

Creating a Safer Home

A ROOM-BY-ROOM
GUIDE TO ELIMINATE
THE MOST COMMON
CAUSES OF FALLS



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Lifeline

BE PREPARED WITH THE LIFELINE SERVICE

Philips Lifeline founded the medical alert service industry with one mission: to help you live independently and confidently. We're the **original, the largest, and the leading medical alert service provider**. One of our goals at Philips Lifeline is to make sure we do everything possible to help reduce the risk of falling and to get you help quickly if a fall occurs.

While nobody can completely fall-proof their home, we hope that this booklet will provide you comfort knowing you've taken steps to reduce many of the risks of falling. Throughout this guide, you'll see a set of pictures of typical household rooms. The first picture depicts some common conditions that lead to falls. The second picture illustrates how these conditions can be improved to minimize the fall risk.



Day Bedroom
PAGES 2-3



Living Room
PAGES 4-5



Bathroom
PAGES 6-7



Night Bedroom
PAGES 8-9



Stairs
PAGES 10-11

SPECIAL OFFER ENCLOSED!

Don't wait until it's too late—be prepared before a fall with the Lifeline service. See the last page in this booklet for a Special Offer. **Call 1-866-714-5307 today!**

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Needs Improvement



1 Narrow space between the bed and chair makes navigating to the doorway difficult.

2 Shoes, loose rugs and other clutter create danger, especially in the dark or when taking the first few steps in the morning.

3 Loose objects can easily be knocked off, creating a tripping hazard. They take up space that would better be used for a lamp and phone.

4 Without a phone near the bed, getting up or rushing to answer the phone could lead to a fall.



1 clear walkway

2 trip hazards removed

3 nightstand organized

4 handy phone or Lifeline device

Much Better



1 Without the chair in the way, the walkway to the door is now clear.

2 Shoes and slippers are moved out of the walking areas, reducing the risk of tripping. Rugs have been removed or secured to the floor with double-sided tape.

3 Newly uncluttered, the nightstand has room for necessities that must be accessed from bed.

4 Lifeline device capable of answering phone with the press of a button or a telephone is located within reach.



Needs Improvement



1 Baskets and craft projects left on the floor can easily get underfoot and cause a fall.

2 Telephone cables or extension cords crossing open spaces are a tripping hazard.

3 A loose rug is easy to trip over.



1 no clutter

2 cords safely stowed

3 rug removed

Much Better



1 Better-organized projects are placed off the floor and out of the walkways.

2 All cords are removed from walkways and stowed safely behind furniture. Telephones and other devices have been placed nearer to wall outlets.

3 Removing or securing rugs eliminates this frequent tripping hazard.



Needs Improvement



- 1 Using the toilet and entering & exiting the shower require unusual motions that result in many falls.
- 2 Dim conditions can make navigation difficult at night.
- 3 Unsecured bathmats can slide out from underfoot while entering or exiting the bath tub, resulting in a serious fall.
- 4 Showering or bathing becomes more dangerous for older patients.

6



Much Better



- 1 Properly mounted grab bars ensure safer use of toilets and showers.
- 2 A light-sensitive nightlight turns on automatically when needed to increase visibility.
- 3 Either removing or using a non-slip bathmat eliminates this common cause of falls.
- 4 A sturdy shower seat reduces the risk of slipping and a hand-held shower sprayer on a hose eliminates the need to reach overhead.

7



Needs Improvement



- 1 Poor visibility at night can lead to falls.
- 2 Walker is against the wall, and cannot be reached from bed to assist entry and exit.
- 3 Electrical cords, charging cables and other wires can catch feet and cause a fall.
- 4 Loose blankets on the floor create a tripping hazard.



Much Better



- 1 A lamp within reach of the bed and a light-sensitive nightlight on the wall improves visibility at night.
- 2 The walker can now be reached from bed, reducing the risk of falls while entering and exiting.
- 3 Telephone, electrical and other cords are safely hidden behind furniture.
- 4 Keeping blankets and other items off the floor results in a safer room.



Needs Improvement



1

2

3

1 Without a handrail, even a slight slip can turn into a major fall.

2 Loose items or unsecured rugs on stairs and landings increase the risk of falling.

3 Shadows and dim conditions increase the risk of tripping or missing steps.



4
secure
handrail

2
clear
stairway

3
bright
lighting

Much Better












1 Placed securely at the proper height, the handrail provides support while transiting up and down the steps.

2 Unobstructed stairs allow one's focus to be on navigating individual steps rather than stepping around household items.

3 Ceiling lights bathe the stairway in abundant light and are controlled by wall-mounted switches at the top and bottom landings.

If you fall tonight, how will you get up?

1. PREPARE	2. RISE	3. SIT
 <p>Getting up quickly or the wrong way could make an injury worse. If you are hurt, call for help using a medical alert service or a telephone.</p>	 <p>Push your upper body up. Lift your head and pause for a few moments to steady yourself.</p>	 <p>Keep the other leg bent with the knee on the floor.</p>
 <p>Look around for a sturdy piece of furniture, or the bottom of a staircase. Don't try and stand up on your own.</p>	 <p>Slowly get up on your hands and knees and crawl to a sturdy chair.</p>	 <p>From this kneeling position, slowly rise and turn your body to sit in the chair.</p>
 <p>Roll over onto your side by turning your head in the direction you are trying to roll, then move your shoulders, arm, hips, and finally your leg over.</p>	 <p>Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.</p>	 <p>Sit for a few minutes before you try to do anything else.</p>

Source: Baker, Dorothy, Ph.D., RNGS, Research Scientist, Yale University School of Medicine New Haven, Connecticut, Connecticut Collaboration for Fall Prevention.

Why Lifeline? When you experience a fall, medical issue, or other emergency, every second counts. If you are alone, delayed medical care can jeopardize your recovery and your independence! The Philips Lifeline Medical Alert Service provides simple, fast access to help 24 hours a day, 365 days a year.

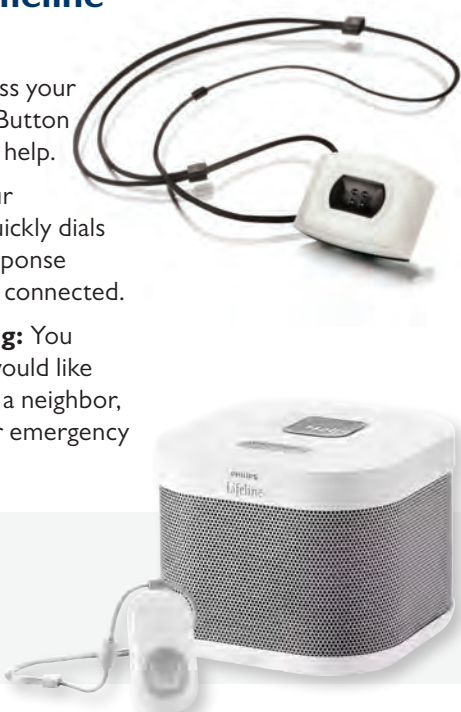
We have a system that's right for you.

Standard Lifeline System

Easy to use: Press your waterproof Help Button anytime you need help.

Responsive: Your Communicator quickly dials our US-based Response Center to get you connected.

Accommodating: You decide how you would like to be helped—by a neighbor, family member, or emergency professional.



Lifeline with AutoAlert System

All of the benefits and features of the Standard Lifeline System **PLUS** an added layer of protection:

Technologically advanced: AutoAlert¹ can automatically place the call for help if it detects a fall, even if you can't push your button.

Preferred: It's the most **widely adopted** fall-detection technology in the US personal emergency response market.²



GoSafe System

Take the benefits of the Lifeline service with you anywhere you go.

More than a GPS: Six advanced locating technologies help to accurately identify your location so responders can get to you as quickly as possible.

Seamless: GoSafe is an easy-to-use, two-way voice communication system you can use when you're home or away, indoors or out. It even charges while you're wearing it.⁴



Wireless options are now available with the Lifeline HomeSafe system.³

CALL TODAY AND FIND OUT WHICH OPTION IS BEST FOR YOU

Order when you call and save \$50 with Free Activation.⁵

Call **1-866-714-5307**

options as low as
\$29.95
PER MONTH

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1. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help. 2. Claim based on current number of AutoAlert subscribers. 3. A customer phone number is required to enroll in the service. Assumes the location of the communicator is in an area with sufficient access to coverage by the AT&T wireless network. 4. Coverage outside the home provided where AT&T wireless network coverage is available. 5. Limited time offer. Offer expires 45 days from day of receipt. Other fees and taxes may apply. Subject to change without notice. Minimum stay on service may be required. Offer valid for new orders only. Monthly service fees apply. Applicable tax, shipping and handling and/or installation fees may be applied. Activation fee varies.

