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Fall Back with Confidence: Helping Edmonds Seniors Adjust to Earlier Sunsets

When daylight saving time ends, we gain an hour, but the adjustment isn't always easy for older adults. In Edmonds, Washington, clocks turn back on **Sunday, November 1, 2026**, and the earlier sunset can affect sleep, medication routines, mobility, and evening plans. Darker evenings can also raise [fall risk](<https://alwaysbestcare.com/edmonds/identifying-risk-factors-that-increase-fall-risk-in-seniors/>), especially for seniors who move around the house or head outside after dusk.

A little preparation can go a long way. With a few simple changes and support from family or a trusted [caregiver](<https://alwaysbestcare.com/edmonds/caregivers/>), seniors can stay comfortable, rested, and safe as fall settles in.

****What you will learn:****

- Simple ways to help your loved one ease into the new sleep schedule, one small step at a time.

- How to keep medication routines on track and stress-free when the clocks change.
- Cozy, practical tips for brightening the home and lowering fall risk as evenings get darker.
- Friendly ideas for safer travel, staying active, and keeping seniors happily connected all season long.

Adjust Sleep Habits Gradually

Even a one-hour shift can disrupt the body's natural rhythm. Seniors who already have trouble sleeping may need extra time to settle into the new schedule.

A few days before the time change:

- Move bedtime and wake-up time by about 15 minutes each day.
- Keep meals and daytime activities on a regular schedule.
- Open the curtains soon after waking.
- Spend time outdoors during daylight hours.
- Keep naps short and avoid sleeping too late in the afternoon.

Morning light can help the body recognize the new routine. At night, dimming bright screens and maintaining a calm bedtime ritual may also make falling asleep easier.

Review Medication Routines

Many seniors take medication around meals, bedtime, or a particular time of day. For most once-daily prescriptions, a one-hour change is usually manageable, but medication timing can vary.

Before the clocks change, review:

- Prescription schedules
- Pill organizers
- Medication lists
- Phone or alarm reminders
- Instructions tied to meals or sleep

****Don't change the timing of an important medication without asking a doctor or pharmacist first.**** This is especially important for medicines that require precise timing, such as insulin or certain Parkinson's medications.

Brighten the Home Before Dark

The biggest challenge may not be the clock—it may be the earlier sunset. Dim hallways, stairs, bathrooms, and entryways can make walking more difficult, particularly for seniors with vision or balance changes.

Take a walk through the home in the late afternoon and look for shadowy areas. Then consider:

- Adding brighter bulbs to hallways and stairwells
- Placing nightlights in bedrooms, bathrooms, and corridors

- Keeping a lamp within easy reach of the bed
- Making sure light switches are accessible
- Installing outdoor lighting near steps and entrances
- Clearing cords, clutter, and loose rugs from walking paths

Good lighting isn't just convenient. It can help reduce the risk of trips and falls.

Plan Ahead for Evening Driving

Earlier darkness can make familiar roads feel different. Glare from headlights, reduced contrast, and difficulty spotting pedestrians or uneven pavement may make nighttime driving less comfortable.

Seniors who prefer not to drive after dark can schedule appointments and errands earlier in the day. Family members, friends, community transportation, and professional caregivers may also help with rides.

The goal isn't necessarily to stop driving. It's to make transportation choices that support safety and confidence.

Watch for Fall Hazards in Edmonds

Wet leaves, slippery sidewalks, and hidden cracks can create extra trouble during the fall. Inside the home, low light may make ordinary obstacles harder to see.

Check that:

- Walkways are clear of furniture and loose objects.
- Rugs are secure or removed.
- Outdoor steps and paths are well lit.
- Shoes fit properly and have supportive soles.
- Seniors don't rush to answer the door or reach the bathroom.

If a loved one becomes afraid to move around after sunset, take that concern seriously. Avoiding activity can gradually affect strength, balance, and independence.

Keep Days Social and Structured

Shorter days can lead some seniors to spend less time outside or skip activities they enjoy. Watch for changes in sleep, appetite, mood, or interest in hobbies.

Regular phone calls, daytime outings, visits, puzzles, crafts, exercise, and shared meals can add structure and connection. A predictable routine often makes seasonal changes feel less disruptive.

How Always Best Care of Edmonds Can Help

At Always Best Care of Edmonds, we understand that small seasonal changes can create new challenges at home. Through our [in-home care

services](<https://alwaysbestcare.com/bristol/in-home-care/>), our caregivers can provide [companionship services](<https://alwaysbestcare.com/edmonds/5-benefits-of-companionship-for-seniors/>), transportation, medication reminders, meal preparation, light housekeeping, and support with everyday routines.

We work closely with seniors and families to encourage comfort, safety, and independence throughout the fall and beyond.

Turning the clock back takes only a moment, but adjusting to darker evenings may take a little longer. By planning ahead for sleep schedules, evening lighting, and fall prevention, families can make the transition smoother for older loved ones.

To learn how [Always Best Care of Edmonds](<https://alwaysbestcare.com/edmonds/contact/>) can help your loved one, call **[**425-955-2273**]** (tel:425-955-2273) to schedule a care consultation.

FAQ

When does daylight saving time end in Edmonds in 2026?

Daylight saving time ends on ****Sunday, November 1, 2026****. Clocks move back one hour at 2 a.m.

Should medication times change with the clock?

Not automatically. Ask a doctor or pharmacist before changing medications that depend on precise timing.

How can seniors adjust to the new schedule?

Shift bedtime and wake-up time gradually, seek morning light, follow consistent routines, and avoid long or late naps.

What lighting changes can help prevent falls?

Use nightlights in bathrooms and hallways, brighten stairs and entryways, and keep light switches and lamps easy to reach.

Can Always Best Care of Edmonds help with evening routines?

Yes. We can offer companionship, reminders, transportation support, and assistance with daily activities at home.