

Safety and Fall Prevention Websites

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This resource page was created with the help of two dedicated daughters who have witnessed the aging of their parents. Cyrus Dylan is with Forever Curious, a group of librarians and educators who curate resources for others. She curated a Fall Prevention Toolkit she hopes will be of help to other family caregivers. Marie Villeza of www.Elderimpact.org collected a list of websites for seniors desiring to make their homes safer as they 'age in place.' Both women requested I share these resources with the TLC Resource Center readers.

I checked each of these websites and provide you with the source organization, but I encourage you to be a wise reader and a cautious consumer. Always seek the advice of your physician or other qualified health provider about wellness, health and medical problems. It is up to you the reader to decide if the information provided is reliable, up to date, applicable to your individual needs, and unbiased. Some of these sites are commercial and some are non-profit. As always, reader beware! And stay safe!
In peace,
Gale

Fall Prevention Toolkit, from Cyrus Dylan

The Complete Guide to Home Modifications to Prevent Falls

<https://www.bigrentz.com/how-to-guides/guide-home-modifications-prevent-seniors-falling>
From Big Rentz, a construction equipment rental network

Selling a Home with Modifications for Older Adults

<https://www.homecity.com/home-modifications-and-selling-your-home>
From Better Homes and Gardens Real Estate company

Fall Prevention – a link to many excellent resources.

A TLC favorite!

<https://www.ncoa.org/healthy-aging/falls-prevention/>
From the National Council on Aging

Fall Prevention & Mobility: Practical Safety and Organization Strategies for Seniors

<https://www.yourstoragefinder.com/fall-prevention-organization>
From Your Storage Finder, a search site for renting storage space

Helping a Senior Regain Confidence After a Fall

<https://www.fivestarseniorliving.com/blog/health-wellness/helping-a-senior-regain-confidence-after-a-fall>

From Five Star Senior Living, a group of senior living communities

Senior Fall Prevention: A Roadmap for Navigating Resources and Benefits

<https://www.justgreatlawyers.com/fall-prevention-resources>
From Just Great Lawyers, a search network to find a lawyer

TLC Resource Center

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Safety and Aging in Place, from Marie Villeza

The Most Common In-Home Injuries for Seniors and How to Prevent Them

<https://www.homeadvisor.com/r/senior-home-injuries-and-prevention/>

From Home Advisor, a site to search for home improvement professionals

Preventing Falls at Home **A TLC favorite!**

<https://www.n4a.org/files/PreventingFalls.pdf>

From the non-profit National Association of Area Agencies on Aging

10 Smart Home Features to Help You Age in Place

<https://www.cbsnews.com/media/10-smart-home-features-to-help-you-age-in-place/>

From CBS News

Preparing Your Home for a Loved One with Alzheimer's: A Caregiver's Guide

<https://www.redfin.com/blog/2016/09/preparing-your-home-for-a-loved-one-with-alzheimers-a-caregivers-guide.html>

From Redfin, a real estate broker

Home Fire Safety Checklist for Older Adults

<http://files.esfi.org/file/Home-Fire-Safety-Checklist-for-Older-Adults-00B1.pdf>

From the non-profit association, The Electrical Safety Foundation International (ESFI)

Ten Safe Gardening Tips for Seniors

<http://www.sandiegouniontribune.com/lifestyle/home-and-garden/sdut-ten-safe-gardening-tips-for-seniors-2012may31-story.html>

From the San Diego Union Tribune

Wise use of wellness information

The TLC Resource Center, Lyman Training & Consulting, The Lyman Center (TLC) and Gale Lyman provide general and educational information about health and wellness. Always seek the advice of your physician or other qualified health provider about wellness, health and medical problems. Never disregard medical or professional advice, stop medical care, or delay seeking medical care because of something you read on this website or a linked website, or otherwise learned from TLC Resource Center, Lyman Training & Consulting, The Lyman Center (TLC) and Gale Lyman.

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Calming and centering contemplative practices for senior citizens and family caregivers
from Gale Lyman, holistic nurse, freelance writer and guest speaker.

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