

COURTESY OF ADT MEDICAL ALERT

Senior Independent Living Guide

Safety tips to help protect seniors' independence



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It's important to me and my loved ones that I can live independently.

We want to help you stay independent

By leading healthy, active lifestyles that exercise their minds and bodies, more and more seniors are able to live independently for longer. But healthy living is about more than staying active and eating well. It also means creating a home environment that helps keep you safer, and minimizes the risk of injury.

For over 145 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.



Stay active, stay healthier

The ability to live independently is the direct result of being able to take care of yourself at home. What can help? Staying active. Even simple activities like a walk around the neighborhood or gardening can help you stay stronger and healthier longer. Exercise can help you build and maintain your strength, which can help prevent falls – a leading cause of injury among seniors.

Benefits of exercise*

Once you start exercising regularly, you may notice:

- Daily tasks are getting 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 are managing and slowing down the progression of diseases like diabetes, heart disease and osteoporosis
- Your mood is improving
- You're sleeping better

*Source: [cdc.gov/nccdphp/sgr/olderad.htm](https://www.cdc.gov/nccdphp/sgr/olderad.htm)



Exercise caution*

One of the goals of exercise is, of course, to decrease your potential for injury. So if you're just starting out, it's a good idea to start slowly. Here are some things to keep in mind before you start:

First: Consult your physician to make sure the exercise you're doing is safe for you and your needs.

- Warm up and stretch
- Remember to breathe
- Drink plenty of fluids
- Stop if you feel pain

*Source: familydoctor.org/exercise-seniors/

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 condition** like heart disease, diabetes or arthritis. The key to enjoying exercise is to pick activities you like doing. Then it'll feel like less of a chore. In fact, you might even look forward to it. And don't be afraid to try new things, variety is good for you! Here are some ideas:

- Stretching
- Water aerobics class
- Dance lessons
- Chair exercises
- Yoga
- Group classes



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**Source: medlineplus.gov/ency/patientinstructions/000094.htm#:~:text=Choose%20an%20aerobic%20activity%20such,muscles%20and%20heart%20before%20exercising.

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 or Jogging

*Source: [cdc.gov/healthywater/swimming/swimmers/health_benefits_water_exercise.html](https://www.cdc.gov/healthywater/swimming/swimmers/health_benefits_water_exercise.html)

TRY THIS

Water Aerobics

The pool is a great way to get your heart pumping while helping to alleviate joint pain*. Doing leg lifts using water's natural resistance will activate every muscle in your leg. Put your hands on your hips and left one leg up, then bring it back down as quickly as you can while maintaining your balance. Try completing 10 reps on each leg.

QUICK TIP

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

Balance

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

Examples: Yoga, Dancing or Water Aerobics

TRY THIS

Yoga

Try tree pose by standing with your heels touching. Then press your palms together and bring them to the center of your chest. When you're ready, slowly bring one leg up, until the bottom of your foot touches the knee of your standing leg. Take four deep breathes, balancing in this position. Then, switch legs and repeat.



Flexibility

Flexibility exercises help stretch your muscles and help keep your body limber for easier movement.

Examples: Yoga and Stretching such as your shoulders, upper arms and calves

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.



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 watching TV.



Strength

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

Examples: Weight Lifting, Resistance Band Training

TRY THIS

Wall Push-Ups

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

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Healthy eating for a healthier you

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

*Source: tuftsmedicarepreferred.org/healthy-living/expert-knowledge/importance-good-nutrition

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
- Balance calories you consume from food and beverages with calories you burn through physical activity to maintain a healthy weight

For more 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

Exercise your mind, too

Studies* show that even moderate daily exercise not only improves your physical health, but also helps you reduce stress and even make you happier. Beyond exercise and other physical activity, what else can you do to improve your brain function and overall mental health if you can't always exercise.

*Source: helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm

Give your brain a workout

Regular mental stimulation is key to keeping your mind strong. Luckily, there are plenty of enjoyable ways for you to exercise your brain, too:

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

QUICK TIP

Physical exercise is also brain exercise. Physical activity stimulates blood flow and brain stimulation, while helping enhance brain health.





Preventing falls

Every year, more than 2.8 million* older Americans end up in the ER with fall-related injuries such as hip and bone fractures. Prevention is critical to helping prevent falls and avoiding serious injury. Here are some steps you can take:

*Source: [ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts/](https://www.ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts/)

Exercise

Utilizing the four types of exercise noted earlier can build strength, and improve balance and muscle control, making falls less likely.

“Fall-proof” your home

Add handrails near steps and in bathrooms. Put non-skid pads or double-sided tape under rugs to keep them from sliding, and place grip appliques or rubber mats in showers and tubs to reduce slipping potential.

Eliminate home hazards

Check your home for potential tripping hazards and areas with poor lighting. Remove excess clutter to help keep frequently used hallways clear. Place items you use often in easily accessible drawers and cabinets you don't need a step stool to reach. And improve lighting where needed.

Check your vision

Seems basic, but it's true: poor vision can lead to accidents. Seniors should have annual vision exams and make sure prescriptions for glasses or contacts are up-to-date.



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 of your throw rugs and area rugs have nonskid backing or adhesive?

YES / NO

6. Is your furniture sturdy and stable?

YES / NO

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

YES / NO

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

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'd you do?

If you answered "no" to any of these questions visit www.nia.nih.com to learn how you can make your home safer.



How ADT Medical Alert Systems work

Help that's there when you need it

Our medical alert systems provide reliable, 24/7 monitoring from senior-sensitivity trained Companion agents, allowing older adults to live with less worry, at home or on the go.



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Get help in three simple steps

- 1** If there's an emergency, push the personal help button on your pendant or wristband. Systems with optional Fall Detection will automatically send an emergency alert to ADT if a fall occurs[†].

[†]Fall detection pendant does not detect 100% of falls

- 2** When our Monitoring Center receives the emergency alert, a senior-sensitivity trained Companion agent will respond to you over the base unit's two-way voice communicator. If there's no response, the agent will send help.

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



At home or on the go, ADT has a system to fit your lifestyle

All of our systems feature 24/7 monitoring from senior-sensitivity trained agents and fast response time that's just the push of a button away.



In-Home System

- Easy-to-use water-resistant neck pendant or wristband includes your own personal help button
- Works in virtually any room in the home, for available help wherever you go in your home, yard or garden
- Optional Fall Detection[†] alerts ADT even if you can't push the button, ensuring help is notified
- Status lights, including signal strength, make the device easy to read

[†]Fall detection pendant does not detect 100% of falls



On-The-Go System

- Our mobile technology, featuring GPS location services, allows constant monitoring—whether you're at home or miles from it
- Connection to one of the five ADT Monitoring Centers means not having to operate a mobile phone during critical events
- The portable device has a long battery life and is easy to charge
- System operates with wireless connection and is convenient for households without a traditional phone line

To learn more about ADT Medical alert systems speak to an ADT Representative at **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 if 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're dealing with
- Give a neighbor or nearby relative a spare key to your house in case of an emergency. A lock box is another good option for key storage.

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



Home safety

- Don't leave notes for family or friends outside of 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 in multiple locations, including one near your bed in case of a power outage

Cybersafety

- Avoid opening email or instant messages received unexpectedly or from people you don't know
- Don't provide personal or financial information online unless the site is secure and trustworthy

A young man and an older man are standing outdoors next to a bright blue classic car. The young man is on the left, wearing a grey and black raglan shirt, and the older man is on the right, wearing a brown jacket over a maroon polo shirt. They are both smiling. The background shows a fence and trees.

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Peace of mind is knowing someone is always there for you.

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Together, we can do this

We hope this guide helps you maintain your health and your independent lifestyle. Remember, just 30 minutes of moderate physical activity each day, along with a healthy diet, can help you stay stronger and live independently longer.

But it's still comforting for you and your loved ones to know that, with ADT, you're never alone in an emergency. We 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 145 years through technological innovation and easy-to-use products



ADT senior sensitive trained monitoring companion agents are always available, including nights, weekends and holidays

To learn more about ADT Medical Alert Systems, visit us at adt.com/health or contact your ADT Medical Alert Representative at **800.595.8740**





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†Fall detection pendant does not detect 100% of falls

*Requires to month to month agreement. Excludes taxes. Monitoring services with Basic system requires month-to-month monitoring agreement at \$29.99/month; ADT Medical Alert Plus system (with digital cellular service) requires month-to-month monitoring agreement at \$35.99/month; and On-The-Go Emergency Response System requires month-to-month monitoring agreement at \$39.99/month. Offer excludes professional installation which may be available upon request for an additional fee. An ADT Medical Alert system 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. 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 subject to change. Systems remains property of ADT. Cannot not be combined with other offers or discounts..

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