



Elderly Care Services

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|  Geriatrician Visit @ Home |  Physiotherapy @ Home |
|  Nursing Care @ Home |  Post ICU / Surgery Care |
|  Minor Procedure @ Home |  Geriatrician Online Consultation |



DrK Eldercare
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For More Information

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How to
Protect
Your Loved Ones
From Falling?

Contact Us

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Why is falls important in elderly ?

- Every minute of every day an older adult falls somewhere in the world.
- Many of the falls cause injury, loss of independence, and in some cases death.
- Falls can be prevented. Most falls happen at home.
YOU CAN HELP!

TAKE ACTION

SPEAK UP

Talk openly with your loved one & their healthcare provider about fall risks & prevention.

KEEP THEM MOVING

Activities that improve balance and strengthen legs (like Yoga) can prevent falls.

CHECK THEIR EYES & FEET

- Being able to see and walk properly can prevent falls.
- Do annual eye check-ups.
- Provide proper footwear.

MAKE THE HOME SAFER

- Keep the floors clutter free.
- Fit grab bars in bathrooms.
- Remove small rugs.
- Have handrails and foot lights in staircases.

