

# Avoiding Falls Avoids So Much More



Falls are the leading cause of injury-related death among adults age 65 and older<sup>1</sup>

At BAYADA, we are committed to keeping seniors safe with a comprehensive, **two-tiered approach to personalized fall risk assessment and supervision.**



**First, a BAYADA RN Clinical Manager** examines all the potential dangers and suggests strategies for keeping seniors safe.



**Second, the BAYADA Home Health Aide** understands and maintains this level of safety at every visit.

## 7 Senior Safety Tips

- ✓ Remove throw rugs
- ✓ Clear the clutter
- ✓ Put grab bars in shower
- ✓ Put handrails on stairways
- ✓ Stay fit with balance and strength training
- ✓ Never walk in stocking feet
- ✓ Use night lights



<sup>1</sup> Centers for Disease Control and Prevention (CDC)

Visit [bhhc.co/personalcare](https://bhhc.co/personalcare) to learn how BAYADA can help you or your loved one stay safe and independent at home.

