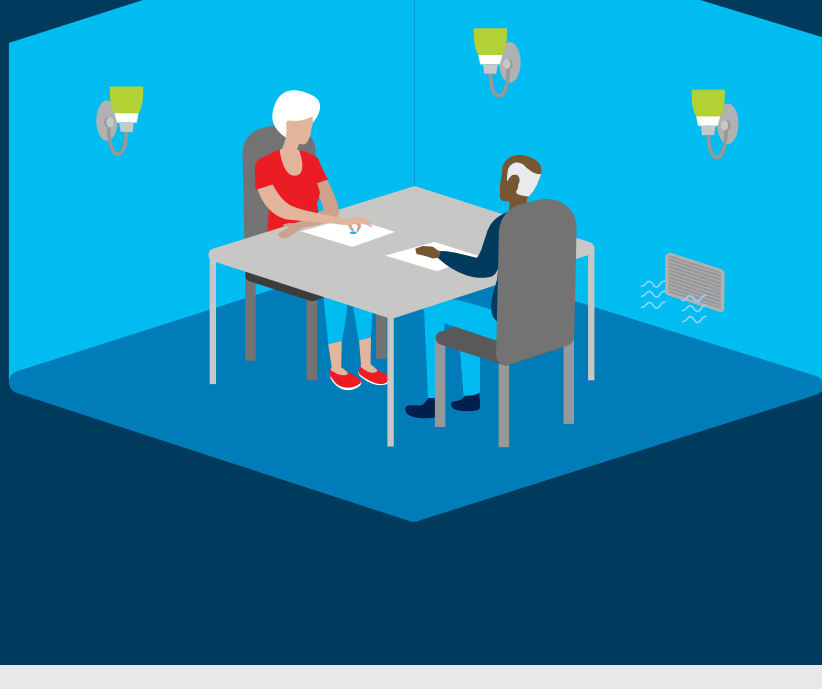


Improving Resident Safety

in Senior Living Communities

One in 12 adults age 80 and older live in continuing care retirement communities during their golden years. Senior living communities often pride themselves on providing top-notch healthcare to residents, and their facilities play a key role in keeping older adults comfortable and safe.

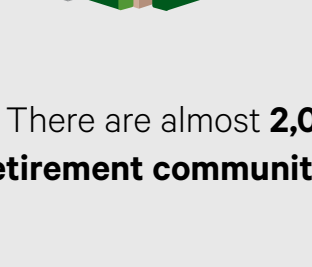


Americans are Getting Older



x 47 million

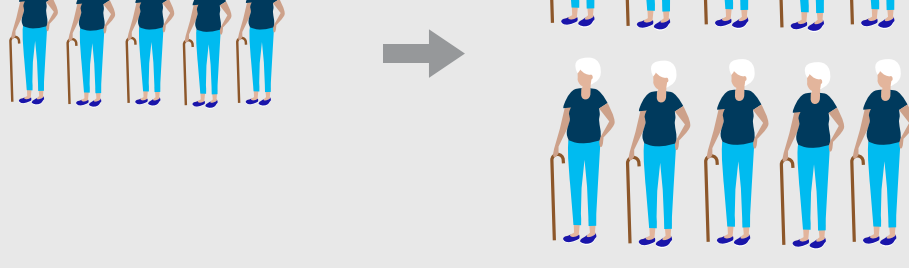
There are 47 million people age 65 and older living in the United States.



x 2,000

There are almost 2,000 continuing care retirement communities across the country.

The number of U.S. adults 65 and older will double by 2060.



Older Adults Are a Vulnerable Population

Falling and body temperature conditions like hyperthermia and hypothermia — when internal body temperature rapidly increases or decreases, respectively — are extremely dangerous to the senior population.

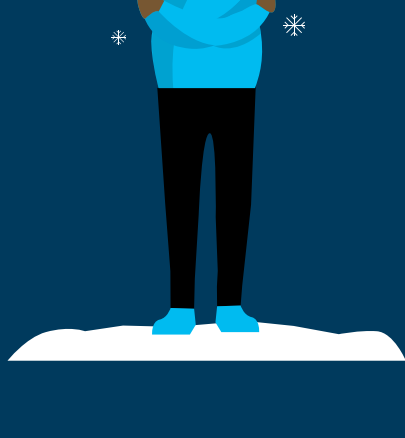
1 in 5 falls causes a serious injury such as broken bones or a head injury.



In 2017, unintentional falls were the No. 1 cause of death of people 65 years and older.

40% of seniors fear falling.

50% of that group stop participating in social or physical activities because of their fear.



A body temperature below 95°F — also known as hypothermia — can cause serious health problems in older adults, like heart attack or liver damage.

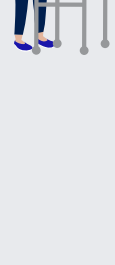


The majority of deaths during heat waves occur in the elderly population.

Risk Factors

These factors increase an individual's likelihood of falling or experiencing hypothermia or hyperthermia.

Falling



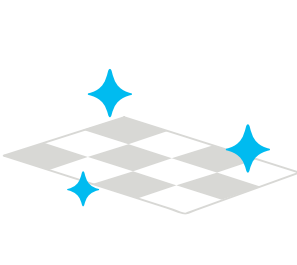
- Impaired vision
- History of falls
- Age, because old age is related to delayed reaction time
- Gender, as women fall more often than men
- If the person lives alone
- The use of four or more medications at once

Body Temperature



- Exposure to extreme temperatures indoors
- Thyroid problems and diabetes, which affect the body's ability to warm itself
- Obesity and cardiovascular disease, which affect the body's ability to cool itself
- Sedentary lifestyle
- Dehydration
- Excessive alcohol consumption

6 Building Changes That Improve Resident Safety



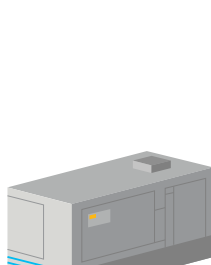
1. Remove or repair trip hazards.

While it may seem simple, removing throw rugs, clutter and fixing uneven flooring can significantly reduce a senior's likelihood of falling and injuring themselves.



2. Replace light bulbs with LEDs.

LED lights are brighter than traditional bulbs, reduce glare and don't flicker. This can make it easier for seniors to see and prevent falls.



3. Protect your facilities with backup generation.

If a storm or blackout knocks out the power in your area, a backup generator will keep the lights, HVAC and medical equipment on at your facilities. Most importantly, you'll have the peace of mind that your residents will always be safe, regardless of the weather.



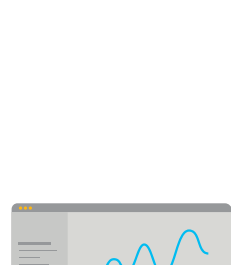
4. Install safety rails throughout the facility to prevent falls.

Put handrails in long hallways and on all indoor and outdoor staircases. Install grab bars in slippery places like inside the tub and next to the toilet.



5. Use rocker switches on lights.

These larger switches can be moved with the back of the hand, reducing a senior's chances of falling if they are holding something, like a cane or a glass of water, while turning the light on or off.



6. Add monitoring and controls to your HVAC system.

By regularly examining the monitoring, you can catch problems before they result in a catastrophic failure and schedule proactive maintenance. It's important to have efficient HVAC to keep seniors warm or cool when health conditions might prevent their bodies from doing this naturally.

Subscribe to Your Energy Systems

Rather than adding these energy system upgrades to your facility team's to-do list, subscribe to your energy systems instead. With the Southern Company Technology Subscription, senior living providers get the energy outcomes they need — like light, heating, cooling and resiliency — for less than they're spending on those systems today. All maintenance is included, and your systems are guaranteed to work when you need them. It's the smartest way to deal with your energy systems.