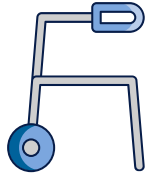


## Tips to Help Older Adults Stay Independent

Most people want to stay in their homes as they age. However, older adults living alone have a unique set of concerns to consider to age in place. Difficulties with mobility and health conditions are major factors that contribute to a loss of independence.

### 1 Activities of daily living

Aging adults may face challenges in bathing, toileting, dressing, eating, and mobility. Assistive devices such as grab bars, shower chairs and mobility aids should be considered to provide additional safety and independence.



### 2 Food & meals

Nutrition is essential to maintaining strength, balance, managing chronic conditions. Consider delivery or food preparation services for those with any challenges to obtaining food due to physical limitations or limited access to grocery stores.



### 3 Transportation

For those without access to transportation, it can be difficult to access services or participate in activities. There may be local services (free or for fee) to help with rides.



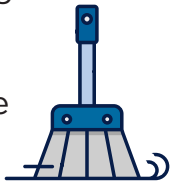
### 4 Medication management

The risk of falling increases with the number of prescription and over-the-counter medications taken. Consider tools to help you keep track of medications like pill organizers. For more complex regimens, automated tools like the MedReady Medication Dispensers can be helpful.



### 5 Housekeeping

Household tasks such as cleaning and organizing can be difficult for older adults. Consider a housekeeping service or in-home care to keep your home clean and clutter-free.



### 6 Taking care of your health

Regular medical care and management of chronic conditions are essential for aging in place. However, many aging adults face barriers such as transportation or limited access to care. Talk to your healthcare provider about services that can help.



### 7 Use technology to stay independent

Consider getting the Lifeline Medical Alert Service to access help quickly in the event of a fall. Our fall detection technology can even place a call for help if you're unable to press the help button.



Contact Lifeline today to learn more:

**1-800-LIFELINE**  
**1-800-543-3546**  
**[www.lifeline.ca](http://www.lifeline.ca)**