

How To Avoid Falls



You can avoid falls that can cause serious injuries or death

Notice footing, trip/slip risks
Wear supportive, non-slip shoes
Stay strong by regular exercise
Stay balanced, hold on if needed
Climb up/down stairs, curbs carefully
See clearly, avoid dark areas
Keep your place free of clutter
Use canes, walkers & crutches safely
Hold on to grab bars, solid objects
If dizzy, slow, stop or sit down
Medications can make you dizzy
Physical therapy aids strength
Don't sit too long, move often
Get up slowly, hold on for balance
If you fall, roll to avoid hard impact



BETTER SAFE THAN SORRY

This list of safety reminders to help avoid common hazards and risks is presented by Charlestown's Staff and Safety-Security Committee.



Avoid falls and scams



Stay safe outside and inside

Stay strong, exercise, walk and climb stairs carefully. Do not respond to unexpected calls, texts or popups. Be aware of surroundings, proceed cautiously. Unclutter your apartment & hold on, moving safely.

How To Avoid Scams



Scammers try to get your money & identifying data by threat & deception

Scam Profiles:

Missed delivery
Traffic ticket, unpaid fine
Jury duty demand
Your money was stolen
New lover needs a loan
Fake crypto investment
Phony credit card payment
False Medicare text
Work from home, high pay
Lottery or prize won
Text from unknown person

Send unknown calls to voicemail
Don't call unverified numbers
Never respond to unknown texts
Never click on unverified links
Pop-up virus warnings are fake
Governments don't text threats
Don't send money online
Ask IT, security or a friend first

Safety Outside



Awareness can keep you safe when you go out to shop, walk, tour, eat, visit

Go out with someone
Drive defensively
Don't drink and drive
Avoid traffic & crowds
Know your route, use GPS
Check out surroundings
Take care at banks, ATMs
Keep valuables out of sight
Dress conservatively
Wear supportive non-slip shoes
Avoid ice, puddles, slippery footing
Go in daytime or well-lit venues
Be wary when meeting strangers
Careful getting in/out of car
Use public transportation daytimes
Comply with robber's demands
Call 911 if you see trouble

Seniors may be targeted by criminals



Charlestown Security

Security Officers are trained in Protection. They're Emergency Medical Responders, patrolling a guarded, gated, fenced 110-acre community 24 hours/day. Safety of people, property and data is a top priority for all staff. Security's emergency response time averages 3 minutes, working on several hundred calls per month.

Baltimore County first responders know the campus well and work closely with Charlestown Security to treat and transport. Pendants and pull cords summon Security to a location, or call (410) 737-8806.

The Safety-Security Committee of the Residents' Council assists Security and residents.

Safety Inside

In-Home Safety



As we age, our homes need:

- Hold bars in bathrooms
- Fewer trip hazards
- Pull cords & pendants
- Landlines & cell phones
- Non-slip floors & shoes
- Chair or stool for dressing
- Attention to avoid injury
- Lighter dinnerware
- Stove & faucets turned off
- Avoid climbing on stools
- Good lighting to see your way
- Locked doors
- Medical forms on refrigerators
- Friends to check on us
- Checklists to avoid forgetting
- Plan for fire or emergency
- Secure medicine storage
- Food items stored tightly
- Clean & sanitary environment