



Increased Risk of Firearm Injury as We Age

Aging is a natural part of life that brings many changes and can sometimes increase our risk of injury. Approaching these changes with care and understanding can help make transitions easier for our loved ones and those who care for them.

Check out our Firearms Injury Prevention Resource Library



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Mental Health & Wellness

Firearm Injury Prevention for Caregivers of Older Adults



Changes that may increase the risk of injury

Mental Abilities

Changes in thinking skills, like memory, can make it harder to remember where guns are stored or if they are unloaded.

Feelings

Changes in mood, such as becoming more easily irritated, paranoia (feeling overly suspicious), or depression, can affect how you behave.

Physical Abilities

Changes like poorer vision, slower reactions, and shaky hands can make handling firearms more challenging.



Create a Plan for Firearms

Safe Storage

- Keep firearms unloaded.
- Lock them up securely.
- Store bullets or gun cartridges separately.

List of Guns and Where They Are Kept

- It can be helpful to create a document with details about each firearm, where it's stored, how to access it (like a key or combination), and what you'd like to happen to it in the future. This can give everyone peace of mind.
- You can find an easy-to-use sample plan at firearmlifeplan.org.

Getting Rid of Guns Safely

- If you no longer want a firearm, you can call your local police department to help safely remove it.
- Firearms can also be transferred or sold to authorized gun sellers or trusted family members.

How to Talk with Your Loved One About Firearm Safety

Discussing firearm safety shows your care and concern for their well-being. These conversations can lead to positive outcomes, ensuring their safety and the safety of you and other loved ones, including children.

Phrases to help get you started:

"Do you have a plan for your firearms as you get older? I'd love to help you with this."

"I've noticed you don't seem to use your firearms much anymore. What would you like to do with them?"

"You've always been so good at keeping us safe. I'd like to talk with you about how we can make sure you stay safe too."