



# Press Release

## Medicare Benefits announces the launch of their Simple Life Hacks for Seniors infographic

August 15, 2022

Medicare Benefits is excited to announce the launch of their new healthy living infographic that covers 10 simple life hacks for seniors to help make their life easier.

Medicare Benefits created the senior lifestyle infographic to accompany their 10 simple life hacks for seniors blog. Together these resources provide helpful tips and safety recommendations for anyone 65+ interested in aging-in-place in their own home.

*"I speak with a lot of seniors and one of their top concerns is staying safe in their homes. I often tell them to start small - things like adding rug grippers and shower grab bars can greatly reduce the chances of injury caused by falling."*

-Licensed Sales Agent and Medicare Benefits Advisor with 15 years experience





## Contact info

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## Elderly Risk of Falls

More and more older adults are choosing to continue living in their own homes for as long as possible. There is even a term for this lifestyle choice - aging in place.

Unfortunately, according to the [National Safety Council](#), falls rank as one of the top 5 causes of household deaths in the United States. And, among people 65 and older, accidental falls are the number one cause of preventable death at home

With that in mind, Medicare Benefits created an infographic filled with the top 10 life hacks from bathroom grab bars to rug grippers to help make your home safer and more accessible for yourself or a senior family member living at home.

Download a PDF of our infographic: [Life Hacks for Seniors to Make Life Easier](#)

## About Medicare Benefits

There's a lot of think about when making health insurance decisions. That's why we started Medicare Benefits Solutions, a non-government website helping people get the most from their Medicare plan.

We wanted to create a simple, step-by-step process that gives people the information, tools and confidence they need to find a plan that's right for them. Our handy [Plan Finder Tool](#) lets you compare your current Medicare plan to other plans so you can choose the one that gives you more of the things you want at a price you can afford.

## Contact Information

Website: <https://www.medicarebenefits.com/>

Blog: <https://www.medicarebenefits.com/healthy-living-support>

Facebook: <https://www.facebook.com/medicarebenefitssolutions>

YouTube: <https://www.youtube.com/@medicarebenefitsdotcom>

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