Seniors and their families remain IndiPendant with ADT

With more than 22 million people calling Australia home,one of the most profound changes influencing our population growth is ageing. According to the Australian Bureau of Statistics, by 2056 more than 24 per cent of the population will be aged 65 years and over[1], and the number living alone is increasing, with 1.1 million elderly women expected to live alone by 2031[2].Maintaining an active and independent lifestyle is a value many seniors hold dearly, but it can cause anxiety for family members. Regardless of whether theyre living with a partner, family or alone, getting older brings certain risks such as sudden illness or potentially a fall. While these range from minor accidents to serious health issues, often the most important thing for family members is knowing that their loved ones will be able to contact a friend, relative or other service for assistance if need be.A personal alarm from ADT Security provides one such solution to the elderly and their families. Offering low monthly monitoring fees, the IndiPendant helps people feel more in control of their life and not reliant on others, enabling seniors to stay in their home longer. A no obligation, free in home demonstration can be arranged and the device activated the same day. The system combines a wireless, lightweight, waterproof alarm, which can be worn as a pendant or wristband, and a monitoring station that plugs into the home phone line. This system is connected to ADTs Security Response Centre, where trained operators monitor alarms 24 hours a day. Once an alarm has been activated, trained operators will first determine the situation of the pendant wearer by contacting them. Once the situation has been assessed or if contact cannot be made, the operator can notify a nominated contact, or if necessary, an ambulance.The system has long-range capability to work throughout your home, and a two-way voice intercom doubles as a speakerphone. Among older adults, falls are one of the leading causes of injury deaths and the most common cause of nonfatal injuries and hospital admissions for trauma[3], however many of these incidents can be avoided by following safety precautions.ADT Security offers some tips on how to prevent falls in the home:Remove home hazards such as loose rugs or floorboards, electrical cords and boxes, and limit items stored in high traffic areas and walkwaysKeep your home brightly lit to avoid tripping on hard-to-see objects, and place nightlights in your bedroom, bathroom and walkwaysUse nonslip mats in the shower and bathtubUse support stools for the bath, shower and toiletMake use of assistive devices around the home such as handrails on stairways and bar rails in the shower or bathtubWear rubber soled, low-heeled shoesExercise regularly to maintain strength Those with poor balance should use aids such as a walking frame or walking stick to provide support For those using a personal alarm system, the following additional steps are recommended:Ensure you are wearing your alarm at all times including when you are sleeping or in the showerArrange for a neighbour, friend or family member to contact you at a certain time each day to check that all is wellProvide your trusted emergency contact with a spare house key, or advise them of a safe location where a spare key can be found at your property if required your emergency contact must have access to your home in the event of an incident Visit www.indipendant.com.au or call 131 238 for further details[1] ABS, Australian Social Trends, Future population growth and ageing, March 2009[2] ABS, Australian Social Trends, Australian households: the future, December 2010[3] Murphy, S.L. 2000. Deaths: Final Data for 1998 National Vital Statistics Report, National Centre for Health Statistics