LITTLE
BROTHERS
FRIENDS
OF THE
ELDERLY®
Minneapolis/St. Paul
Chapter

6 safety tips when entertaining elders

Will you be playing host to elder friends or relatives over the winter holidays? Here are some tips to ensure their visit is safe and memorable.

1. **Clear away ice and snow from the curb, driveway and sidewalk.** Help elders out of the car and let them hold onto your arm for extra stability.

2. **Remove obstacles that could cause a fall.** According to the Centers for Disease Control and Prevention, one out of every three seniors falls each year. A primary way to reduce the risk of falls is to eliminate tripping hazards. Remove or secure carpets and rugs, and keep rooms clear of clutter.

3. **Turn up the lights.** Older persons typically have decreased night vision. Make sure light switches are easy to access, and add nightlights if your elder guest stays overnight.

4. **Check your home for accessibility.** Some doorways may not be wide enough for a wheelchair. Plan accommodations based on their needs and rearrange furniture so that persons using a walker or wheelchair can navigate more easily.

5. **Deck the halls safely.** Keep primary walking areas clear of holiday décor and Christmas tree extension cords.

6. **Plan for special dietary needs.** Learn ahead of time if your guest is on a restricted diet, such as low-sodium. Have sugar-free candy or desserts available for persons with diabetes.

Little Brothers - Friends of the Elderly has provided one-on-one companionship services, advocacy and social activities for isolated and lonely older adults in the Twin Cities since 1972. A 501(c)(3) nonprofit organization, LBFE has been recognized by the Charities Review Council for meeting its 27 Accountability Standards. More information about LBFE can be found at littlebrothersmn.org.