



Preventing Senior Falls

Falls are common in adults 65 years of age and older. According to the Centers for Disease Control and Prevention (CDC), about **36 million falls are reported among older adults each year**. One out of every five of these falls resulted in injuries ranging from mild bruising, to broken bones, head injuries, and even death.



Factors that increase the risk of falling in older adults include **mobility problems, balance disorders and impaired vision**. The CDC and the American Geriatric Society recommend yearly fall assessment screening for all adults 65 years of age and older. A fall risk assessment is used to find out if you have a low, moderate, or substantial risk of falling.

If an assessment shows you are at an increased risk, your health care provider and/or caregiver may recommend strategies to prevent falls and reduce the chance of injury.

Fortunately, many falls can be avoided by adjusting the senior's home environment and **aiding seniors with activities such as transferring to a toilet or shower that may put them at increased fall risk**.



WAYS TO REDUCE YOUR FALL RISK

1. Use assistive devices

Your health care provider might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- *Handrails for both sides of stairways*
- *Nonslip treads for bare-wood steps*
- *Grab bars for the shower or tub*
- *A raised toilet seat or one with armrests*
- *A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down.*

2. Stay Active

- *Do exercises that make your legs stronger and improve your balance (like Tai Chi).*

3. Make Your Home Safe

- *Get rid of trip hazards. Keep floors clutter free.*
- *Add grab bars in the bathroom.*
- *Have handrails and lights installed on all staircases*

Ho'okele Home Care can do a **Home Safety Assessment** and help **Design a Plan of Care** to provide support for a senior to continue to live at home independently. [Contact us to see how we can help.](#)

Ho'okele Home Care Receives 2024 Best of Home Care® – Provider and Employer of Choice Awards



Ho'okele Home Care was recognized with two national awards that highlight its outstanding in-home care services for clients and an ability to place high value on employees' needs.

Ho'okele Home Care today announced that it received for the second year in a row, both the **2024 Best of Home Care® – “Provider of Choice” and “Employer of Choice” Awards from Home Care Pulse (HCP)**. These accolades are exclusively granted to the highest-performing home care providers in the United States, determined by client and employee satisfaction ratings collected by HCP.



Ho'okele Home Care was awarded this notable ranking among a select group of home care providers nationwide. This recognition underscores its demonstrated proficiency in **creating an outstanding work environment** for employees and **delivering the utmost quality care to clients**. Ho'okele Home Care achieved this by actively listening to feedback and implementing meaningful changes that positively impact both stakeholders.

“We consistently aim to deliver services that go beyond the expectations of both clients and caregivers,” says Tanya Fernandes, CEO of Ho'okele Home Care. “We are excited to receive these awards as validation of our commitment to make a positive impact on both

our clients and caregivers. Our ongoing efforts involve cultivating a team of qualified and compassionate caregivers and providing them the proper tools alongside a strong support system, enabling them to deliver exceptional care to our clients.”

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