



Rosemark At Mayfair Park Publishes Blog Post On Managing Injuries Among Seniors

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Denver, Colorado based Rosemark At Mayfair Park, an award winning boutique retirement community, recently published an informative blog post about the most common types of fall causes and injuries that occur in seniors. The blog post also contains information on effectively managing these injuries. They explain that, in addition to a number of illnesses associated with old age, fall accidents should not be overlooked for they can cause serious and sometimes deadly injuries.

As noted in the blog post, there are many factors that can play a role in causing seniors to fall. They include lower body weakness, inadequate Vitamin D levels, medication side effects, foot, knee, leg problems and even vision issues. According to the Centers for Disease Control and Prevention (CDC), other external factors can also cause seniors to fall or trip over. They include inappropriate footwear, unbalanced surfaces, slippery floors, rugs and clutter. In line with this, the CDC advises those living with seniors to be more proactive in identifying these hazards and immediately address them to help avoid fall accidents that may result in serious injuries and even death. In fact, according to the latest statistics from CDC, one out of five falls causes a serious injury such as broken bones or a head injury and, each year, at least 300,000 older people are hospitalized for hip fractures caused by fall accidents.

Meanwhile, as noted on the Rosemark senior living facility website, injuries resulting from fall accidents can range from minor scrapes and scratches to broken bones and serious head injuries. In old people, falls can cause broken bones, such as wrist, arm, ankle and hip fractures that can further restrict their mobility and prevent them from doing things on their own. Moreover, head injuries in old people can be very serious, especially if the person is taking certain medicines (such as blood thinners) since the bleeding caused by a fall may be more considerable and last longer, affecting their blood pressure, pulse and breathing.

“Aging is a natural part of our biological clock. Though we cannot stop the process, we can take the necessary precautions to avoid fall accidents and other complications associated with them,” says Sandy Christensen from Rosemark At Mayfair Park. She explains that older people must visit their doctor regularly to learn whether they have any existing medical conditions and/or medication that can make them more susceptible to falls. Regular strength and balance exercises like Tai Chi and Yoga, she adds, can make one’s legs stronger and more stable, so participating in such activities is highly recommended.

A good diet is also essential at any age, and is particularly beneficial to older people. It is advisable for seniors to eat more healthy foods, drink a lot of water and consume foods that are rich in calcium and fiber like milk, eggs, fruits and vegetables, whole grains and more. Furthermore, Christensen highlights the importance of making living spaces safer for seniors. She recommends getting rid of obstructions that could trip someone over, installing grab bars on wet areas particularly in the toilet and making sure that there is plenty of light by using brighter bulbs. Most falls are caused by a combination of risk factors and, if those risks are properly addressed, serious injuries can generally be prevented.

“We understand that not all of us have the luxury and time to take care of our older loved ones all the time. That’s why we are here to help. At Rosemark At Mayfair Park, you can rest easy knowing that your loved ones are a part of a community that’s vibrant, supportive and centered around their safety and well-being,” says Christensen.

Rosemark At Mayfair Park is an award winning Denver assisted living facility that welcomes aging adults of all backgrounds, customs, perspectives and lifestyles. They are a locally-run facility that focuses on providing the best possible care and services to their residents. Furthermore, they offer a full range of services to seniors who require various levels of support. These services include assisted living, respite care, dementia care and more.

Shawn Mehaffey, in a Google review about Rosemark At Mayfair Park, says, “This year, we made the painful decision to place my father in a nursing home. After researching nursing homes in the area, we settled on Rosemark. We were pleasantly surprised. The Rosemark is clean, open and staffed by helpful people. My father started on the memory side and was later moved over to the assisted side. He really enjoys living

there. They seem to keep folks busy. Most afternoons, the residents gather out around a large counter/bar to socialize. I am very happy with the care my father is receiving and would recommend Rosemark to anyone looking for a clean and friendly nursing home in which to place a loved one.?

More information can be found on the company's website. Interested parties may also connect with Rosemark At Mayfair Park through social media to stay abreast of their latest news and important announcements.

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For more information about Rosemark At Mayfair Park, contact the company here: Rosemark At Mayfair Park
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Rosemark At Mayfair Park

Rosemark at Mayfair Park offers a variety of superior senior living services for Denver Assisted Living, Memory Care Residences & Respite Care. This is not an old-fashioned nursing home in Denver but a state-of-the-art retirement community.

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