



## Benefits of In-Home Nursing Care: Avoiding Falls

Falls are a major concern for the aging population and the leading cause of injury and injury-related death among individuals aged 65 and above in the United States. One out of four older adults falls each year, making it a public health concern. In-home nursing care can help prevent falls and keep you safe in your home.

### WHAT WE DO

CNS Cares provides unparalleled home health care to the American Workforce who want to remain:

**Independent**  
**Comfortable**  
**Safe**  
**Confident**

CNS Cares will support and care for them and their families every step of the way.

### WHO WE ARE

Our people are the heart of CNS Cares. We are honored to care for those who have sacrificed their health for their country. Our patients are heroes, and it's our privilege at CNS Cares to treat them as such – to recognize and value their service by providing them and their families:

**Honor**  
**Respect**  
**Care**  
**Service**

### WHO WE HELP

We provide care to the following patient groups:

**Uranium Miners, Millers and Transporters**

**Nuclear Weapons Plant Employees or Contractors**

**Workers' Compensation Claims**

**Veterans of the United States Armed Services**

**Fall-Risk Assessment:** Our nursing staff will conduct a fall risk assessment to identify potential fall risks around your home. They will develop a plan to make your home as safe as possible.

**Review of Medications:** Our nurses will review your medications to see if you are taking any that may increase your risk for falls. They will provide education on certain medications to help lower your fall risk.

**Exercise Plan:** Our team can set up an exercise plan to help improve your strength, which could reduce the risk of a fall.

**Coordination of Care:** Our nurses work with your whole health care team to get the right tools to prevent falls. They will ensure that everyone involved in your care is aware of your fall risk and is working together to prevent falls.

**Fall Prevention Education:** Our staff completes annual education in fall prevention to stay up to date with the latest strategies for preventing falls. They will share this knowledge with you and your caregivers to help keep you safe.

**Increase in Care:** If you have multiple care issues and need additional care hours, our team can work with your provider to get you the care you need. We will ensure that your care plan includes strategies for fall prevention.

**Walking Aids:** Our team can assist you with obtaining walking aids to decrease the risk of a fall. We will ensure that you are using the right type of walking aid and that it is properly fitted to your body.

The CNS Cares team is here to help you prevent falls and keep you safe in your home. Our nursing staff will conduct a fall risk assessment, review your medications, set up an exercise plan, coordinate your care, provide fall prevention education, increase your care as needed, and assist you with obtaining walking aids.

Contact us today to learn more about how we can help you stay safe in your home at **877-259-9001** or at **info@CNSCares.com**.