



## FEATURE ARTICLE FROM **Always Best Care**

### Winter Safety Tips for Seniors

Winter has officially arrived, and for many parts of the country, that means colder temperatures and the chance for snow, sleet, ice, and other inclement weather. This can make not only travel more difficult, but also daily activities. It is important for seniors to take steps to help reduce risk of falling, stay warm, and prevent other accidents or injuries. There are several ways to prepare and be proactive:

**Wear shoes with good traction:** This will provide more stability when walking across wet or snowy surfaces that may be slippery. Wait to go out until walkways have been shoveled and salt is spread. Try to avoid areas that may be icy and go slowly when walking.

**Get the heating system serviced:** Have a professional company come out to service the heating system and ensure everything is working properly. This not only means more efficient heating, but can protect against carbon monoxide and unexpected breakdowns.

**Get the car serviced:** If still driving, have a winter safety check conducted. Ask for the battery, tires, windshield wipers, lights, fluids, and other essentials to be checked. Driving during the winter can be dangerous already, but even more so if the car is not in top condition. Make sure to keep safety supplies such as blankets, flashlights, water, non-perishable foods, and a shovel in the trunk in case of a breakdown.

**Dress in layers:** Hypothermia is a major concern over the winter, especially for seniors. [Dress warmly](#) in several layers and cover exposed skin when going outside. Put on a hat, gloves, and a scarf to reduce heat from escaping and cold from getting in. Wearing two or three thinner layers is a better insulator than one thick layer.

**Check smoke and carbon monoxide detectors:** Change out old batteries and double-check that detectors are in proper working condition. Faulty heating

systems can release carbon monoxide, and dry conditions can increase risk of fire. Make sure not to leave candles or cooking food unattended, and place small space heaters or other devices a safe distance from other materials.

**Check in with others:** Take the time to give friends and family members a call to check in and let them know that all is well. Stop by to visit elderly neighbors or relatives and make sure they have everything they need.

Hiring an [in-home care provider](#) can also ensure that seniors have someone looking out for them, checking in, and providing assistance as needed. The caregiver can make sure that they have nutritious meals, the heat is set, walkways are safe, and someone is there to help around the home and with other activities. They can also be a wonderful source of companionship since winter often keeps seniors indoors more and may prevent them from visiting or going to community activities as often. In addition, an in-home care provider can help them to plan activities and attend events so that they stay active and social over the winter.

[Contact Always Best Care Senior Services](#) today for a free consultation and to learn more about how we support seniors in maintaining their safety and independence while aging in place. Don't let winter be a downer – call Always Best Care at (855) 470-2273 to make the most of the changing seasons and be prepared for whatever may come.