

A GUIDE TO INDEPENDENT LIVING

IMPORTANT SAFETY TIPS FOR INDEPENDENT SENIORS





“ INDEPENDENT LIVING
MATTERS
TO ME AND MY LOVED ONES. ”



LET'S GET MOVING TOWARD MORE **INDEPENDENCE.**

Today, more and more seniors are enjoying their independence longer. Through a balance of exercise and healthy eating, they're able to lead very active lifestyles. Healthy living isn't just about diet and exercise, though. It includes keeping a safe home, maintaining a healthy mind, and improving your overall wellness. We hope this guide is helpful and makes healthy living easy and fun.

For over 140 years, ADT, America's #1 security company, has helped provide peace of mind to over 6 million customers, caregivers and family members. We look forward to doing the same for you.



GETTING ACTIVE, GETTING BETTER

An important part of independent living is making sure you're able to take care of yourself at home. A great way to achieve that goal is to stay active and exercise regularly. Simple activities such as taking a stroll around the neighborhood or doing some light yard work can help you stay stronger and healthier longer. In fact, small amounts of exercise can help prevent falls by building and maintaining your strength and balance.

BENEFITS OF EXERCISE

Once you start exercising on a regular basis, you may notice:

- ✓ Daily tasks become easier
- ✓ You have more energy
- ✓ You're getting in shape and maintaining or losing weight
- ✓ Your breathing is improving
- ✓ You're getting stronger and may have better balance
- ✓ You're feeling better physically
- ✓ You're able to manage and slow down the progression of diseases like diabetes, heart disease and osteoporosis
- ✓ Your mood is improving
- ✓ You're sleeping better

ENJOY EXERCISE SAFELY

One of the goals of physical activity is to decrease the possibility of injuring yourself. So make sure you take it easy if you're just starting out. Before you start exercising, remember to:

- Consult your physician to make sure it's okay
- Start slowly
- Warm up and stretch
- Remember to breathe as you exercise
- Stop if you feel pain
- Drink plenty of fluids

QUICK TIP

Be sure to warm up for a few minutes before you exercise to get your body ready for activity. Shrug your shoulders, tap your toes, swing your arms or move in place.

MAKE EXERCISE FUN!

Almost anyone can exercise, even if you have a long-term condition like heart disease, diabetes or arthritis. The key to enjoying exercise is to make sure you pick activities you like doing so it doesn't feel like a chore. Who knows? You might even start looking forward to it. Also, don't be afraid to try some new activities to add a little variety:

- Stretching
- Water aerobics class
- Dance lessons
- Chair exercises
- Exercise classes

THE 4 BASIC KINDS OF EXERCISE

ACCORDING TO THE NATIONAL INSTITUTE OF HEALTH



ENDURANCE

Endurance, or aerobic exercise, increases your breathing and heart rate. Endurance activities strengthen your heart, while improving the overall function of your lungs and circulatory system.

Examples:

- Walking
- Swimming
- Jogging

TRY THIS



Walking—You can enjoy the health benefits of this type of exercise even if you do it just 30 minutes a day. Be sure to walk safely: tie shoelaces tight, wear comfortable athletic shoes, walk during daylight hours, and always be aware of your surroundings.



BALANCE

Balance exercise helps prevent falls, a common problem in older adults. Lower body strength can help with balance and body stabilization.

Examples:

- Yoga
- Water aerobics
- Dancing

TRY THIS



Upper-Body Twists—Stand with your hands on your hips and your feet apart. 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.

QUICK TIP

Make a weekly exercise and physical activity plan—this will help you incorporate all four types of exercise into your daily routine. Find an exercise plan worksheet at the **Go4Life** website (<https://go4life.nia.nih.gov>)



FLEXIBILITY

Flexibility exercise stretches your muscles and helps keep your body limber for easier movement.

Examples:

- Shoulder, upper arm and calf stretching
- Yoga

TRY THIS



Neck Stretch—In a standing position or sitting in a chair, spread your feet about shoulder width apart. Slowly turn your head to the right until you feel a slight stretch. Try not to tilt your head. Hold the position for 10-30 seconds. Slowly turn to the left side to stretch. Repeat 3-5 times.



STRENGTH

Strength exercise makes your muscles stronger. Stronger muscles allow you to carry out daily independent activities like climbing stairs, carrying groceries or getting up out of seats.

Examples:

- Lifting weights
- Using a resistance band

TRY THIS



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

QUICK TIP

You're more likely to exercise if it's convenient. Put your hand weights next to the sofa so you can do some lifting while you watch TV.



HEALTHY EATING FOR A BETTER YOU

According to the National Institute on Aging, exercise and eating well are the keys to a healthy lifestyle. A balanced, nutritious diet gives you the energy your body needs to do whatever physical activities you choose. It also can reduce the risk of heart disease, stroke, type 2 diabetes and some kinds of cancer.

What Does Healthy Eating Look Like?

- Focuses on vegetables, fruits, whole grains and fat-free or low-fat milk and dairy products
- Includes lean meats, poultry, fish, cooked dry beans and peas, eggs and nuts
- Is low in saturated fats, trans fats, salt and added sugars
- Balances calories from food and beverages with calories burned through physical activity to maintain a healthy weight

QUICK TIP

For information on heart-healthy eating plans, visit the National Heart, Lung and Blood Institute (NHLBI) at www.nhlbi.nih.gov

TAKING CARE OF YOURSELF— BODY, MIND AND SPIRIT

IMPROVING MENTAL HEALTH

Studies have shown that moderate daily physical activity can not only improve physical health, but can also help manage stress and improve mood. While the benefits of physical activity on the mind have been well established, what can you do to improve your brain function and mental health when you're unable to be physically active?

Give Your Mind A Workout

The key to maintaining a strong mind is mental stimulation. Fortunately, there are all sorts of activities that can keep you engaged and your mind sharp, such as:

- Culinary arts
- Volunteering and community service
- Board game/trivia night
- Crossword puzzles
- Book club
- Arts and crafts
- Photography
- Learn a foreign language

QUICK TIP

Every bit of exercise can help the mind. Physical activity increases blood flow and brain stimulation, while helping enhance brain health in seniors.

PREVENTING FALLS

Every year, more than 2 million older Americans go to the emergency room because of fall-related injuries.¹ When it comes to avoiding falls and serious injuries that can include hip and bone fractures, as well as head trauma, prevention is the key.

- **Exercise**—Make falls less likely by utilizing the 4 different types of exercise to build strength, improve balance and control muscles.
- **Eliminate Home Hazards**—Inspect the home for tripping hazards or areas with poor lighting. Keep a clean, easy-to-navigate home by removing excess clutter. Try placing frequently used items in drawers or cabinets and on shelves that don't require a stepstool for access.
- **Outfit The Home**—Make sure handrails are in places near steps and in the bathroom. Place nonskid pads or double-sided tape under rugs and place grip appliques or rubber mats in the shower or tub. Also, think about updating the lighting for a well-lit home.
- **Get Vision Checked**—Poor vision can lead to accidents. Older adults should get their vision checked yearly and have access to their most up-to-date prescription lenses or contacts.

¹—National Institute on Aging

A QUICK QUIZ:

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

- 1 Are your outdoor walkways well-lit?
YES **NO**
- 2 Are your hallways and stairways well-lit and free of clutter?
YES **NO**
- 3 Are handrails sturdy on both sides of the stairway?
YES **NO**
- 4 Do you have a night-light on in the bathroom and bedroom?
YES **NO**
- 5 Do all your throw rugs and area rugs have nonskid backing or adhesive?
YES **NO**
- 6 Is your furniture sturdy and stable?
YES **NO**
- 7 Do you have safety handrails in the bathtub and toilet areas?
YES **NO**
- 8 Is there a rubber mat or nonskid strips on the bathtub/shower floor?
YES **NO**
- 9 Do you wear low-heeled or flat shoes with nonskid soles?
YES **NO**
- 10 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, visit **www.nia.nih.com** to learn exactly how you can make your home safer.

HOW ADT MEDICAL ALERT SYSTEMS WORK

HELP THAT IS ALWAYS THERE—WHENEVER YOU NEED IT.

Our medical alert systems provide dependable, round-the-clock monitoring from caring, trained ADT professionals, allowing older adults to live worry-free, both at home and on the go.





GET ASSISTANCE WITH 3 SIMPLE STEPS:



1

In the event of an emergency, push your personal help button, located on your pendant or wristband. Systems equipped with optional Fall Detection will automatically send an emergency alert signal to ADT, if a fall occurs.



2

When the alarm signal is received at our Monitoring Center, a trained, ADT professional can respond to the customer over the base unit's two-way voice communicator. If there is no response, the operator will call for help.



3

ADT notifies emergency responders or family as needed. On-The-Go users also benefit from GPS location services.

ADT MEDICAL ALERT SYSTEMS

IN-HOME SYSTEMS



ON-THE-GO SYSTEM



FOR MORE INFORMATION ABOUT ADT MEDICAL ALERT SYSTEMS,
SPEAK TO AN ADT HEALTH REPRESENTATIVE

AT HOME OR ON THE GO, ADT HAS A SYSTEM TO FIT YOUR LIFESTYLE.

All Of Our Systems Feature:

- 24/7/365 monitoring from ADT professionals.
- Fast response time that is the push of a button away.

In-Home Medical Alert Systems

- Easy-to-use waterproof neck pendant or wristband includes your own personal help button.
- Works in virtually any room in the home, for available help wherever you go.
- Optional Fall Detection alerts ADT even if the button hasn't been pushed, ensuring help is notified.
- Status lights, including signal strength, make device easy to read.

On-The-Go Emergency Response System

- Our mobile technology, featuring GPS location services, allows constant monitoring—whether you're at home or miles from it.
- Connection to ADT Monitoring Center means not having to operate a mobile phone during critical events.
- Portable device has a long battery life and is easy to charge.
- Operates with wireless connection; convenient for households without a traditional phone line.

800.595.8740 OR ORDER ONLINE AT **ADT.COM/HEALTH.**



MORE SAFETY TIPS FOR INDEPENDENT LIVING.

GENERAL SAFETY TIPS

- Make sure to ask for ID when any service people you don't know come to your home.
- Don't give out personal information over the phone, through the mail or on the Internet unless you know and trust the person or company you are dealing with.
- Give a neighbor or nearby relative a spare key to your house in case of an emergency. A lockbox is another good option for key storage.

HOME SAFETY

- Don't leave notes for family or friends outside your home.
- Keep hallways and stairwells well-lit for easier navigation after dark.
- Add non-slip mats where it's common to find water on the floor, like the kitchen or bathroom.
- Keep flashlights handy and in multiple locations. Include one near your bed in case of a power outage.

MEDICATION

- Create a list of your medical information including current conditions, medications, dosages and emergency contacts and post it where it can be easily found.
- Bring your medical information list to doctor appointments and when you go to the pharmacy.

CYBERSAFETY

- Avoid opening email or instant messages received unexpectedly or from people you don't know.
- Be careful of providing personal information and financial information online unless the site is secure.

TOGETHER, WE CAN DO THIS.

We hope this guide helps get you started on your journey toward good health and independent living. Remember, just 30 minutes a day of moderate physical activity and a healthy diet will help you stay stronger and live independent longer.

No matter how independent you feel, it's always good to know that you aren't alone, in case of an emergency. ADT can help you find the right Medical Alert System to fit your lifestyle.

Why Choose ADT?

- The #1 security company in America.
- Helping to save lives for over 140 years through technological innovation and easy-to-use products.
- ADT trained monitoring professionals are always available, including nights, weekends and holidays.



For more information on how ADT can always be there for you or a loved one, contact your ADT Health Representative at **800.595.8740** or visit us on the web at **ADT.com/health**.



PEACE OF MIND
IS KNOWING SOMEONE
IS ALWAYS
THERE FOR YOU.



All content found herein was created for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have. ADT does not endorse information mentioned herein, including any website referenced. Reliance on any information provided herein is solely at your own risk.

Source: <https://go4life.nia.nih.gov/partner>

An ADT Medical Alert system (Medical Alert Basic, Medical Alert Plus and On-The-Go Emergency Response) is not an intrusion detection system or medical device; ADT is not a '911' emergency medical response service and does not provide medical advice, which should be obtained from qualified medical personnel. Fall Detection only available on Medical Alert Plus and On-The-Go Emergency Response system for \$10 per month (\$120/yr). The Fall Detection pendant does not detect 100% of falls. If able, users should always push their help button when they need assistance. Digital cellular service not available everywhere and at all times. The On-The-Go Emergency system and services use and rely on the availability of cellular network coverage and the availability of global positioning system (GPS) data to operate properly. The GPS is not operated by ADT. Prices may vary by market. Prices subject to change. Systems shall remain property of ADT. Photos are for illustrative purposes only and may not reflect the exact product/service actually provided. Price-Lock Guarantee excludes applicable taxes, fees or modifications to services after initial purchase. ©2015 ADT LLC dba ADT Security Services. All rights reserved. ADT, the ADT logo, 800.ADT.ASAP and the product/service names listed in this document are marks and/or registered marks. All trademarks not owned by ADT LLC dba ADT Security Services are the property of their respective owners and are used with permission or allowed under applicable laws. Unauthorized use is strictly prohibited. License information available at www.ADT.com or by calling 800.ADT.ASAP. **CA** AC07155, 974443, PP017232; **FL** EF0001121; **LA** F1639, F1640, F1643, F1654, F1655; **MA** 172C; **NC** Licensed by the Alarm Systems Licensing Board of the State of North Carolina; 7535P2, 7561P2, 7562P10, 7563P7, 7565P1, 7566P9, 7564P4; **NY** 12000305615; **PA** 090797;

MS 15019511