

Tri-Lakes Monument Fire Protection District

Non Emergent: (719) 484-0911

Emergency: Dial 911

Senior Safety Tips

Tri-Lakes Monument Fire Protection District in Conjunction with Tri-Lakes Health Advocacy Partnership (Senior Alliance), has developed a senior safety program. The program was designed to assess, educate and improve the safety as well as wellness of the senior population in the Tri-Lakes region. The Senior Safety Program is offered at no cost to seniors. Included in the program are smoke detector evaluations, home safety assessments, vial of life information, and fire prevention.

For more information or to schedule a home evaluation, contact Tri-Lakes Monument Fire Protection District at 719-484-0911.

Life Safety Tips

"Avoid accidents. Live happier, healthier and safer!"

- Invest in a medical alert button
- Have phone access 24 hours a day
- Remove tripping hazards
- Use walking aids
- Ask MD to review medications to assure that dizziness is not a side effect.
- Assure working smoke detectors and CO detectors
- Drink lots of water
- Eat a balanced meal
- Exercise regularly
- Prevent burns
- Avoid electrical accidents/hazards
- Use buddy system
- Be fire conscious
- Obtain a Fire extinguisher
- Ask for help!



Senior Safety Resource Links

- **Senior Safety Online**
www.seniorsafetyonline.com
- **Center for Healthy Aging**
www.healthyagingprograms.org
- **Senior Blue Book (Assisted Living Information)**
www.seniorbluebook.com
- **Tri-Lakes Cares**
719-481-4864
www.tri-lakescares.org
- **Nepenthe Home Medical Equipment**
719-633-4400
www.nepenthemed.com
- **Interim Home Health Care**
719-632-9900
www.interimhealthcare.com
- **Philips Lifeline (Medical Alert Service)**
1-866-714-5297
www.lifelinesys.com
- **Memorial Hospital Senior Care**
719-365-6363
www.memorialhealthsystem.com
- **Mt. Community Transport for Seniors (Free Transportation)**
719-488-0076
- **Meals on Wheels**
719-275-8548
www.mealcall.org