

## **MEDIA CONTACTS**

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**FOR IMMEDIATE RELEASE**

## **Alliance Care Advisors, an Expert in Geriatric Care Management and Assessment, Provides Home Safety Tips for Adult Children Visiting Elderly Parents During the Holidays**

INDIANAPOLIS (December 10, 2009) – As busy families stop to gather and adult children return to their childhood homes, the holiday season is often a time when noticeable differences in aging parents' health and well-being may be most recognizable. Alliance Care Advisors actively urges families to recognize that falls in the home are the leading cause of injury among senior citizens, and therefore, take notice of signs that their elderly parents may need physical updates to their homes to maintain their good health and safety. Geriatric care management advisors can help families objectively and proactively assess and address environmental concerns in order to keep their parents free from the risk of injury, or even death, from falls.

"It's very common for adult children to come home after an extended period of time and be surprised at mom or dad's increasing difficulties in accomplishing day-to-day tasks or mobilizing around the house," says Janice K. Roberts, founder of Alliance Care Advisors. "This is a perfect time for adult children to observe potentially dangerous environmental situations and talk to their parents openly about assistance."

The most common hazard for elderly falls is tripping over objects on the floor due to factors including poor lighting, loose rugs and un-sturdy furniture. According to the American Association of Retired Persons (AARP), at least one-third of all falls in the elderly involve environmental hazards in the home. This is a particularly profound statistic given reported falls are the leading cause of death from injury among people 65 or over, accounting for nearly 20,000 deaths annually.

Ensure your elderly parents' home is a place in which they can continue to live both independently and safely by engaging a geriatric care advisor to conduct an environmental assessment that may include analyzing the following dangers:

- Outdoors – Cracks in walkways and abrupt edges, inadequate lighting, non-secure handrails on steps;
- Living spaces – Throw rugs, loose carpet edges, non-functioning night lights and motion sensors;
- Bathrooms – No grab bars on walls around tub and toilet, no slip-proof mats, a too-low toilet, soap dishes that collect slippery liquid;
- Kitchens – Commonly used items out of easy reach, oven and stove dials that are no longer readable, cookware and plates that are too heavy for easy use.

For more information about geriatric care management and environmental assessments, call 317-581-1100 or visit [AllianceCareAdvisors.net](http://AllianceCareAdvisors.net).

### **About Alliance Care Advisors**

Alliance Care Advisors is an Indianapolis agency dedicated to providing geriatric care management services to caregivers of the elderly as well as senior adults living at home or in nursing homes, senior living communities or assisted living facilities. Licensed by My Health Care Manager, Alliance offers clients and their families an expanded support system as well as the expertise and resources they need to better navigate the many health care, personal, social and financial complexities associated with aging. Advisors can monitor, document and coordinate a senior's health care including maintaining provider contact information; transporting to and scheduling of health care appointments; review of therapy regimens; management of medications; and facilitation of social service needs. Advisors also assist with insurance and financial issues or the evaluation of residential options. For more information call (317) 581-1100 or visit [AllianceCareAdvisors.net](http://AllianceCareAdvisors.net).