

PRACTICAL TIPS FOR EVERYDAY SAFETY



PREVENT FALLS

Remove tripping hazards, use handrails, ensure good lighting, and wear non-slip shoes.



MANAGE MEDICATIONS

Use a pill organizer, take medications as directed, and keep an updated medication list.



STAY CONNECTED

Keep in touch with family, friends, and neighbors. Don't hesitate to ask for help.



PROTECT YOURSELF

Be aware of scams. Never share personal or financial information with unknown callers or visitors.



TAKE CARE OF YOUR HEALTH

Eat well, stay active, keep up with check-ups, and drink plenty of water.



SAFETY AT HOME

Install grab bars, use nightlights, keep a phone nearby, and know your emergency exits.



PLAN AHEAD

Know your emergency contacts, have a plan in case of emergencies, and consider a medical alert device.

SAFETY IS EMPOWERMENT

A few simple steps can help older adults stay safe, healthy, and independent-at home and in the community.

QUICK SAFETY CHECKLIST

- ✓ Keep pathways clear of clutter.
- ✓ Use handrails and grab bars.
- ✓ Take medications as prescribed.
- ✓ Stay connected with family and friends.
- ✓ Keep emergency numbers handy.
- ✓ Stay active and eat healthy.
- ✓ Trust your instincts ask for help if needed.



IMPORTANT NUMBERS

Emergency: _____

Doctor: _____

Pharmacy: _____

Family Contact: _____

Poison Control: 1-800-222-1222

Non-Emergency Police: _____

FOR MORE RESOURCES & INFORMATION

☎ 1-844- FLAME 16

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SENIOR SAFETY

STAY ALERT | STAY HEALTHY
STAY INDEPENDENT



 **THE FLAME GROUP®**
PREVENTION IS INTENTION



PRACTICAL TIPS FOR EVERYDAY SAFETY



1. PREVENT FALLS

- › Remove loose rugs, clutter, and cords. Ensure good lighting-especially at night.
- › Use handrails on stairs and in bathrooms.
- › Wear non-slip, well-fitting shoes.



2. MANAGE MEDICATIONS

- › Use a pill organizer to avoid missed or double doses.
- › Keep an updated list of all medications.
- › Ask your pharmacist to review for interactions.



3. STAY CONNECTED

- › Keep in touch with family, friends, and neighbors.
- › Don't hesitate to ask for help.
- › Join community groups or activities.



4. PROTECT YOURSELF

- › Be aware of scams-never share personal or financial information.
- › Don't open the door to strangers.
- › Use caller ID and beware of suspicious calls.



5. TAKE CARE OF YOUR HEALTH

- › Eat balanced meals and drink plenty of water.
- › Stay active-walk, stretch, and keep moving.
- › Keep up with doctor visits and screenings.



6. DRIVE SAFELY

- › Wear your seat belt.
- › Avoid driving at night or in bad weather if possible.
- › Know your limits-consider other transportation options when needed.



7. PLAN AHEAD

- › Know your emergency options.
- › Keep an updated list of important contacts.
- › Consider a medical alert device for added peace of mind.



IN AN EMERGENCY

Call 911 Immediately

Your safety is always the priority.



Small steps today lead to independence tomorrow.

SAFETY AT HOME



LIGHTING

Keep all areas well-lit, use nightlights in hallways and bathrooms.



BATHROOM SAFETY

Install grab bars, use non-slip mats, and consider a raised toilet seat.



KITCHEN SAFETY

Keep frequently used items within easy reach. Use timers and turn off appliances.



TEMPERATURE

Keep frequently used items within easy reach. Use timers and turn off appliances.



EMERGENCY PREPAREDNESS

Keep a phone nearby, know your emergency exits, and have a plan in case of fire or severe weather.



**YOU MATTER.
YOUR SAFETY MATTERS.**

Take care of yourself today for a healthier, happier tomorrow

