



# Grandparents Corner

*May 2017*

## *Family Safety Training*

With proper family safety training, you can prevent unnecessary trips to the doctor or emergency room or even a life-threatening event. According to the National Safety Council, training should focus on three areas: preparing for an emergency situation, driving, and water safety.

- Become trained in First aid and CPR with AED: at least one person in each household should have live-saving skills.
- Get “hands on” experience in using a fire extinguisher and learn how to put out small fires in your home. Every adult in your household should be able to operate a fire extinguisher. Many local fire departments provide demonstrations and training at community events or in presentations to church groups, community organizations, or home owner associations.
- Join your local Community Emergency Response Team. This team educates you about disasters and hazards that may impact your community.
- Refresh your driving skills. Adults seldom receive any additional driver training after high school. A defensive driving course, either online or in a classroom, provides information on how to prevent collisions, recognize potential hazards, and drive defensively in unpredictable conditions.
- Help teens become safe drivers, too - learn about Graduated Driver Licensing and what places teen drivers at greater risk for motor vehicle injury and death.
- Learn to swim. All adults and children should learn to swim. It is never too late for an adult to learn to swim or too early for children to begin developing water skills. Swimming lessons are offered locally by many park districts, YMCAs and other community locations.
- Also, take advantage of safety courses for outdoor activities that you and your family enjoy. Some states require mandatory training if you hunt, own or use firearms, or operate boats and recreational vehicles such as All Terrain Vehicles (ATVs) and snowmobiles. Safety courses are available from your State’s Department of Natural Resources.

*Source: National Safety Council - [www.nsc.org](http://www.nsc.org)*

*According to the National Council on Alcoholism and Drug Dependence, there are 2.5 million older adults with an alcohol or drug problem, and older adults are hospitalized as often for alcoholic related problems as for heart attacks. Read the issue and answer True or False to the questions below.*

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1. Curing insomnia in people with depression could double their chance of a full recovery.    T    F
  
2. The suicide rate is higher for older adults than for any other age group.    T    F
  
3. Drinking alcohol while taking some sleeping pills, pain pills, or anxiety or depression medicine can be very dangerous, causing unconsciousness, coma, or even death.  
T    F
  
4. Breaking down alcohol is slower in women since their stomach enzymes are less active.    T    F
  
5. Alcohol is a proven cause of cancer, second only to smoking.    T    F
  
6. There is a greater risk of dying of stroke or heart attack if a person frequently drinks to excess.    T    F
  
7. Heavy drinking does not cause weak bones (osteoporosis), which leads to fractures.  
T    F
  
8. Depression in older adults is often misdiagnosed as dementia or Alzheimer's.    T    F
  
9. Alcohol does not have a greater effect on women's driving skills.    T    F
  
10. People with addiction to painkillers are older Americans, who are developing addiction through medical use.    T    F

**KEY:** 1. T 2. T 3. T 4. T 5. T 6. T 7. F 8. T 9. F 10. T