

Home Safe Home



Lifespan can install railings that make stairs safer.

*Dear Lifespan,
I am still in awe of all the safety features you and
your wonderful volunteers installed for me. It only
took the three of you one hour to make my home
safer than it was. You have my extended gratitude.
Sincerely, Dorothy*

Lifespan helps older adults and their caregivers
take on the opportunities and challenges of
longer life through more than 30 services.

*Home-Safe-Home is funded by your donations and fees
and by the Monroe County Community Development
Administration through a grant from the U.S. Department
of Housing and Urban Development, and by Community
Development Block grants from the City of Rochester and
the towns of Greece and Irondequoit. Supported by a grant
from Greater Rochester Health Foundation.*



1900 South Clinton Avenue
Rochester, New York 14618
(585) 244-8400 ■ www.lifespan-roch.org



*Lifespan's Home-Safe-Home is a
service that targets fall prevention
in the home.*



Why is fall prevention so important?

Every year, about 35% of adults 75 or older fall, and 60% of these falls occur in the home. Falls can result in major health or life threatening problems. About half of older adults who are hospitalized with a hip fracture are unable to return home or live independently again.

Experts believe that minor home modifications, along with strength and balance exercises, can dramatically reduce the incidence of falls.



What do we do?

- An in-home safety assessment that identifies slip and fall hazards, inadequate lighting, and other problems.
- Minor home safety modifications such as the installation of shower grab bars and stair railings.

Call Lifespan at
244-8400
www.lifespan-roch.org



Dear Lifespan,

I am writing to say how much I appreciate what you and the other workers did for my Dad today. It is a godsend. I can't even begin to convey how wonderful this is! Thank you again from me and my siblings and if there is any way in which I can be of help to you in advocating your service, please do not hesitate to call on me.

Sincerely, Barbara

Lifespan's Home-Safe-Home service is donation-based for older adults who meet income guidelines. Older adults whose incomes are above the limit will be charged a labor rate and for the actual cost of safety devices.

We also provide Group Home Safety Presentations

Call us to schedule a no-charge Home-Safe-Home presentation for your group. We will give you practical safety tips and precautions aimed at fall prevention.