



A Guide to Independent Living

Important Safety Tips for Independent Seniors.

Courtesy of ADT Security Services, Inc.



Home Health
Security Services



Let's get physical!

An important part of living independently is making sure you're able to take care of yourself and your home. A great way to achieve that goal is to stay active. Whether you're taking a stroll around the block or just doing some light yard work, this small bit of physical activity can help you stay stronger and healthier longer. Below are some great ways to stay in shape. Remember, only perform these exercises if they are comfortable for you.

Before you start exercising, remember to:

- Consult your physician to make sure it's okay.
- Start slowly.
- Breathe as you exercise.
- Stop if you feel pain.
- Drink plenty of fluids.

Upper-body twists—Stand with your hands on your hips. Slowly turn your upper body to the left as far as you can for a count of 5. Then to the right for a count of 5. Repeat 10 times.

Wall push-ups—Stand about a foot away from a sturdy wall in your home. Place your hands flat against the wall. Slowly lower your body toward the wall. Then push away until you're in the original position. Repeat 10 times.

Have fun and get moving. You'll feel better and more independent than ever before.

Chair squats—Start by sitting in a chair. Lean forward slightly and stand up. Try not to use your hands. Then slowly sit down. Repeat 10 times.

Bicep curls—Hold a light dumbbell or a can of vegetables in each hand. Lower your arms down to your sides with your palms facing out. Slowly curl the weights up to your shoulders, then lower your arms to your sides. Repeat 10 times.

Here are some other ideas for staying fit:

- Go for a bike ride.
- Take a brisk walk. If safety is a concern, do laps at your local mall.
- Get a fitness buddy and join an age-appropriate exercise class.
- Take up gardening.
- Go swimming or take a water aerobics class.
- Play golf.

Help can be just a push of a button away.

With Companion Service® by ADT®, help is available from anywhere in their home, 24 hours a day.

One button can summon help.

1. In the event of an emergency, push the personal help button.
2. An ADT® Monitoring Professional will respond over the two-way voice intercom on the base unit.
3. If there is no answer, ADT will call for help.

Companion Service® offers:

- Connection to an ADT Monitoring Professional 24 hours a day, 365 days a year.
- Waterproof personal help button—available as a pendant or wristband.
- Long-range capability—up to 300 feet—works in any room in virtually any home.*
- Sensors that can send a notification if unsafe temperatures are detected in your home.
- 30-day test-light reminder to help ensure the unit is working properly.
- Special discounts for AARP members.



“I want my independence.”



Today, more and more seniors are choosing to live at home longer. They enjoy the comfort and independence of being in their own homes. Unfortunately, as we grow older, our cherished homes can go from familiar to hazardous, causing serious injury.

**What if you fall and no one is there to help?
What if you can't get to the telephone during a medical emergency?**

Now, you can have more peace of mind by taking the safety precautions outlined in this brochure. Spend a moment reading through it to learn how you can make your home a safer place to be.



Preventing falls in your home.

Many of the accidents that often cause you to fall can be prevented by a few safety changes. Take this quiz to see if your home is fall-proof.

Are your outdoor walkways well-lit to prevent falls?

Yes No

Are your hallways and stairways well-lit and free of clutter?

Yes No

Are handrails sturdy on both sides of the stairway?

Yes No

Do you have a night-light on in the bathroom and bedroom?

Yes No

Do bathroom rugs have nonskid backing?

Yes No

Is your furniture sturdy and stable?

Yes No

Do you have safety handrails in the bathtub and toilet areas?

Yes No

Is there a rubber mat or nonskid strips on the bathtub/shower floor?

Yes No

Do you wear low-heeled or flat shoes with nonskid soles?

Yes No

Is there a place where you can sit while cooking or chopping vegetables?

Yes No

How did you do? If you answered “no” to any of these questions, make adjustments to improve the safety of your home. Or, ask an adult, handyman or neighbor to help.



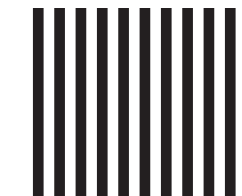
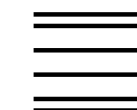
General safety for independent living.

No matter how active you are, there are safety precautions you should take. Especially if you live alone. For instance:

- Make sure to ask for ID when service people come to your home (i.e., cable, phone company).
- Give a neighbor or nearby relative a spare key to your house in case of an emergency.
- When in the bathroom, leave the door unlocked, so it can be opened from both sides.
- Keep all medications in one place, so they can be found by a loved one, neighbor or paramedic in an emergency. Also, keep a dosage schedule in the same location.
- Rearrange your kitchen cabinets so that things you use most are easiest to reach.
- Have your shelving lowered for easy access.
- Use “lazy Susans” in cabinets for better access.
- Be sure to install fresh batteries in smoke detectors and carbon monoxide detectors once a year. Choose a day you’ll remember—like your birthday or a holiday.
- Have your home’s interior updated with bright colors so walls can be easily seen. Use contrasting colors on doorways and steps.
- Always use a stable step stool with a nonskid surface. Boxes and chairs can be more hazardous.
- Keep flammables—including curtains, towels and certain cleansers—away from the stove.
- Never use the oven to heat your home.
- Never give out your Medicare/Medicaid or Social Security number over the phone to people you don’t know.
- Do not accept medical supplies that are sold door-to-door.
- Be sociable. Stay in touch with neighbors, friends and people at your church or other group. Besides being stimulating, it’s great to have a network of friends looking out for you.



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- Please send me more information about Companion Service®.
- Please have an SSR representative call me to arrange an in-home demonstration.



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www.adt.com

Learn more about ADT Companion Service®
right now. Call 1.877.238.3880 or visit
www.adt.com.



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*Based upon "open air" measurement. Actual reception distances may vary based upon individual home construction types and other conditions.

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