



Our Mission

At Stay-at-Home Inc. Tennessee, we believe that home should remain a safe, fulfilling place to live at every stage of life. Our goal is to provide supportive programs that make independent living safer, easier, and more enjoyable. Most seniors want to remain in the comfort of their own homes as they grow older. Home is familiar, meaningful, and filled with memories.

Aging in place allows seniors to maintain the independence and stability they value, while staying connected to their community and routines.

As a new nonprofit we are in need your support in order to train volunteers, print workshop and educational material, and develop a streaming platform for community outreach. Your Donation will help pay for the certifications, equipment needed for us to provide Free community workshops on aging in place, home safety and accident prevention for seniors.

This guide is designed to help you and your loved ones understand the risk seniors face as they age in place and the need to ensure a home where they can stay safe, independent, and confident.

Falls: The Leading Cause of Injury

Risk Facts — Falls

1 in 4 adults age 65+ falls every year in the United States — that's over **14 million people annually**.
(CDC)

In 2024, **43,020 older adults died** from fall-related injuries — a **51% increase** over the past decade.
(National Safety Council)

The age-adjusted fall death rate rose **21% from 2018 to 2024**, reaching **78.4 per 100,000** older adults.
(CDC)

About **37%** of those who fall report an injury requiring medical care or restricted activity.

Falls most commonly occur in the **bathroom, on stairs, and getting in/out of bed**.

Burns & Home Fires: Hidden Kitchen and Heating Hazards

Risk Facts — Burns & Fires

Adults 65+ are **twice as likely** to be killed or injured in home fires compared to the general population. (U.S. Fire Administration / NFPA)

People 65–74 account for **21% of all home fire deaths** — the largest share of any age group. (NFPA, 2019–2023 data)

⚠ Risk Facts — Burns & Fires

Hot water scalds are the leading burn source for older adults due to reduced pain sensitivity and slower reflexes.

Thin, aging skin means burns are **more severe and slower to heal** in older adults.

Space heaters and unattended cooking are leading causes of residential fires.

Cuts & Lacerations: Everyday Hazards That Add Up

⚠ Risk Facts — Cuts & Lacerations

Kitchen knives are among the most common sources of home injury for older adults.

Aging skin **bruises and tears more easily**, and healing takes longer due to thinner skin and reduced circulation.

Falls involving glass, sharp furniture edges, and tool use contribute to lacerations requiring **emergency care**.

Older adults on **blood thinners (anticoagulants)** face heightened bleeding risk from even minor cuts.

Carbon Monoxide: The Silent, Invisible Threat

⚠ Risk Facts — Carbon Monoxide

More than **400 Americans die** from accidental, non-fire-related CO poisoning each year; over **100,000 visit emergency departments**. (CDC)

More than **14,000 are hospitalized** annually due to CO exposure. (CDC)

Infants, the elderly, and those with chronic heart disease, anemia, or breathing problems are **most at risk**. (CDC)

CO is **odorless, colorless, and tasteless** — it cannot be detected without a detector.

Symptoms mimic the flu: headache, dizziness, nausea, confusion — seniors may not connect symptoms to CO exposure.

Stay At Home Inc. is a 501(c)(3) Nonprofit Email: stayathome501c3@gmail.com, Website: www.sahtn.org

Sources: Centers for Disease Control and Prevention (CDC) | National Fire Protection Association (NFPA) | National Safety Council (NSC) | U.S. Fire Administration June 2026 | This document is for informational purposes only and does not constitute medical advice.

**PLEASE DONATE USING THE QR CODE OR
SENDING A CHECK TO:**

Stay At Home Inc.
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Johnson City, Tn 37615

