

## Top Ten Things to Do if You Live Alone in Leisure World

Provided by Cindy Tostado, Leisure World Member Resources and Liason

#10 Medical ID Bracelet- If you are taking special medications or have a major medical diagnosis, order a medical ID bracelet with that information imprinted on it. Be sure to wear the ID bracelet every day.

#9 Refrigerator Door Signs- Place a list on your refrigerator door with the names and numbers of family members or friends who should be called in an emergency. Place another list on your refrigerator with the name and number of your doctor and all your current medications.

#8 Emergency Notification Record- This form lists your instructions should you have an emergency and go to the hospital. You can list family names, phone numbers, and instructions for your pet's care. Emergency forms can be found in your medical provider's office. Return the completed form to your medical provider.

#7 Make a Duplicate Unit Key- Have Security place a duplicate unit key in your key lockbox. It will only be used for an emergency to enter your unit if your front door is locked. Having a duplicate key avoids delays during emergency or costly repair bills to your unit.

#6 Create a Signal with your Neighbor- Let one neighbor know that closed drapes or closed blinds at your home after 9 a.m. is your signal to "please check on me". Offer to do the same for your neighbor.

#5 Emergency Response Device- This device will summon emergency personnel, if you should fall at home and can't get up. The device is worn around your neck or on your wrist. Press the button on the device and emergency personnel are on the way.

#4 Durable Power of Attorney for Health Care- This form documents your specific wishes for medical care and treatment, should you be unable to speak for yourself. The form is free and is available in the Member Resource and Assistance Liaison office, with easy instructions. Once completed, give copies of this form to your doctor and family members.

#3 Make Your Home Fall-Safe- Falls are #1 reason for Security calls in LW. To avoid a fall, remove all scatter rugs; install grab bars in your bathroom tub or shower; put frequently used items within easy reach; avoid using a step ladder; add stronger lighting; remove clutter throughout the home.

#2 Don't Try to do Everything Yourself- If you have household chores that are difficult to do, Member Resources has referrals for reliable companies to help you with: cleaning, organizing, paying bills, or meal preparation. If you live alone – they can help.

#1 Contact Your Member Resource and Assistance Liaison- Cindy Tostado's goal is to help you live safely at home for as long as possible. Her services are always confidential and free. You can reach her at (562) 431-6586 X 317.