

The best way to avoid a serious fall is to prevent them



Falls are the leading cause of injury and death among adults age 65 and older. Most happen at home and the outcomes are often serious enough so that older adults can no longer live independently. These consequences can be avoided. If you or someone you love exhibits the risk factors that contribute to falls and hip fracture (see back of this sheet), see how the trusted, caring and experienced homemakers from **Visiting Homemaker Service (VHS) of Hudson County** can remedy the situation. To learn more visit vhshc.org.



Visiting Homemaker Service
Trusted. Caring. Experienced.

Serious falls and hip fractures can be prevented. Here's how to remedy the situation and ensure that a loved one continues to maintain independence in the home with a little help from VHS:

Registered Nurses or Social Workers provide the following services:

- Assessment of client health status to make sure the person's functioning ability is adequate for safe movement around the home
- Evaluation of home safety in order to identify areas where the home can be made safer

Helping with simple tasks around the home and maintaining or restoring the home to a safe condition is key to retaining independence and dignity. VHS help can prevent more serious accidents or complications down the road by providing the following services:

A **Certified Home Health Aide** can help with the activities of daily life for the client, including help with walking and making sure the person uses assistive devices and personal care.

Extra Hands is a service that maintains a clean, safe home environment by providing affordable light housekeeping on a regular basis. Extra Hands is delivered by a trained and supervised Home Care Aide.

Chore Service can clear household hazards from the home to prevent falls. This includes heavy house cleaning that returns the home to a healthy and safe condition. Usually a one-time service, Chore Service is available if seasonal help is needed.

Companion Service can help the client reduce the risk of further complications by providing a trained and supervised Home Care Aide in the home to add a measure of safety, security and companionship to a senior or loved one.

Call today and get started! (201) 656-9012

Risk factors for serious falls

- **Problems with gait or balance**
- **Dementia**
- **Low bone density**
- **Visual impairment such as cataracts, diabetes retinopathy and glaucoma**
- **Low physical fitness**
- **Environmental hazards in the home**



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