



Mark Sheets

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For more information go to

www.comfortkeepers.com/richmondwest-va

or call (804) 750-1123.

Staying Independent — Home Safety Technologies

Question: I really enjoy living in my home but lately I've been feeling afraid at night. Do you know how I can feel safe without having to move out of my home?

Answer: Continuing to live in your home or "aging in place," is what many people strive to do. Fortunately, there are options which allow you to stay in your own home. If your fears are because you may fall or suddenly become ill in the middle of the night, you may want to consider an emergency response system such as Comfort Keepers Safety Choice. This technology allows you to access emergency help when you need it and can cost as little as \$1 a day. A small transmitter is worn on a wristband or as a pendant. You can even wear it in the shower! Once the button is pressed, an operator responds to your call immediately. Automatic fall detection pendants are also available. Help is available 24 hours a day.

Another option is to consider having a companion stay with you. Just having another person in the house can bring a great deal of comfort and allow you to sleep better. These services are designed to allow you to live independently and remain in the comfort of your own home.

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