

HOME SAFE HOME

BY MAXABILITY

OCCUPATIONAL THERAPY SERVICES

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SENIORS' FALLS STATISTICS

Falls are the leading cause of injury admission to hospital.

50% of all falls-related hospitalizations occur in the home

16% of all falls occur when walking on ice or snow.

Think ahead. Be prepared.

WINTER IS HERE! : TIPS FOR A SAFE SEASON

- Keep walkways and stairs free of ice and snow - keep a bag of salt/de-icer handy near all external doors
- Check weather reports. Dress appropriately for the weather. Severe weather warnings? Stay inside if possible.
- Minimize your risk of falling when outdoors – Wear proper boots with rubber soles; if it's icy out, exercise indoors and ask for help getting groceries, running errands etc. if possible
- It gets dark early – make sure your outdoor lighting is working and consider installing motion sensor lighting to light doors and walkways
- When indoors, turn on the light before you enter a room
- Be mindful of fire prevention and safety – don't leave candles burning, ensure smoke and CO detectors are working properly; if you have a fire in a pot on the stove – put a lid on it.
- Make a basic emergency kit – water, food, blankets, battery-operated radio, and a flashlight. The key is to make sure it is organized, easy to find and easy to carry (in a suitcase with wheels or in a backpack) in case you need to evacuate your home.

LINKS

Things to do - Free or Low Cost Indoor Activities in London:

SMART Exercise Classes – free and available through the VON of London. See www.von.ca for days and times of scheduled classes

Boys' and Girls' Club of London –non-members \$3/visit (see main website for membership details – www.bgclondon.ca)

http://www.bgclondon.ca/forms/ProgramSchedule_2014-15.pdf



Making your home a safer place....