

Helping Seniors Stay Independent at Home

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By 2030, 20% of the population in the United States will be age 65 or older.

Baby Boomers

The people born between 1946 and 1964, that we have nicknamed the "baby boomer generation", are beginning to retire. Yea, they deserve it!

When you combine the baby boomers with longer life expectancies the population of people in the United States over the age of 65 is expected to double during the next 25 years. Assisted Living (AL) residences are under construction all across the United States to prepare for this population. Although these facilities work for some families, others prefer to remain in their own homes. We need to be aware and make others aware of the challenges that arise when an individual or couple decides to stay in their home.

Message from the President

JNL Technologies, Inc. has over 20 years experience serving our senior population. We recognize that every family is unique in the needs that they have and customize products to meet those needs.

For the last three years our main focus has been on the assisted living and independent living facilities. We have seen and heard the rising need for our products in the residential market. As of 2009 we have expanded our offerings to provide for our seniors that have for whatever reason chosen to stay in their homes.

Our goal at JNL Technologies is to keep our seniors safe and independent in their environments.

Fall Prevention

Wisconsin consistently ranks second highest in the nation in fall related deaths. It is unclear why this is.

Side effects from medication, medical conditions such as arthritis and home environment can all contribute to falls. Although some of these can not be avoided we can focus our attention on receiving help quickly.

One solution is a Personal Emergency Response System (PERS). This allows an individual to summon for help when they need it. It can be programmed to call a care center, a family member or friend.

These units give a senior independence while giving family peace of mind knowing in an emergency they can receive the help they need.

Medication Management

According to The Center for Disease Control's (CDC) 2007 "State of Aging and Health in America" report, 88% of people over 65 have at least one chronic health condition, 30% have 3 or more chronic diseases.

We need to raise awareness to the increasing drug interaction problem in the United States. Even organic or herbal supplements can negatively interact with prescription medications. It is important that physicians know everything that you are taking to reduce the potential reactions.

Keep a current list of what you take, both prescription and non-prescription, with you in case of an emergency. There are even USB devices that can help to manage your health information.

For individuals that are on a very regimented schedule, dispensers can be provided to remind you to take a dose and/or alert a family member of a missed dose.

Personal Emergency Response Systems help seniors maintain their independence.

In 2004, 1.2 million hospital stays in the U.S. were contributed to adverse drug events.

Safety Tips for Seniors

Tips from the CDC on preventing falls:

- 1) Exercise regularly ~ exercise improves your balance and coordination.
- 2) Have your doctor review your medicines ~ some medicines or combinations of medication can cause you to be sleepy or dizzy.
- 3) Have your vision checked at least once a year.
- 4) Make your home safer.

About half of all falls happen at home. While the following suggestions will not prevent falls, they will help to minimize them.

- 1) Remove items that you can trip over from stairs and other walkways in your home.
- 2) Remove throw rugs or use double-sided tape to keep rugs from slipping.
- 3) Keep items used regularly in cabinets within easy reach to avoid using step stools.
- 4) Have grab bars installed near toilet and in the tub or shower.
- 5) Use non-slip mats in the bathtub and on shower floors.
- 6) Improve lighting in your home, including in stairways.
- 7) Have handrails installed on both sides of stairways.
- 8) Wear shoes both inside and outside your home. Avoid going barefoot or wearing slippers.

Taken from the CDC "What You Can Do to Prevent Falls"



Keeping families together.

JNL Technologies Mission

Our mission at JNL Technologies is to raise awareness of the needs of our seniors in Southeastern Wisconsin and to provide solutions to help them to maintain their independence. We understand that family time is precious and we would rather see the time together spent socializing than being a caregiver.

Our seniors have worked hard throughout their lives and we pledge to work hard to help them enjoy their retirement years. We owe a lot of who we are to our senior population.

Contact Us



Visit our website to learn more!

Senior Home Safety

www.seniorhomesafety.net