

Top Senior Safety Concerns

If your aging loved one is living at home alone, or with a partner, you may worry about them on a daily basis. Certainly, there are many worries that go along with watching a loved one age. If wondering about your loved one's safety at home is keeping you up at night, take a deep breath. Many seniors can live at home safely with the right support. Early intervention is the key when it comes to safety concerns; here is what you need to know to advocate for your loved one at home.



Fall Risks

Seniors are at an increased risk of falling at home. These falls can lead to emergency room visits, unplanned (and long) hospital stays, and even time spent in therapy during a stay at a skilled nursing facility. Seniors who fall can end up with broken bones, concussions, or worse.

When you visit your loved one, keep an eye peeled for environmental fall risks throughout their home. Choose to remove rugs, especially if they are not skid proof, as well as extra clutter that could make

navigating through the home with a walker or cane more difficult. Add nightlights in the bedroom, bathroom, and pathway in between to decrease the chance of a nighttime slip. Pay special attention to the bathroom, as most falls happen there. Install grab bars in the shower and near the toilet, and invest in a shower chair or extendable shower head as well.

Falls can also happen for reasons beyond environmental causes. If your loved one is showing signs of decreased strength or endurance, this could lead to a fall in the future. Also, watch for any cognitive concerns that make good judgment more difficult for your loved one.

Nutritional Trouble

Seniors are also susceptible to unhealthy nutrition, which can lead to weight loss, weight gain, or trouble with chronic nutritional conditions like diabetes. Be sure that your loved one has a fridge and freezer stocked with healthy foods that are fresh, not expired. Encourage your loved one to steer clear of processed foods that can be high in salt. Many seniors living at home may choose not to cook; if this is the case consider bringing in a [Visiting Angels](#) caregiver to help with grocery shopping and meal preparation. This type of nutritional support can keep your loved one healthy and happy.

Medication Mismanagement

Finally, seniors are at risk for medication mismanagement due to cognitive or physical challenges. If you notice that your loved one is asking for prescription refills too soon, or not enough, this could be an indication they are taking too much or too little of their medication. Consider using a pill box or even setting alarms to remind them to take certain medications.

While there are safety concerns to consider when seniors live at home alone, there is also a resource who can give the support your loved one needs. [Visiting Angels](#) provides a variety of services that allow seniors to live at home independently and safely. Give us a call to see how we may be able to assist your loved one.

Ready to read more about senior issues that pertain to you or your loved one? Curious about other senior topics and challenges? [Check out our Family Resource Center](#) for insightful articles, caregiver tips and other important resources.

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