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Do You Have a Plan in Place If Your Parent Falls?

3 ways to help a loved one when they need it
by Amazon Alexa (Paid Content)




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Does this sound familiar? Your parents (or another aging family member) are fiercely independent. You don't want to curtail their autonomy or undermine their confidence. However, you have concerns about what would happen if any of them faced one of the most common threats to their physical safety – a fall. Especially if that fall took place when they were home alone.

There's good reason for this concern. According to the CDC, about 36 million falls are reported among older adults every year, resulting in more than 32,000 deaths, 300,000 hospitalizations, millions of visits to emergency rooms, and hundreds of thousands of injuries.¹

Fortunately, even if you don't live near your parents or other senior relatives, there are ways you can help them enjoy their self-sufficiency while you enjoy freedom from constant worry. Here are three suggestions.




PHOTO CREDIT: GETTY IMAGES

1. **Take preventative measures.** The most essential way to avoid injury from falls is to prevent those falls in the first place. You can play a key role here. First, help your loved ones eliminate clutter and tripping hazards around their home. Second, encourage them to do exercises that improve their balance and strength, to help lower the risk of falling. For example, taking part in a Tai Chi class offered by a local senior center is one effective (and social) way to engage in these exercises. The CDC also suggests simple moves, like chair rise exercises. And lastly, convince your senior relatives to avoid risks, like climbing a ladder when they're alone in the house.
2. **Create a support network.** Develop a team of nearby caregivers to ensure someone is looking out for your loved ones at critical moments, like when a snowstorm makes driveways and streets icy. Along with neighbors and relatives who live close by, consider professional aides who will be available to step in when needed. Healthcare providers, social service agencies, and personal referrals are all good resources for finding qualified, trustworthy help.




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3. **Utilize technology.** Harness the power of innovative high-tech tools that support aging in place. Amazon's Alexa Together is a subscription service designed to give the entire family peace of mind and help aging loved ones feel more comfortable and confident to live independently. The product offers a wide range of features including 24/7 hands-free access to a trained Urgent Response agent. When your loved one says, "Alexa, call for help," these agents can help request assistance from emergency responders such as fire, medical or police services on your loved one's behalf.

At the same time, your loved one's emergency contact will be notified. The Circle of Support feature allows you to build a team of family, friends, and caregivers who will also receive alerts around your loved one's activity. So even if you're not around, someone will be.


Fall Detection Response is another feature, and Alexa Together is compatible with several third-party fall detection devices, including a wearable pendant option. If the device detects a fall, Alexa will ask your loved one if they need help. If they do, Alexa will connect them to an Urgent Response agent and notify their emergency contact. You can also set up customized alerts and access the activity feed, allowing you to check in on your loved one's well-being and routines throughout the day. For example, you'll receive an alert when your loved one first interacts with Alexa that day.

Independence for your loved ones. Peace of mind for you. By putting these simple measures in place and taking advantage of technology solutions like Alexa Together, you and your family can feel safe, confident, and connected.

[Click here to subscribe to Alexa Together, so your loved ones have hands-free 24/7 support and assistance.](#)

¹ Source: <https://www.cdc.gov/injury/features/older-adult-falls/index.html>

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Alexa Together
Peace of mind for you.
Independence for those you love.

- 24/7 Urgent Response
- Full Detection Response
- Customized Alerts
- Circle of Support

Try it FREE for 30 days

Compatible devices required. Terms apply.

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- Add a free secondary membership
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CUSTOMIZE YOUR MEMBERSHIP

- Get Card
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