

There's a Lifeline solution for you

Lifeline can help you stay independent with peace of mind

At home

Help at the press of a button in and around the home.

Ideal Candidate: For people who spend much of their time at home and want to be able to access emergency help at any time, day or night.

Optional fall detection can automatically call for help if it detects a fall, even if you can't push your button⁴.



On the Go

It's the mobile medical alert solution that gives you the freedom to go where you want, when you want⁵.

Ideal Candidate: Those who want to remain active and independent with confidence and peace of mind – at home or on the go.



On the Go with Wandering

Caregivers can track their loved one's general location on their smartphone when they leave their home. Also includes the other benefits of On the Go⁵.

Ideal Candidate: Caregivers with a loved one who lives independently but has a tendency to wander, gets lost easily or gets confused in crowds.



MedReady Medication Dispenser

It's a simple, affordable and automated way to manage multiple medications with 24/7 monitoring.

Ideal Candidate: Those with complicated medication regimens, take multiple medications or have a tendency to forget to take their medications.



Call today for more information

1-800-LIFELINE
1-800-543-3546

www.lifeline.ca

Lifeline



Diabetes and the risk of falling

Tips for managing your diabetes to reduce falls



¹ StatCan, Diabetes by age group, 2023
² Freire L.B., et al., Risk factors for falls in older adults with diabetes mellitus: systematic review and meta-analysis, BMC Geriatrics, Feb. 28, 2024.
³ Lipscombe, Jamal, Booth, Hawker, The risk of hip fractures in older individuals with diabetes: a population-based study, National Library of Medicine, April 2007.
⁴ Equipment may not detect all falls. If able, users should always push their button when they need help.
⁵ On the Go coverage outside the home and wireless service in the home provided with sufficient access to/coverage by the applicable third party wireless network. Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary. Lifeline may not always be able to determine your location.

Problem

Diabetes among older adults is increasing. The prevalence of diabetes increases with age with 27% of adults 65+ have diagnosed diabetes.¹

Older adults with diabetes have a higher risk of falling (59%) and fall more often than their peers who do not have diabetes. For older adults with Type 2 Diabetes Mellitus who take insulin, the chance of falling is 162% higher². They are also more likely to be injured as a result of the fall. One study found that older adults with diabetes are more than twice as likely to break a hip³.

Need

Those living with diabetes need a way to get help if they have a diabetic emergency or have a fall.

Solution

Lifeline can help you live safely and more independently. If you fall or have a diabetic emergency, getting help quickly can reduce the effects.

Lifeline with fall detection provides an added layer of protection by automatically placing a call for help if a fall is detected and you can't push your button⁴.



Why diabetes increases fall risk:

1 in 3 older adults will fall every year in Canada. Older adults with diabetes can have an increased the chance of a fall due to many factors including:

- **Low blood sugar** (hypoglycemia): Missed meals, increased activity, and missed medication can lead to dizziness, blurred vision, delirium and in extreme cases, loss of consciousness
- **Foot problems:** Foot problems are common for people with diabetes. Nerve damage related to diabetes (diabetic peripheral neuropathy) can interfere with good balance and causes slower reaction times.
- **Vision programs:** Diabetes can cause vision problems (retinopathy) which can make it difficult to see things clearly and interfere with depth perception. Diabetes may also affect a person's ability to judge objects and distances based on colour and brightness.
- **Medications:** Medicines that help manage diabetes may, if not taken as prescribed, have side effects that increase the risk of falls. For example, not taking insulin as prescribed may result in low blood sugar, which can cause dizziness and/or fainting.

Fall prevention checklist for older adults with diabetes

As an older adult with diabetes, are you doing everything you can to reduce your risk of falling? Consider these nine important questions and discuss any areas of concern with your healthcare professional.

Am I following my healthcare professional's recommendations for managing my diabetes? ☐ Yes ☐ No

Am I following my "prescription" for staying physically active that my healthcare professional has given me? ☐ Yes ☐ No

Do I follow my healthcare professional's advice on the importance of eating a healthy, balanced diet to help control my blood sugar levels and weight? ☐ Yes ☐ No

Have I asked my doctor, pharmacist, or other healthcare professional to review my medications for possible fall-risk side effects, such as dizziness, fainting, impaired vision, or slowed reaction time? ☐ Yes ☐ No

If I've already experienced a fall – or if I am concerned about possible balance problems – have I asked my healthcare professional for recommendations on how to lower my risk? ☐ Yes ☐ No

If I have experienced pain, tingling, numbness, or loss of sensory perception in my feet, have I discussed that with my healthcare professional? ☐ Yes ☐ No

Do I inspect my feet daily? ☐ Yes ☐ No

Do I wear shoes and socks that fit properly and provide good support? ☐ Yes ☐ No

Have I had my vision and hearing checked within the past year? ☐ Yes ☐ No

Do I take extra time and care in moving about in unfamiliar surroundings? ☐ Yes ☐ No

For older adults living with diabetes, these questions are a great way to begin taking action to reduce your risk of falls Use them as a guide for discussion with your doctor, pharmacist, or other healthcare provider.

