



# SAFETY SKILLS FOR OLDER ADULTS

## Knowledge is Key to Safety & Independence

This free class utilizes national and local data to focus on the top risks to older adults (60+) and actionable steps you can take to prevent injuries. Drcog — the Area Agency on Aging — will also provide a brief presentation on different services offered at no cost to help people remain independent in the community.



Classes are available once per month | Free lunch is provided

## What will this class cover?

- How to spot a stroke
- Cardiac arrest vs. heart attack
- Choking
- Fall Prevention
- How to get off the ground if you experience a fall where there is no injury
- Video resources to increase stability when getting in and out of chairs
- Tips to find and fix hazards in the home
- Free aging resources within Douglas, Jefferson, and Arapahoe Counties, and who to call for help with resource navigation

## Register here:

[southmetrofoundation.org](https://southmetrofoundation.org)

## Contact information:

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**If you are under the age of 60, check out our free Caring for Older Adults class at [southmetrofoundation.org](https://southmetrofoundation.org)**