

# Six Things You Can Do To Prevent Falls

Each year, one in every three adults age 65 and older falls. Falls can cause moderate to severe injuries, such as hip fractures and head injuries, and can increase the risk of early death (CDC, September 2012).

1. Keep moving: consider activities such as walking or water workouts
2. Wear sensible shoes: buy properly fitting, sturdy shoes with non-skid soles
3. Remove home hazards: clear clutter, such as loose rugs
4. Light up your living space: use night lights and brighter light bulbs
5. Use assistive devices: install hand rails, grab bars, and use technology such as the Munson Medical Alert System
6. Take this self-assessment. If you answer yes, consider a medical alert system. Next, make an appointment with your health care provider. Share the results and review your current conditions, medications, and history of falls. **By working with your provider, you can develop a plan to reduce your risk of falling.**

Questions	Yes
Are you over the age of 65?	<input type="checkbox"/>
Are you afraid of falling?	<input type="checkbox"/>
Do you have heart disease, Parkinson's Disease, low blood pressure, or history of stroke?	<input type="checkbox"/>
Do you take four or more medications daily?	<input type="checkbox"/>
Do you use a cane, walker, wheelchair, or other assistive device to help with balance or walking?	<input type="checkbox"/>
Would a medical alert system provide peace of mind for you and your loved ones?	<input type="checkbox"/>
Is it important for you to continue living independently?	<input type="checkbox"/>

# Munson Medical Alert System

## What is the Munson Medical Alert System?

Munson Medical Alert System is a personal emergency response system, linking subscribers to 24-hour assistance at the push of a button.

## What are the benefits of the Munson Medical Alert System?

- LIVE INDEPENDENTLY at home while providing peace of mind for you and your loved ones
- Immediate response 24 hours a day, 7 days a week from a trained adviser in Michigan
- Hands-free, two-way voice communications seconds after the button is pushed
- Units can be worn around the neck, waist, or wrist
- Many options to choose from, including fall detector and mobile tracking
- If you move or go on vacation, you can take the system with you
- NO contract required

Contact ***Munson Home Health*** at **1-800-252-2065**  
for more information on personal safety devices or any home  
health needs.



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