

96% of older adults want to stay in their current home and community as they age.¹ However, half of all falls causing hospitalization happen at home² where older adults tend to move around without thinking about safety. Many falls could be prevented by making simple changes to make the home easier to live in and help you live independently.³

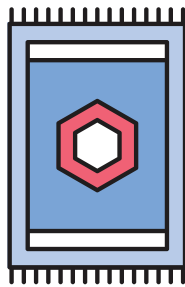
1 Make a plan

A good place to start to make your home more aging-friendly is a thorough assessment of your living space. Go through your house, room-by-room, and look for problem areas such as rooms that are hard to access or areas that will be difficult to maintain, including the exterior.



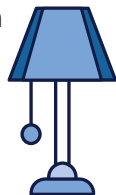
2 Remove the clutter

Everyday items can quickly become tripping hazards. Remove any unnecessary furniture or rugs to allow for clear pathways with plenty of space. It's easier to clear it now rather than worry about it later.



3 Make it brighter

Lighting is important because it can help with mood, vision, and safety. As people age, they often need more light than younger people, especially for everyday tasks, such as reading, walking or cooking.



4 Make the bathroom more accessible

80% of all bathroom injuries are caused by slips and falls.³ Add grab bars in tubs and near toilets and consider a raised toilet seat. Incorporate shower chairs and a handheld shower head to make bathing easier.



5 Move essential rooms to the first floor

If you live in a two-story home, consider rearranging the rooms and finding a contractor to widen doors and hallways for wheelchair and walker access.

If you need access to the second floor, install an electric stair lift for added safety and peace of mind. Many seniors fear falling down the stairs while they're alone.



6 Create easy outside access

Look to add a wheelchair ramp over stairs or construct a covered entry to protect you from the elements. Ensure there is good drainage around the door and walkway and install outdoor lighting to help reduce falls.



7 Use technology

In addition to working smoke & carbon monoxide detectors, today's technology allows us to control everything in the home from the thermostat to lighting. Consider a medical alert device such as Lifeline to allow you to call for help anytime you need it.



Contact Lifeline today to learn more:

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