

We're Here to Help You This Fall Season.

As the weather gets cooler and the rain and snow start to fall, many seniors leave their homes more often during the day. Dangerous driving, unsafe walking conditions and housing hazards can be worrisome on families.

Let us help keep your loved one safe this fall season.

Senior Fall Safety Tips

Home Safety Tips

- Don't hide keys under the doormat, in the mailbox or in a planter.
- Make sure the street number on your house is large, well-lit and unobstructed so emergency personnel can find your home quickly.
- Purchase an ABC multipurpose fire extinguisher for the home. Check yearly to verify the extinguisher is working.
- Keep anything flammable at least three feet away from any space heater. New space heaters shut off automatically if the heater falls over.
- Close fireplace doors or place a screen in front of a wood burning fire to catch flying sparks and rolling logs.

Fall Auto Safety Tips

Get your car in peak operating condition for the fall before driving in rainy or snowy conditions:

- Tires – Check the tire air pressure and make sure your tires have sufficient tread.
- Radiator – Have the anti-freeze levels checked.
- Belts – Inspect the belts and hoses for cracks or leaks.
- Oil – Ask your mechanic about switching to a thinner grade of engine oil for better performance in colder temperatures.
- Wipers – Inspect the windshield wipers and wiper fluid to ensure better visibility.
- Battery – Make sure the battery is fully charged.
- Drive according to road conditions. If roads are wet by snow or rain, slow down.

Fall Outdoor Safety Tips

- Wear shoes that are flexible, non-skid with Velcro straps. Do not assume the walkways are not slippery.
- Make sure all walkways around your home are well-lit.
- Avoid walking on wet leaves that have fallen, they can be very slippery.
- Beware of black ice; especially melted snow runoff from cars can cause black ice when water freezes over.
- Dress for cooler temperatures by covering exposed skin and wearing water proof clothing. Remember, hats stop body heat from escaping.

Other Safety Tips

- Be aware of the environment conditions surrounding you before putting yourself in a situation where injury is possible.
- Slow Down - Rushing can cause unnecessary risks.
- Don't carry large amounts of cash or unneeded credit cards.
- Sit near the driver or the exit when riding on a bus, train or subway.
- Use a direct deposit service for Social Security and other regular checks.

