



Freedom of Home. Peace of Mind.

MEDIA CONTACTS

Pat Pickett
Synergy Marketing Group, Inc.
(317) 205-9690 ext. 228
pat@synergy-mg.com

Adriane Russell
Synergy Marketing Group, Inc.
(317) 205-9690 ext. 227
adriane@synergy-mg.com

FOR IMMEDIATE RELEASE

Indianapolis-Based Alliance Home Health Care Offers Autumn Health Tips to Keep Elderly Friends and Neighbors Safe

INDIANAPOLIS – (October 2009) – Alliance Home Health Care, one of Indianapolis' leading providers of home health care services and geriatric care management and support, offers the following tips to help keep elderly loved ones and neighbors safe during the fall season.

- Falling leaves signify it's time to winterize the home. Offer to help your senior friends and neighbors install storm windows, clean gutters, trim trees, remove garden hoses or close crawl space vents.
- Do a good deed by raking leaves for your elderly neighbor or parent to save them from unnecessary health risks or aches and pains. They may be grateful to be relieved of the labor-intensive task, but if they insist that it's something they enjoy doing, suggest you take on the task together. Nothing makes a chore more pleasant than a little company!
- Halloween is quickly approaching. If your elderly neighbor does not plan to entertain trick-or-treaters, remind him or her to turn their porch light off or invite them over to join you for your family's festivities.
- As the seasons change, it will become darker earlier in the evenings. Offer to take your elderly neighbor or parent to dinner, the grocery or an evening event if they have difficulty seeing and driving at night.
- Keep lines of communication open with your aging parent or neighbor and provide them with not only your home phone number, but your cell phone number as well. Encourage your neighbors to

start and maintain a network of support so your elder neighbors know you're there to help them if needed.

Alliance provides a full continuum of home health care services including total coordination of medical and personal needs. This includes geriatric care management and advocacy, nursing, non-medical home care, education, social work, and physical, occupational and speech therapies. For more information, visit <http://www.alliancehomehealthcare.net/> or call (317) 581-1100.

About Alliance Home Health Care

Alliance Home Health Care, established in Indianapolis in 1991, is one of the most experienced licensed and certified home care providers offering geriatric care management; home care nursing; occupational, speech and physical therapy; and non-medical personal home care and companion services on an hourly, 24-hour, private duty, full-time, part-time or an intermittent basis to elderly and senior adults in the Indianapolis, Indiana area. Alliance enables individuals to remain in the safety and comfort of their own home environments for as long as possible, and also serves clients transitioning back to home from an assisted living setting or from a hospital, nursing home or rehabilitation facility. Alliance Home Health Care serves the following counties in the Indianapolis, Indiana metropolitan area: Marion County, Hamilton County, Boone County, Hendricks County, Hancock County and Johnson County. For more information visit <http://www.alliancehomehealthcare.net/> or call (317) 581-1100.

###