

Lifeline



Reducing falls risk at home

Home safety tips to minimize the risk of falling.

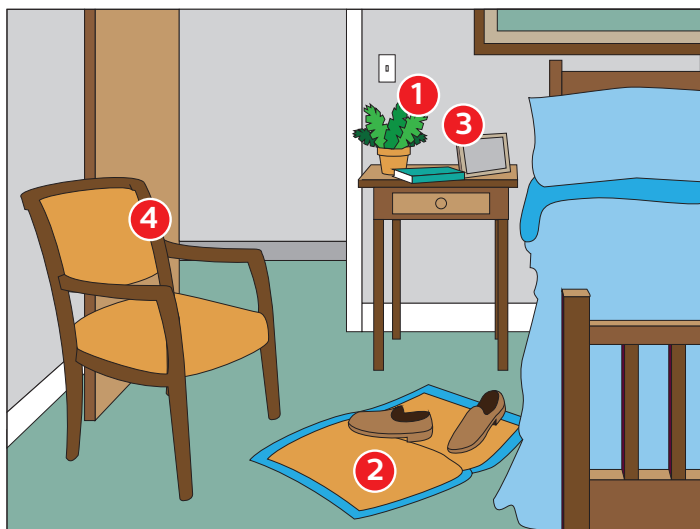


Room-by-room guide to eliminate most causes of falls

Nearly half of all injuries among seniors happen at home.¹ The good news is that many of these injuries are preventable. Protect yourself with the tips below.

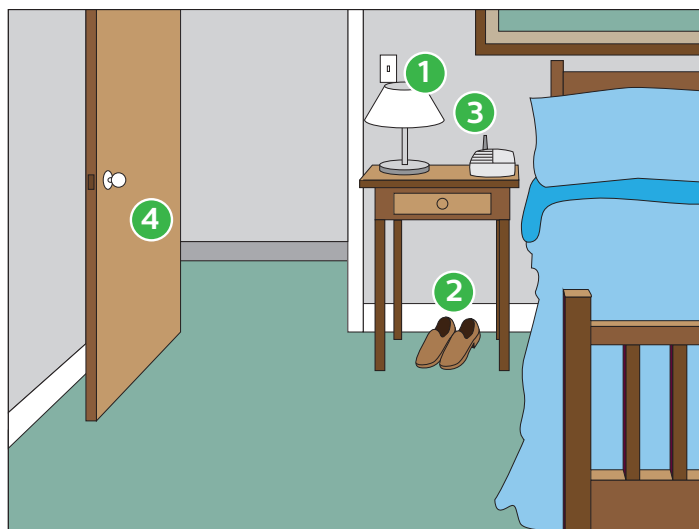
Bedroom

What's wrong?



- 1. Cluttered nightstand.** Too many objects leaves no room for more useful items such as a table lamp.
- 2. Objects on floor.** Clutter can lead to tripping. Worn carpeting or loose throw rugs also pose a hazard.
- 3. Non-accessible phone.** Without a phone near your bed, getting up or rushing to answer phone could lead to a fall.
- 4. Awkward furniture arrangement.** Prevents easy access to doorway and does not offer safe pathway around room.

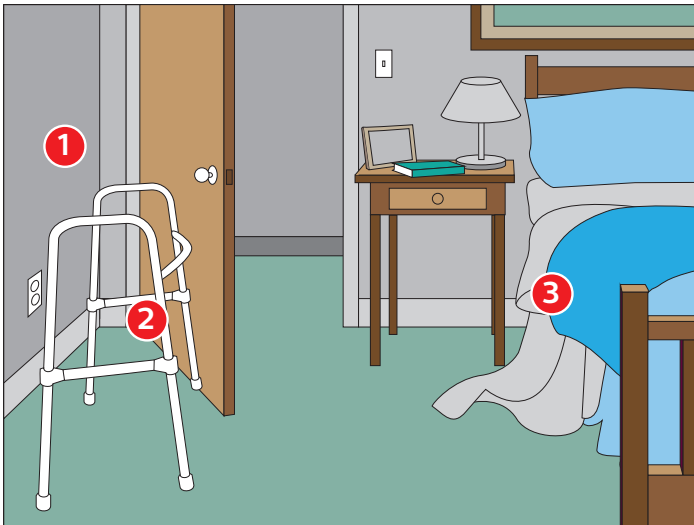
Much better



- 1. Clean nightstand.** Neater surface leaves room for table lamp or other necessary items that can be accessed from bed.
- 2. Less cluttered floor.** Shoes are placed away from walking areas. Secure rugs with double-sided tape or remove entirely.
- 3. Accessible phone or Lifeline device.** Phone within reach of bed.
- 4. Better furniture placement.** Removing chair creates a safer path to doorway.

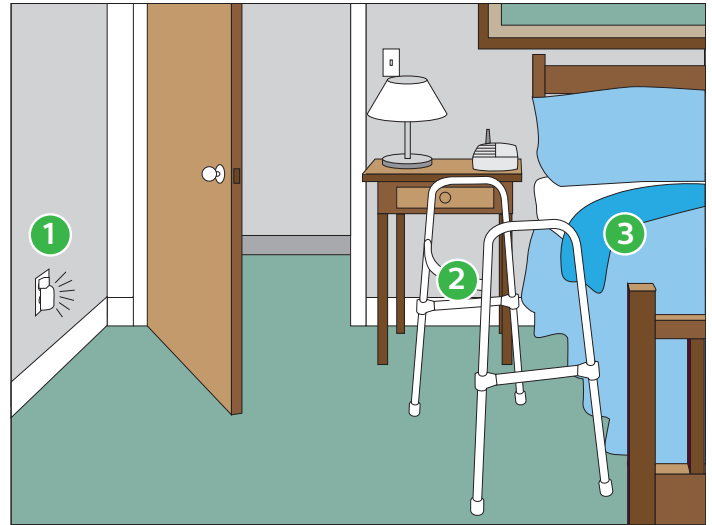
Bedroom

What's wrong?



1. **Little nighttime lighting.** Poor or no night lighting can lead to falls.
2. **Assistive equipment not within reach of bed.**
3. **Disheveled bedding.** Bedding allowed to drape on floor is a tripping hazard.

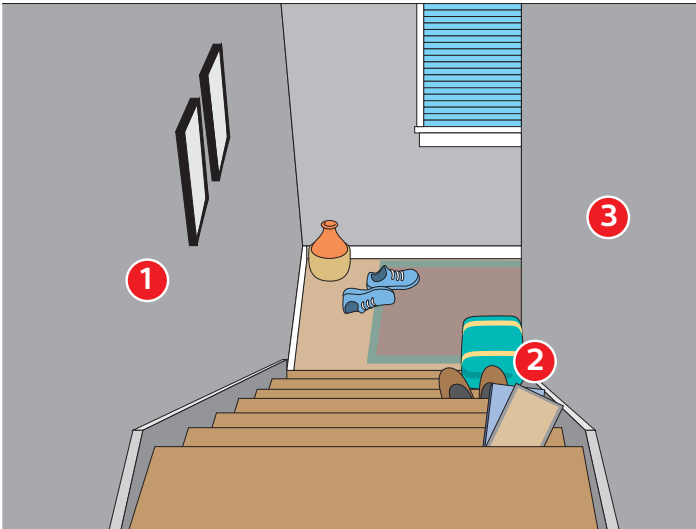
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1. **Appropriate nighttime lighting.** Table lamp close to bed and wall mounted, light-sensitive nightlight added to improve visibility.
2. **Assistive equipment within reach.**
3. **Keep bedding tucked in.** Removal of draped bedding and a cleaner floor in general reduces falls risk.

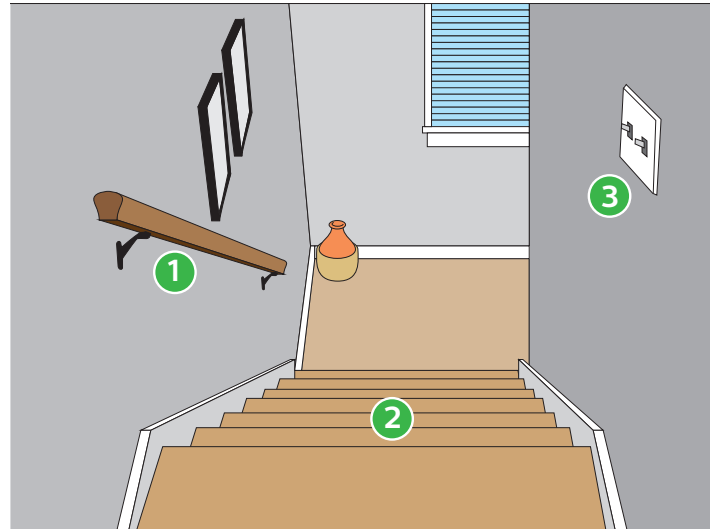
Stairway

What's wrong?



1. **No handrail.** Nothing to hold onto when using stairs.
2. **Cluttered stairs.** Objects and throw rugs on stairs or landing can increase risk of falling.
3. **Poor lighting.** Low light levels can increase risk of tripping or missing steps.

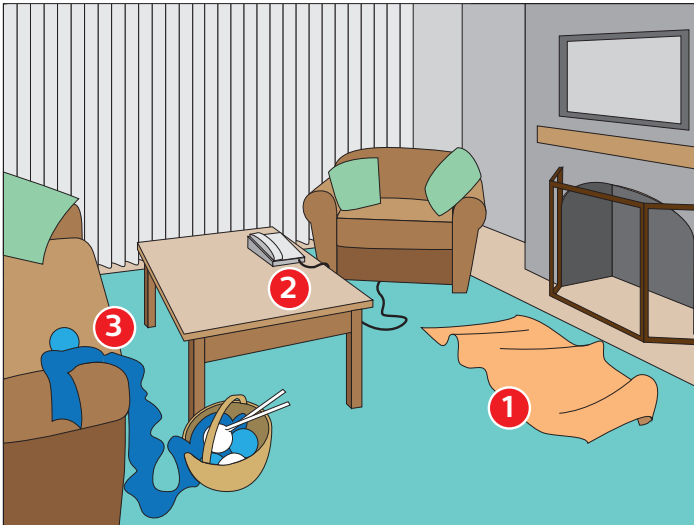
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1. **Handrail.** Add handrails to all stairs, securely attached to wall at proper height.
2. **Clean stairs.** Patrol stairs regularly to ensure objects are removed at all times.
3. **Stairway lighting.** Make sure walkways are well-lit. Ceiling lights (with well-placed wall switches at the top and bottom of stairs) can help increase visibility.

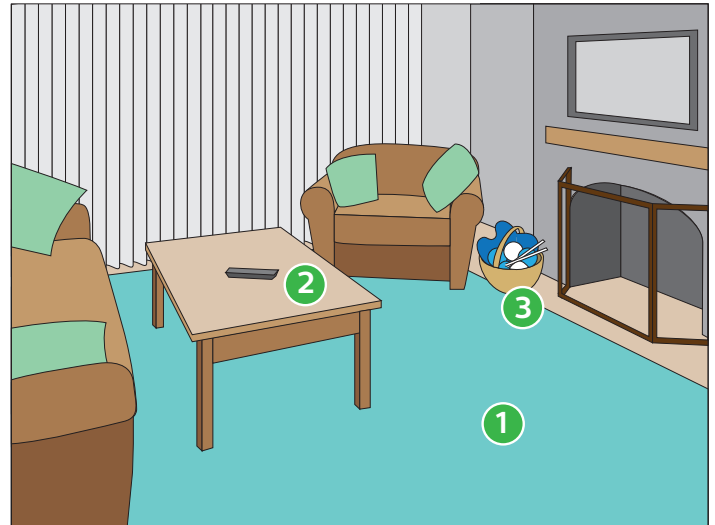
Living Room

What's wrong?



1. **Non-secured rug.** Curled rug is easy to trip over.
2. **Exposed cords.** Extension or telephone cords can easily entangle feet.
3. **Clutter.** Craft projects and basket are blocking path to sofa.

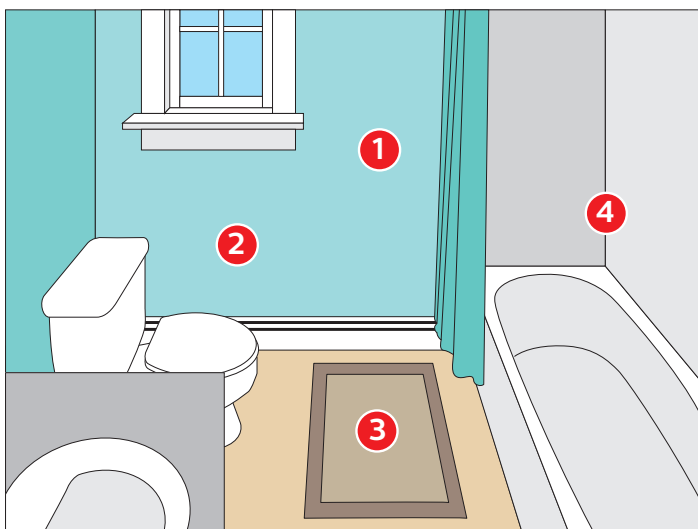
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1. **Remove or secure rugs.** Eliminates tripping hazard.
2. **Hidden cords.** Telephones and electronic devices are placed nearer to wall sockets, and all cords are removed from walkways.
3. **Organized room.** Less overall clutter and organized projects reduce falls risk.

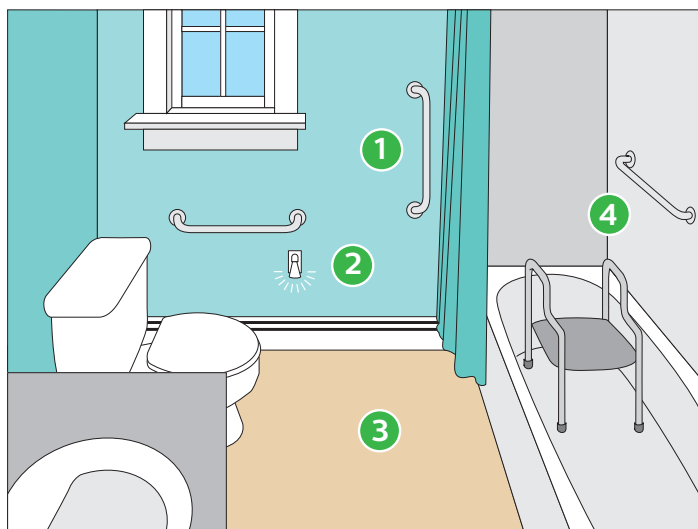
Bathroom

What's wrong?



1. **No grab bars.** Senior could fall when exiting shower or toilet.
2. **Poor nighttime lighting.**
3. **Loose bathmat.** Increases slipping hazard.
4. **No assistive equipment in shower.** Showering or bathing can become more dangerous.

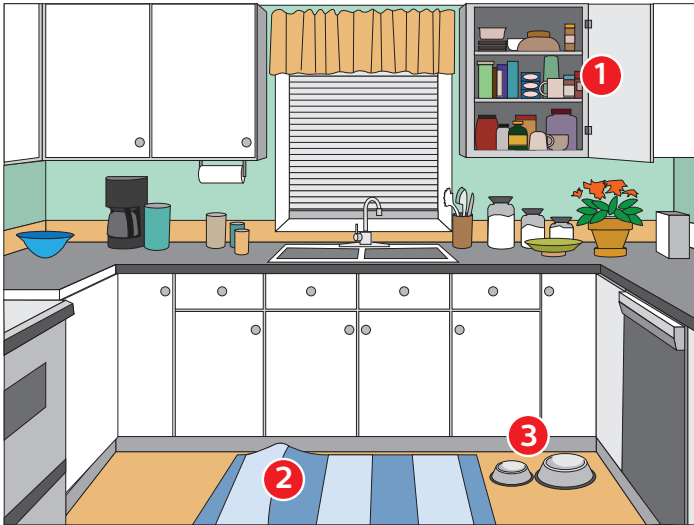
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1. **Grab bars.** Ensures safer egress from shower or toilet.
2. **Nightlight.** Installing a light-sensitive nightlight that automatically turns on when needed increases visibility.
3. **Bathmat.** Use non-slip bathmat or remove altogether.
4. **Assistive equipment in shower.** A sturdy shower seat and hand-held shower head with hose reduces risk of falls.

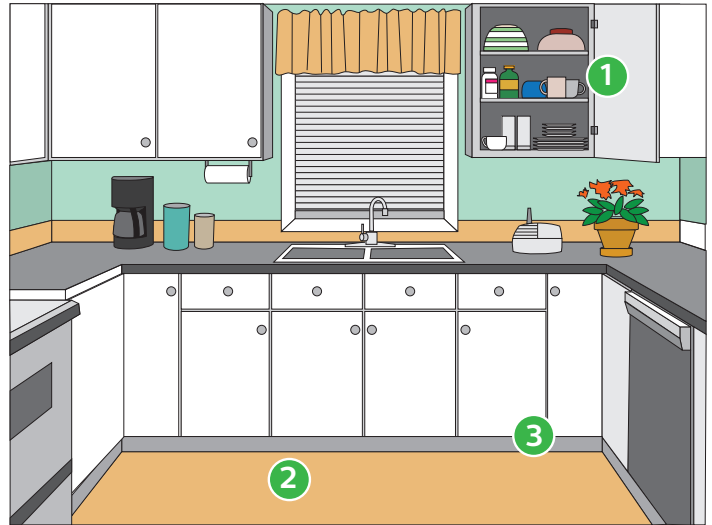
Kitchen

What's wrong?



1. **Poor placement.** Often-used items are placed too high.
2. **Non-secured rug.** Curled rug is easy to trip over.
3. **Pet dishes.** Dishes placed in commonly used area of kitchen.

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1. **Better organization.** Often-used items are moved to lower cabinets.
2. **Remove or secure rugs.** Eliminates tripping hazard.
3. **Pet dishes.** Dishes placed out of the way to remove chance of tripping or spillage.

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 button².



On the Go

It's the mobile medical alert solution that gives you the freedom to go where you want, when you want³.

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 Go³.

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 monitoring⁴.

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

1. Health Canada, *Seniors and Aging - Preventing Falls In and Around Your Home*, May 4, 2017.

2. Equipment may not detect all falls. If able, users should always push their button when they need help.

3. 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.

4. The subscriber and/or caregiver require a smart phone in order to enroll in this service. Certain limitations subject to third party cellular provider availability and coverage.