



## Medical Alert Companies

LifeFone Personal Response Services

- 1-800-882-2280
- [www.lifefone.com](http://www.lifefone.com)

ADT Medical Alert Systems

- 1-888-270-5346
- [www.ADT.com](http://www.ADT.com)

Alert 1 Medical Alert System

- 1-855-274-7682
- [www.alert1.com](http://www.alert1.com)

Bay Alarm Medical Alert System

- 1-877-522-9633
- [www.bayalarmmedical.com](http://www.bayalarmmedical.com)

*In no way is this an all-inclusive list of medical alert companies for your area.*

## Benefits

Help when you need it, 24/7 protection at home and on the go.

Your call for help is answered by trained professionals who in return contact your local emergency responders and immediate family member(s).

Systems that work with traditional landline phones, digital cellular connection and mobile technology featuring GPS.

Automatic fall detection

No Activation or Equipment Fees

Waterproof personal help button

As low as \$19.95 to \$29.95 a month

## Disclaimer

All information in this brochure is general information only and does not constitute medical or legal advice. You are advised to discuss your specific medical alert device and health requirements with your medical and legal professionals. Wintergreen Fire & Rescue does not promote or affiliate with any companies mentioned in this brochure.



**WINTERGREEN  
FIRE & RESCUE**

*Home Safety, Accident  
Prevention and Medical Alert  
Device Information*



## Tips for the home:

Wear shoes or slippers that fit well, have low heels, and are slip resistant.

Use non-slip backing on throw rugs or runners. Secure loose area rugs with tacks.

Floors and walkways should be kept clear of clutter.

Stair handrails should be securely anchored on both sides of stairs.

Stairs and hallways should have light switches at each end.

If necessary, install a lift.

Keep items you use often where you can easily reach them.

Make sure that you can turn a light on without having to get out of bed.

Light-up dark passageways, bathrooms and bedrooms with night-lights.

Avoid leaning or supporting yourself on unstable objects like rolling carts, towel bars, soap dishes, etc.

Make sure to wear eyeglasses when indicated, and get regular eye exams.

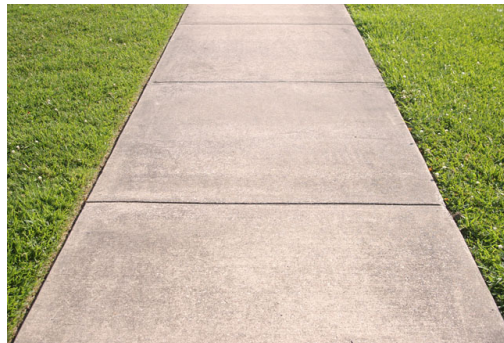
Use walking aids, like canes or walkers, and keep them conveniently located.

Stay strong and flexible with regular exercise.

Use a step stool with a grab bar on top.

Entrance areas and sidewalks should be clutter free, well-lit and kept clear of snow and ice.

Repair walkways.



## Tips in the bathroom:

Install grab bars around toilet and tub areas.

Use non-slip adhesive strips or a mat with suction cups in the shower or tub.

A bench or stool in the shower can provide additional security in a slippery environment.

A raised toilet seat or frame with armrests that stands over the toilet can help someone rise from a seated position.

Install a detachable shower head

Keep your medical alert bracelet with you.