

**TALLAHASSEE SENIOR CENTER  
SENIOR RESOURCE INFORMATION  
IN-HOME SAFETY**

**EMERGENCY PREVENTION**

<b>Tallahassee Police Department Crime Prevention Unit</b>	<b>850-891-4251</b>
Offers a variety of programs and services including home inspections for crime safety tips and an <b>Extra Check</b> during vacation or times away from your home.	
<b>Leon County Sheriff's Crime Prevention Unit</b>	<b>850-606-3250</b>
Offers a variety of programs and services including personal safety tips.	
<b>Fire Prevention</b>	<b>850-891-6600</b>
The Tallahassee Fire Department will send a department member out to your home to replace a smoke alarm if it does not work. There is no cost to seniors.	
<b>Non- Emergency Police</b>	<b>850-606-5800</b>
This number allows you to report non-emergency situations.	

**EMERGENCIES**

<b>Emergency Services</b>	<b>9-1-1</b>
<b>In times of emergencies where immediate attention is needed, you should call 9-1-1. 9-1-1 can dispatch police, EMS, or the fire department. However, 9-1-1 should only be used in emergency situations.</b>	

**GAS LEAK INFORMATION**

Signs of a gas leak include **sulfur smell, hissing noise near gas lines, white cloud or cloud dust near gas line, and bubbles in water.** If you notice any of these, you should immediately **leave the house, call 9-1-1 to notify police and fire officials, and call the utility company's emergency number (850-891-4968 or 711 (TDD) for City of Tallahassee Utilities).** *Do not: turn on any electrical switches, appliances or lights, smoke or make a flame, or make calls from inside the home.*

**FALL PREVENTION RESOURCES**

<b>AARP Home Safety Checklist</b>	<a href="https://assets.aarp.org/external_sites/caregiving/checklists/checklist_homeSafety.html">assets.aarp.org/external_sites/caregiving/checklists/checklist_homeSafety.html</a>
A brief home checklist that goes through the different areas in a home that may be unsafe.	
<b>AARP HomeFit Guide</b>	<a href="https://aarp.org/livable-communities/housing/info-2020/homefit-guide.html">aarp.org/livable-communities/housing/info-2020/homefit-guide.html</a>
A guide to making your home safer with different tips and information about home risks.	
<b>The Lifetime Home</b>	<a href="https://lifetimehome.org/rooms/">lifetimehome.org/rooms/</a>
This interactive website allows the user to go through various rooms in a house to learn about the most common fall risk factors and offers solutions.	
<b>Exercise Classes Tallahassee Senior Center</b>	<a href="https://tallahassee senior foundation.org/on-demand-fitness/">tallahassee senior foundation.org/on-demand-fitness/</a>
Exercising on a regular basis and keeping your body active is one of the most effective ways to decrease your risk of falling. The Tallahassee Senior Center offers a variety of on demand fitness classes online.	

**FALL PREVENTION TIPS**

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| <ul style="list-style-type: none"><li>• Clear walking pathways in the home</li><li>• Install adequate lighting in rooms</li><li>• Remove or secure throw rugs</li></ul> | <ul style="list-style-type: none"><li>• Wear nonskid shoes or socks in the house</li><li>• Be aware of the location of your pets</li><li>• Use supportive devices</li></ul> |
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## HOME MODIFICATIONS FOR ACCESSIBILITY AND FALL PREVENTION

*Companies that provide resources or renovations to your home to increase accessibility*

<b>Accessibility Solutions</b>	<a href="http://homeaccessfl.com/">homeaccessfl.com/</a>	<b>850-383-1100</b>
Can do various renovations and modifications to meet your needs. Will come out to do an intentional inspection and offer solutions.		
<b>Amramp</b>	<a href="http://amramp.com/franchises/tallahassee-florida/">amramp.com/franchises/tallahassee-florida/</a>	<b>888-715-7598</b>
Amramp can provide ramps, stair lifts, and vertical platform lifts to increase accessibility at home or for a business. Amramp professionals also provide a free on-site evaluation.		
<b>Age and Accessibility Home Solutions, LLC</b>	<a href="http://ageandaccessibility.com/">ageandaccessibility.com/</a>	<b>850-558-5775</b>
Offers free personal meeting to hear your needs. Services can range from installing simple grab bars to whole house renovations.		
<b>My Home for Life</b>	<a href="http://myhomeforlife.com/">myhomeforlife.com/</a>	<b>888-688-6435</b>
Provides equipment such as shower chairs and grab bars for purchase, increasing accessibility in the home.		

## MEDICAL ALERT SYSTEMS

*Button-like personal devices can be worn by seniors to report emergencies 24/7*

<b>Tallahassee Memorial Healthcare Lifeline Systems</b>	<a href="http://tmh.org/services/lifeline">tmh.org/services/lifeline</a>	<b>850-431-6838</b>
<b>Lifeline Medical Alert System</b>	<a href="http://lifeline.philips.com/medical-alert-systems.html">lifeline.philips.com/medical-alert-systems.html</a>	<b>855-332-7799</b>
<b>Life Alert</b>	<a href="http://lifealert.com/">lifealert.com/</a>	<b>800-990-0638</b>
<b>Critical Signal Technologies</b>	<a href="http://cstltl.com/">cstltl.com/</a>	<b>888-557-4462</b>
<b>ADT Companion Services</b>	<a href="http://adt.com/health">adt.com/health</a>	<b>800-276-0965</b>
<b>LifeStation</b>	<a href="http://lifestation.com/">lifestation.com/</a>	<b>877-354-3050</b>
<b>MobileHelp</b>	<a href="http://mobilehelp.com/">mobilehelp.com/</a>	<b>866-205-2752</b>
<b>GreatCall</b>	<a href="http://greatcall.com/">greatcall.com/</a>	<b>800-918-8543</b>

## OTHER IN-HOME SERVICES

<b>Project Lifesaver</b>	<a href="http://alzheimersproject.org/services/">alzheimersproject.org/services/</a>	<b>850-386-2778</b>
Aids individuals and families suffering from Alzheimer's disease and related disorders by providing clients with a wristband that emits a tracking signal. This allows for quick location and rescue of missing persons.		
<b>Ability1st</b>	<a href="http://ability1st.info/">ability1st.info/</a>	<b>850-575-9621</b>
Provides a variety of services including disposable supplies for low income individuals, equipment on loan, independent living skills training and planning for individuals transitioning home from a more restrictive setting such as a hospital or rehabilitation center.		
<b>CONTROL</b>	<a href="http://emtelink.com/control/mkt/index.html#home">emtelink.com/control/mkt/index.html#home</a>	
CONTROL is an app that enables users to store their medical records on their phone, allowing for easy access during emergencies or while traveling. CONTROL also includes features that will notify emergency contacts of any incidents that occur.		