparkling winter wonderland outside your door may look beautiful, but the ice and cold can be especially dangerous for seniors. To keep you and your loved ones safe this winter, here are some easy to follow tips:

Winter Weather

Precautions for Active Seniors

Snow and ice don't discriminate by age. Active seniors and adults are as likely to fall as anyone, so make sure all walkways and steps are kept clear of snow and ice. Always keep a bag of ice melt near each door – in an emergency, table salt or cat litter can be used as a substitute.

If you do go out in the winter weather, be sure you have well insulated waterproof boots with a non slip tread sole. Winter boots should be lightweight with wide, low heels. In some regions you may want to have ice grippers on all of your outdoor footwear, especially if you take regular winter walks. If balance is an issue, be sure to have a properly fitted cane with a fresh rubber foot tip. In icier areas, special ice picks are available for canes and walkers. If the weather is truly bad and you don't need to walk in the snow or ice, be smart and stay safe indoors.

Hypothermia

Seniors often feel the cold more because of poor circulation and/or pre-existing respiratory conditions, but there is one time when feeling the cold can be deadly: hypothermia, a serious lowering of the core body temperature. Fifty percent of hypothermia deaths occur in people over the age of 75, and even mildly cold temperatures can be dangerous. Warning signs of hypothermia include:

- shivering
- cold skin that is pale or ashy
- feeling tired and weak
- problems walking
- slowed breathing or heart rate.

Hypothermia occurs when the body temperature falls below 95 degrees F and requires immediate medical attention. Anyone exhibiting symptoms should be wrapped in a warm blanket covering the body and head. Administering warm fluids may help, but avoid caffeine and alcohol which can worsen the situation.

Frostbite

Frostbite is a dangerous condition which occurs when body tissue is actually frozen from exposure to the cold. The symptoms are a loss of feeling and a white or pale appearance in areas such as fingers, toes, ear lobes or the tip of the nose. Frostbite requires immediate medical attention. While waiting for help, you may administer immediate aid by warming the body before the arms or legs.

Warm the body first because warming the extremities – although it might seem the logical thing to do - can send cold blood to the heart, resulting in damage.

