



# Fall Prevention in Winter

## Creating Safer Environments: Winter Safety Starts at Home

As temperatures drop, the risk of falls increases, especially for aging adults. Icy sidewalks, slippery floors, & limited daylight all contribute to heightened safety concerns. Arosa's Care Managers & Caregivers provide proactive solutions to reduce fall risks, ensuring clients stay safe, confident, & independent throughout the winter season.

### Why Fall Prevention Matters:



#### Common Risks

Snow, ice, & wet indoor surfaces increase the likelihood of falls.



#### Serious Consequences

Falls are the leading cause of injuries & hospitalizations.



#### Proactive Solutions

Prevention strategies significantly reduce risks & improve quality of life.

### Arosa's Approach to Winter Safety:

**Home Safety Assessments:** Care Managers evaluate living spaces to identify & address fall hazards, such as slippery floors, poor lighting, & cluttered pathways.

**Mobility Support:** Caregivers provide hands-on assistance with walking, navigating icy sidewalks, & staying active safely.

**Customized Care Plans:** Tailored plans to address each client's specific needs, ensuring a safer & more secure environment.

**Daily Living Assistance:** Support with tasks that pose challenges during winter, such as errands, meal preparation, & light housekeeping.

# Partner with Arosa for Fall Prevention

## Peace of Mind for Families

Families trust Arosa to provide comprehensive care that prioritizes safety and independence.

## Enhanced Independence for Clients

By addressing fall risks, Arosa empowers clients to navigate their daily lives with confidence.

## Seamless Collaboration

We work with community partners to ensure clients receive the care they need, when they need it.



## How We Make a Difference:

### Proactive Safety Measures



Reduces the risk of falls & injuries.

### Companionship & Support



Ensures clients feel confident & secure.

### Integrated Care Management



Combines expertise with personalized care solutions.

At Arosa, we believe in proactive, compassionate care that prioritizes the well-being of our clients above all else.

With our integrated model of home care & professional oversight, you can rest assured that your loved one is in capable hands.



Let's Create Safer Living Environments Together. For more information on how Arosa supports fall prevention, reach out today.

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