

One Step Ahead

Easy Tips To Keep Living Areas Safe



Featuring Top Ideas From Our Award Winning "Caregiver Tips" Blog



MedicalCareAlert.com

1-855-272-1010

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ABOUT US AND OUR “ONE STEP AHEAD” GUIDE

Thank you for downloading our guide! We’ve pulled together some of the top ideas from our award-winning “[Caregiver Tips](#)” blog to bring you some easy ways to keep your home safe.

WHY THIS GUIDE?

We know that millions of seniors are at risk of falling in their own home. We know the consequences of a senior being left for hours or longer without being able to get help. Our mission is to give you the tools to keep yourself or a loved one living at home, independently.



WHO IS AT RISK?

- One out of three Americans age 65 and older falls at least once a year. The chances of surviving a fall are six times greater if you are found within one hour, according to the CDC Center for Disease Control.
- The National Heart Association reports that 350,000 of the 1.6 million Americans that suffer from heart attacks die because help does not arrive on time.
- Every minute that a stroke victim goes unattended, the chance of permanent disability or death increases dramatically.

ABOUT US

Medical Care Alert provides affordable medical alert systems to families in all 50 states.

With a medical alert system from Medical Care Alert, you are protected 24/7 with the ability to summon help at the press of a button. Our medical alert systems connect you directly with our monitoring center staffed with EMT-certified agents. We have systems for every lifestyle, all for around \$1 a day.



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HOW TO PREVENT FALLS IN THE HOME

Falls are very common in the home. Government statistics report that 66% of seniors will fall in their own home. Here are some things you can do to help prevent them.

1. Talk to your doctor about how to prevent falls. Have regular vision and hearing tests
2. Review all prescriptions, as some can contribute to falls. Take prescription and over-the-counter medications correctly. Tell your doctor if your medication makes you faint, dizzy or lightheaded.
3. Install proper lighting throughout your home. Pay special attention to stairs (with a light switch at both ends) and bathrooms. Use night-lights in the hallways, particularly between the bedroom and bathroom.
4. Keep your floor and stairs free of clutter, and avoid using scatter rugs.
5. Have at least one handrail (preferably two) on all stairways and steps in your home. Ensure handrails are securely attached and in good repair.
6. Check that stairs are in good repair and are slip resistant. If any stairs are broken, have them fixed promptly. Add a strip along the edge of each step in a contrasting color to make it easier to see or use reflective anti-skid treads.
7. Take the same precautions for outdoor steps. In addition, arrange to have leaves, snow and ice removed on a regular basis. Use salt or sand throughout the winter months.
8. Wear proper footwear. Shoes, boots and slippers should provide good support and have good soles. Avoid loose slippers or stocking feet.
9. Install grab bars in all bathrooms, by the toilet and in the bathtub or shower. It's a good idea to have two bars in the tub, one on a side wall and one on the back wall. If you need extra support, consider a bath seat or bench so you can have a shower sitting down.
10. Use a rubber mat along the full length in your tub, and a non-skid bath mat beside the tub. Keep a [medical alert button](#) handy in the bathroom.
11. Use walking aids and other safety devices for extra safety. If you use a cane or a walker, check that it is the right height and that the rubber tips are in good condition. Install stainless steel prongs (ice picks) on canes for safe walking in the winter.



VISITING A SENIOR? KEEP THE FLU GERMS AWAY

Seasonal and H1N1 flu viruses are making big headlines. While everyone has the potential to catch either variety, senior citizens tend to suffer more from the complications of flu.

“It’s a good idea for everyone – including caretakers of senior citizens – to get the flu shot. And there are many other ways to help prevent the spread of viruses from one person to another,” says Richard Bitner with Visiting Angels, a senior home-care service. “If you provide care, or even just frequently visit with a senior, pay attention to their living environment to make sure it is safe and protects your loved one from viruses. And make sure you take care of yourself as well, so you don’t pass on the germs.”



Seniors are more vulnerable because they spend time with grandchildren, get out and explore new activities and visit with friends and family. The CDC recommends everyone over the age of 50 get a yearly flu vaccine because the flu can be more serious and even deadly for seniors. About 36,000 people die from flu complications annually, and of those deaths, 90 percent are age 65 or older.

In addition to getting both the seasonal flu vaccine and the H1N1 vaccine, the Centers for Disease Control and Prevention recommend the following steps to help protect your health:

- If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone – unless you need to get medical care.
- Even if you aren’t sick, keep your home stocked with a supply of over-the-counter medicines, alcohol-based hand rubbing solution and tissues, so that if you do start experiencing symptoms, you don’t need to go out and to purchase supplies.
- Wash your hands every day with soap and water – or if this isn’t available, hand sanitizer.
- Avoid close contact with sick people.

When you are visiting a senior citizen in senior home care, make sure they have supplies on hand and are practicing good personal hygiene. Do they have a squirt bottle of soap next to every sink in their house? Do the counters and bathroom sinks get cleaned frequently? Are tissues available next to chairs in every room? Simple steps like these can make for a healthier home.

HOW TO STOCK YOUR CAREGIVER'S CLOSET

The purpose of your caregiving closet is to organize personal care items that you use daily, regularly and/or may need at some point in the future. If you and your caree live in separate households, you may want to create two closets—one for each household.

Becky Lowry, training director, and Nancy Hanley, RN, team manager, from MyHealthCareManager, shared tips on how to create a caregiving closet on their Caregiving.com blog. They are kind enough to let us share the list with you. They are even running a contest for the best caregiver's closet – [click here](#) for the details.

While the initial set-up may take time, you'll find that having an organized closet that has just what you need, when you need it, is a life-saver. The closet also will come in handy when you take a break; your back-up will be able to step in more easily because the necessary supplies are organized and handy.

So, here's the list of products and supplies for your Caregiving Closet:



Over the Counter Medications

- Acetaminophen – chewable tablet, liquid and suppository
- Anti-inflammatory (ibuprofen/naproxen sodium)
- Antibiotic ointment
- Stool softener
- Gastrointestinal medication (client preference or diagnosis driven)
- Antihistamine
- Anti-diarrheal
- Weekly pill reminder box
- Diabetic supplies

- Glucose tablets
- Blood sugar monitor and supplies
- Extra insulin and syringes

Oxygen Supplies

- Extra portable oxygen tank

First Aid Supplies

- Instant hot/cold packs
- Band-Aids
- 4X4 gauze pads
- Tape
- Kerlix
- Ace wraps

- Normal saline rinse
- Sling with safety pins
- Scissors/tweezers
- Sun screen
- Insect repellent
- Lip balm
- Body lotion
- Hat/umbrella
- Digital scale
- Digital thermometer
- Automated blood pressure system

Incontinence supplies

- Washable bed protectors
- Briefs
- Perineal care wipes
- Protective/barrier cream/ointment

Emergency supplies

- Flashlight with extra batteries
- Battery powered radio
- Blankets
- Change of clothes
- Extra 2 day supply of prescription medication
- Bottled water/Gatorade
- Snacks like protein bars/nutritional drink supplement

Safety preparation

- [Medical Alert System](#)
- Phone programmed with 911
- Emergency numbers placed by phone
- Hand held shower head
- Shower chair
- Non-skid mat for shower/tub
- Toilet frame/riser
- Grab bars
- Soap on a rope
- Double sided tape to secure throw rugs

Cognitive safety preparation

- Door, bed, chair alarms
- Special door locks
- Lock up – medication, alcohol, cleaning supplies, guns, etc.
- Alzheimer’s safe return system
- Alerting police of senior situation

Emergency Contact List

- Allergies
- Medication list
- Physician list/phone numbers
- Diagnoses
- Contacts/phone numbers

To ease in re-stocking, hang a list of the products and supplies in your closet on the closet door.

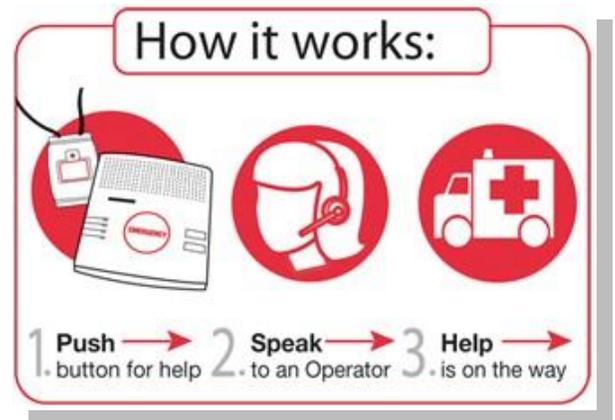
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RELIABLE.
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If you are caring for an aging or disabled parent, relative, neighbor or friend, please order their Medical Alert system today. Don't delay and risk having them be unprotected or unable to summon help in an emergency.



Call 1-855-272-1010 today – be protected tomorrow.

Choose Your Medical Alert System		
HOME Medical Alert System	HOME & YARD Medical Alert System	HOME & AWAY Medical Alert System
 <p>Perfect for folks who stay mostly at home, and want to remain independent.</p>	 <p>Perfect for folks who garden, get outside, visit the neighbors.</p>	 <p>Works anywhere! Both inside the home and outside of the home®</p>

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Choose Your System	MOST POPULAR		
	HOME Medical Alert System	HOME & YARD Medical Alert System	HOME & AWAY Medical Alert System
			
Who It's For	Stays mostly inside the home	Likes to garden, get the mail, visit neighbors	Travels, active lifestyle with protection
How it Works	Powerful 2-way "whole house" speakerphone	Speak into the 2-way pendant up to 600 feet from base	Speak into the GPS cellular pendant anywhere in USA
Phone Line Required	Yes – Land-Line	Yes – Land-Line	No – uses AT&T Wireless
Special Features	<ul style="list-style-type: none"> • "Whole-House" 2-way speakerphone • 1,000 foot range • BOSCH Hospital Grade Quality System 	<ul style="list-style-type: none"> • Speak through the 2-way voice pendant • You can use the pendant to answer your phone • 600 foot range 	<ul style="list-style-type: none"> • GPS Pinpoint accuracy to determine your location • Go Anywhere! AT&T Wireless Network in all 50 states • Charging station with home button included
Range			
Monthly Price (with Annual Plan)	\$27.45/Month	\$32.04/Month	\$36.62/Month
PRICING PLANS	\$89.85/Quarter \$179.70/Semi-Annual \$329.40/Annual	\$104.85/Quarter \$209.70/Semi-Annual \$384.48/Annual	\$119.85/Quarter \$239.70/Semi-Annual \$439.45/Annual