

Staying on your Feet:



A Guide to Fall Prevention for Older Adults

Identify your risk factors

Learn what you can do to prevent falls

Find out what resources are available in Saskatoon



Saskatoon Falls Prevention Consortium 2006
(Revised September, 2012)



Introduction

Research shows that there are more than twenty risk factors linked to falls. Most of these risks can be reduced through awareness and simple changes. This booklet will outline some risk factors and things you can do to prevent falls. It suggests:

- What you can do
- Where to go
- Who to phone

Acknowledgements

We thank the Burnaby Coalition to Prevent Falls, Fraser Health Region, for permission to modify their “Step Wise Falls Prevention Program”.

Disclaimer

IMPORTANT: This material is intended to provide you with general information. It does not take the place of services provided by a health care professional.

Fall Risk Questions

Do You ...	Circle “Yes” or “No”		If “Yes” go to page...
1. Ever fall because of sudden, unexpected fainting or black outs?	Yes	No	6 Fainting and Blackouts
2. Have vision or hearing problems?	Yes	No	7 & 8 Vision and Hearing
3. Have decreased feeling in your feet? Or Have foot problems?	Yes	No	9 Foot Problems
	Yes	No	
4. Take 3 or more prescription medications a day? Or Feel dizzy or unsteady and have had recent changes to your medications?	Yes	No	10 Medication Use
	Yes	No	
5. Have more than one drink of alcohol in a day?	Yes	No	11 Alcohol Use
6. Have recent flu symptoms or feel unwell? Or Have health problems that limit your activity?	Yes	No	12 Health and Wellness
	Yes	No	13 Shortness of Breath
	Yes	No	14 Osteoporosis

Fall Risk Questions

<i>Do You ...</i>	<i>Circle “Yes” or “No”</i>		<i>If “Yes” go to page...</i>
7. Have problems with your memory? Or Find concentrating difficult?	Yes	No	15 Memory 16 & 17 Concentration
8. Seldom check for safety hazards inside and outside your home?	Yes	No	18 & 19 Hazards Indoors 20 Hazards Outdoors 35 Home Safety Checklist
9. Have poor eating habits?	Yes	No	21 Healthy Eating
10. Tire easily or have leg weakness when you walk? Or Have problems or concerns getting in/out of bed, chair, tub or toilet?	Yes	No	22 Endurance and Weakness
11. Have weak muscles or stiff joints?	Yes	No	23 & 24 Muscles/Joints
12. Limit your activity because of pain?	Yes	No	25 Pain

Fall Risk Questions

Do You ...	Circle “Yes” or “No”		If “Yes” go to page...
13. Sometimes feel unsteady when you walk? Or Think your walking method puts you at risk for falling? Or Feel that you should walk more often than you do?	Yes	No	26 Walking for Wellness
	Yes	No	
	Yes	No	
14. Have to rush to the bathroom?	Yes	No	27 & 28 Continence
15. Have trouble sleeping?	Yes	No	29 Sleep Difficulties
16. Feel lonely or bored?	Yes	No	30 Seniors Centres
17. Stay at home because you have no means of transportation?	Yes	No	30 Seniors Centres - Transportation
18. Have balance problems? Ever feel dizzy?	Yes	No	31 & 32 Balance and Dizziness
19. Limit your activities due to a fear of falling?	Yes	No	33 Fear of Falling
20. Have slips, trips, near falls, or falls?	Yes	No	* Please read the complete booklet

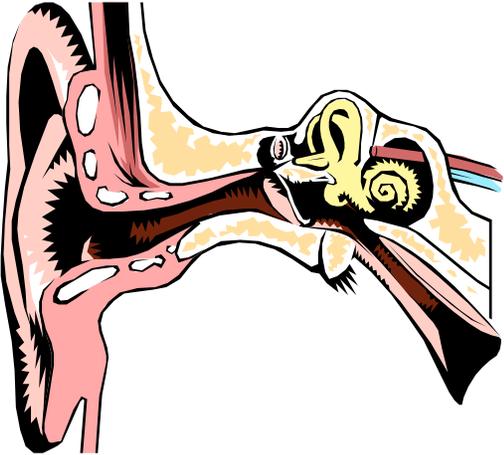
Fainting and Black Outs

<i>What Can Cause Fainting</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> A decrease in blood flow to the brain during movement. <input type="checkbox"/> Low blood pressure.  <ul style="list-style-type: none"> <input type="checkbox"/> Certain medications. <input type="checkbox"/> An inadequate diet. <input type="checkbox"/> Low blood glucose (sugar). <input type="checkbox"/> Rising from lying or sitting too quickly. <input type="checkbox"/> Fear or emotional stress (such as witnessing an emergency). 	<ul style="list-style-type: none"> <input type="checkbox"/> Maintain a healthy diet. <input type="checkbox"/> Drink plenty of fluids. <input type="checkbox"/> If you are diabetic, be sure to monitor your blood glucose regularly and do not go long periods of time between meals. <input type="checkbox"/> Take medications only as directed by your doctor or pharmacist. <input type="checkbox"/> Take time when rising to make sure you do not feel dizzy. 	<ul style="list-style-type: none"> <input type="checkbox"/> Fainting and black outs can be a sign of other medical conditions, so it is important to see your family doctor.

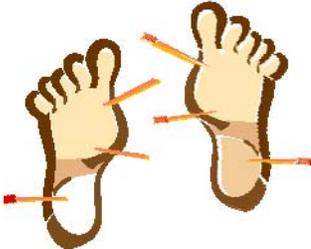
Vision

<i>What Can Cause Vision Difficulties</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Dirty or scratched eye glasses or sunglasses. <input type="checkbox"/> With aging, eyes become sensitive to glaring light. <input type="checkbox"/> Eyesight prescription has changed. <input type="checkbox"/> Getting used to bifocals. <input type="checkbox"/> Low lighting causes eye strain. <input type="checkbox"/> Disease of the eye such as cataracts, glaucoma, infection. <input type="checkbox"/> Eyes take longer to adjust from dark to light (and vice versa) as we age. <input type="checkbox"/> Depth perception decreases with age which can make it hard to judge distances. <input type="checkbox"/> With aging, seeing change in contrast and colour can be more difficult. 	<ul style="list-style-type: none"> <input type="checkbox"/> Clean glasses regularly. Use a non-glare cleaner and soft cloth. <input type="checkbox"/> Wear sunglasses outdoors. <input type="checkbox"/> Wear special glasses that cut down on glare. <input type="checkbox"/> Pause and give your eyes time to adapt to changes in light. <input type="checkbox"/> Increase the lighting in halls, stairways and bathrooms. <input type="checkbox"/> Use night lights. <input type="checkbox"/> Maintain good diabetic control. <input type="checkbox"/> Bifocals; do not look through lower part of glasses when going up or down stairs. Bend your head to use upper part of glasses. <input type="checkbox"/> Remove reading glasses when walking. <input type="checkbox"/> See the eye doctor once a year. <input type="checkbox"/> Mark doorways and edges of steps with a brighter colour. 	<ul style="list-style-type: none"> <input type="checkbox"/> See your local eye doctor (Optometrist or Ophthalmologist). <input type="checkbox"/> Canadian Diabetes Association provides information and support. Saskatoon Branch Call 933-1238 or www.diabetes.ca. <input type="checkbox"/> Canadian National Institute for the Blind provides services for people who have vision loss. Call 374-4545 or www.cnib.ca <input type="checkbox"/> Saskatchewan Blind Sports Association. Call 975-0888. www.blindsports.ca <input type="checkbox"/> Eye Care Centre at Saskatoon City Hospital. Call 655-8000 <div style="text-align: right; margin-top: 20px;">  </div>

Hearing

<i>What Can Cause Hearing Difficulties</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Wax build-up in ear. <input type="checkbox"/> Dirty hearing aids or old batteries in hearing aids. <input type="checkbox"/> Older hearing aids, no longer appropriate for your hearing loss. <input type="checkbox"/> Inner ear problems. <input type="checkbox"/> Being distracted by something or not paying attention. 	<ul style="list-style-type: none"> <input type="checkbox"/> Make sure your ears are clear of wax. <input type="checkbox"/> Clean your hearing aids often and check batteries regularly. <input type="checkbox"/> In a public place, choose to sit in a quiet area of the room to reduce excess noise. <input type="checkbox"/> Reduce the number of external noises (e.g. turn the TV down when speaking on the telephone). <input type="checkbox"/> Ask people to speak clearly and slowly. Ask the person to repeat their words if necessary. <input type="checkbox"/> Have your hearing checked on a regular basis. <input type="checkbox"/> Purchase a hearing aid if necessary. 	<ul style="list-style-type: none"> <input type="checkbox"/> Speak with your family doctor. <input type="checkbox"/> Specialized telephone service for people with hearing difficulties is available through Sask-Tel. <input type="checkbox"/> Consult the yellow pages under Hearing Assessments and Hearing aids. <input type="checkbox"/> For additional services contact the Sask. Deaf and Hard of Hearing Services at 665-6575 (TTY: 6659845) or visit their website at www.sdhhs.com <input type="checkbox"/> Hard of Hearing Association – Saskatoon host monthly support group meetings at the Cosmopolitan Seniors Centre.

Foot Problems

<i>What Can Cause Foot Difficulties</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Footwear that does not offer support to your feet (e.g. poorly fitting shoes or boots, slip-ons, or floppy slippers). <input type="checkbox"/> Soles that are too slippery or too sticky. These soles can slip or catch on the floor. <input type="checkbox"/> Shoes with a high or narrow heel. <input type="checkbox"/> Untreated foot problems like calluses, bunions, untrimmed toenails or ingrown toenails. <input type="checkbox"/> Numbness or tingling in your feet. 	<ul style="list-style-type: none"> <input type="checkbox"/> Wear proper-fitting supportive shoes with low, broad heels. <input type="checkbox"/> Choose shoes that have a lace or velcro closure. <input type="checkbox"/> Make sure your footwear is in good repair. <input type="checkbox"/> Buy slippers that offer support with enclosed heels. <input type="checkbox"/> Use a long handled shoe horn or elastic laces to help you get your shoes on. <input type="checkbox"/> If your feet are swollen, elevate them with a pillow when sitting or lying down. Your feet should be higher than your hips. <input type="checkbox"/> Wear loose socks that do not cut off your circulation. <input type="checkbox"/> Ask your doctor about wearing support socks or stockings. 	<ul style="list-style-type: none"> <input type="checkbox"/> Choose a shoe store that offers brands made for the older foot (varied sizes, leather lining to allow stretch, extra depth). Orthopedic or orthotic shoe stores and shoe repair stores are listed in the yellow pages. <input type="checkbox"/> Saskatchewan Abilities Council for orthopedics 659-1694. <input type="checkbox"/> Contact a foot doctor (podiatrist) for hard to treat foot problems. See the yellow pages. <input type="checkbox"/> Saskatoon Health Region Podiatry 655-4130 by doctor referral <input type="checkbox"/> For assistance with foot care, look up Home Care Products, Elderly & Disabled in the yellow pages. <p>Foot care providers are listed in the Council on Aging Directory Call 652-2255 or www.scoa.ca</p>

Medication Use

<i>What Can Cause Medication Concerns</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Taking over-the-counter (non-prescription) medications, herbal remedies or drinking alcohol with prescription medications. <input type="checkbox"/> Using someone else's medication. <input type="checkbox"/> Not being sure what medications you are taking or why you need them. Not know how many pills you should take or missing a dose. <input type="checkbox"/> Using outdated medication. <input type="checkbox"/> Your doctor may not be aware of all the medication you are taking. <input type="checkbox"/> Your doctor may not be aware of the side effects you have experienced. <p style="text-align: center;"><i>MYTH:</i> <i>"A pill will cure all ills." More medication is not always better.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Never borrow medication from another or lend your medication to others. <input type="checkbox"/> Keep a list of your medications in your wallet and on the fridge. <input type="checkbox"/> Return unused or expired medications to your pharmacist for proper disposal. <input type="checkbox"/> Ask your pharmacist or doctor before taking any over-the-counter medications or herbal remedies, with prescription medications. <input type="checkbox"/> Avoid drinking alcohol when you are taking your medication. <input type="checkbox"/> Review your medication with your doctor at least every six months or if a medication is added or stopped. <input type="checkbox"/> Ask your pharmacist about side effects and drug interactions before taking any medication. <input type="checkbox"/> Use the same pharmacy all the time. 	<ul style="list-style-type: none"> <input type="checkbox"/> Call the pharmacist where you had your prescription filled. <input type="checkbox"/> Speak with your family doctor or health care professional. <input type="checkbox"/> For information about herbal, over-the-counter, and prescription medication, call the Drug Information Service at 966-6378, Monday to Friday or www.usask.ca/druginfo <div style="text-align: center;">  </div>

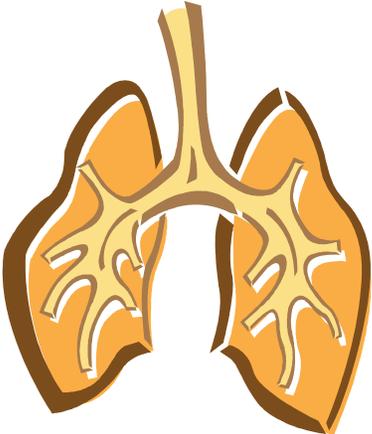
Alcohol Use

<i>What Can Cause Over-Use of Alcohol</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Using alcohol to help you sleep. Alcohol depresses the nervous system and disturbs normal sleeping patterns. <input type="checkbox"/> Using alcohol to relieve aches and pains. Alcohol can cause greater aches and pains. <input type="checkbox"/> Loneliness. <input type="checkbox"/> Sadness or depression. <input type="checkbox"/> Grief and loss. <input type="checkbox"/> Boredom. <input type="checkbox"/> Stressful situations. 	<ul style="list-style-type: none"> <input type="checkbox"/> Record how much and why you are using alcohol. <input type="checkbox"/> Learn about how your body responds differently to alcohol with aging. <input type="checkbox"/> Find out whether your feelings are common, so you can find healthy ways to deal with them. <input type="checkbox"/> Share your feelings with someone you trust such as a family member, friend or health professional. <input type="checkbox"/> If you are feeling sad or nervous, do not feel like eating or start losing interest in your activities talk with the community nurse, counsellor or your family doctor. <input type="checkbox"/> Join a community group or activity. <input type="checkbox"/> Tell your doctor about your aches and pains and discuss ways to manage the problem. <input type="checkbox"/> Talk with support groups that are trained to counsel on alcohol misuse. 	<ul style="list-style-type: none"> <input type="checkbox"/> Alcoholics Anonymous 665-6727 <input type="checkbox"/> Al-Anon Saskatoon 665-3838 <input type="checkbox"/> Calder Centre 655-4500 <input type="checkbox"/> Mental Health and Addiction Services, Community Addiction Service 655-4100 <input type="checkbox"/> Métis Addiction Council of SK 652-8951. <div data-bbox="1373 854 1940 1425" style="text-align: center;"> <p>The illustration consists of four colored squares arranged in a 2x2 grid. The top-left square is green and shows a red wine bottle and a glass of red wine. The top-right square is yellow and shows a martini glass with a green olive. The bottom-left square is blue and shows a golden beer mug with white foam. The bottom-right square is pink and shows a green bottle of beer in a blue bucket with ice.</p> </div>

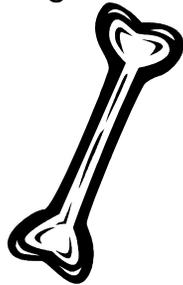
Health and Wellness

<i>Health and Fall Risk</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> A change in your health can lead to a fall. <input type="checkbox"/> Recent flu-like symptoms or feeling unwell can make you feel weaker and limit your activity. This increases the risk of falling. <input type="checkbox"/> Bladder infections may present with flu like symptoms and can place you at risk of falls. <input type="checkbox"/> Conditions that cause dizziness, loss of consciousness, heart problems and mobility changes can cause falls. <input type="checkbox"/> Medical conditions that cause falls can often be treated. <input type="checkbox"/> Bone and muscle changes as you age. Falls can do more damage to them or cause broken bones. <input type="checkbox"/> Medication can cause you to feel dizzy or unsteady. 	<ul style="list-style-type: none"> <input type="checkbox"/> Book regular check-ups with your family doctor. <input type="checkbox"/> Make sure you know the proper dose and know how to take your medication correctly. <input type="checkbox"/> Ask your doctor or pharmacist to review all your drugs yearly, or with any change in your health. <input type="checkbox"/> See your eye doctor once a year or if you notice vision changes. <input type="checkbox"/> Eat well, follow Canada's Food Guide for Healthy Eating. <input type="checkbox"/> Walk and keep active every day. <div style="text-align: center; margin-top: 20px;">  </div>	<ul style="list-style-type: none"> <input type="checkbox"/> Talk to your family doctor or pharmacist about any medical concerns you have or any side effects. <input type="checkbox"/> Live Well™ with Chronic Conditions, Self-Management Program. Call 655-4437 to register for a class. www.saskatoonhealthregion.ca <input type="checkbox"/> Staying on Your Feet , falls prevention program Call 655-7874 <input type="checkbox"/> Forever...in motion is an older adult physical activity group led by trained peer- leaders. Call 655-0829 <input type="checkbox"/> Older Adult Wellness Nurse offers group education and written information on health and lifestyle. Call 655-4299 <p style="margin-top: 20px;">Review the Canada Food Guide www.hc-sc.gc.ca/hp</p>

Shortness of Breath

What Can Cause Shortness of Breath	What you can do	Who to phone, where to go
<ul style="list-style-type: none"> <input type="checkbox"/> Smoking <input type="checkbox"/> Lack of physical activity <input type="checkbox"/> Obesity <input type="checkbox"/> Pollution <input type="checkbox"/> Lung infection <input type="checkbox"/> Chronic disease such as bronchitis, emphysema and COPD <input type="checkbox"/> Allergies and asthma <input type="checkbox"/> Heart problems <div style="text-align: center; margin-top: 20px;">  </div>	<ul style="list-style-type: none"> <input type="checkbox"/> Cut down or stop smoking with help from family, friends and education programs. <input type="checkbox"/> Try to stay away from places where air is polluted (e.g. smoking areas). <input type="checkbox"/> Get your annual flu shot and pneumonia vaccine to prevent severe lung infections. <input type="checkbox"/> Gradually increase your physical activity. Walk with a friend or join a fitness group. <input type="checkbox"/> Eat healthy meals. <input type="checkbox"/> Speak with your doctor about shortness of breath and why it is occurring. Note when it happens and how it limits your activities. <input type="checkbox"/> Balance activity, exercise and rest. Pace yourself. <input type="checkbox"/> Try to limit outdoor activities during a poor air quality warning. 	<ul style="list-style-type: none"> <input type="checkbox"/> Lung Association of SK has information to help people with lung problems. Call 343-9511 or www.sk.lung.ca •Community Asthma Educator: Asthma information line: 1-800-566 5864. <input type="checkbox"/> Saskatoon Health Region, Live Well™ with Chronic Disease Management Program offers exercise and education. Call 655-3483 for information. A doctor's referral is required. <input type="checkbox"/> For help on how to stop smoking Call: <ul style="list-style-type: none"> • Smoker's Helpline 1-877-513-5333 • Canadian Cancer Society 244-4389 or visit www.cancer.ca

Osteoporosis and Bone Health

What Can Cause Osteoporosis	What you can do	Who to phone, where to go
<p><input type="checkbox"/> Bones naturally become less dense and weaker with age.</p> <p><input type="checkbox"/> Lack of exercise and poor nutrition can worsen bone loss.</p> <p><input type="checkbox"/> Osteoporosis is a disease that causes loss of bone mass. This leads to brittle bones and risk for fracture.</p> <p>Causes include:</p> <ul style="list-style-type: none"> • A diet low in calcium or Vitamin D • Low body weight • Decreased activity • High salt diet • Advanced age • Cigarette smoking • Early menopause • Excess caffeine intake (greater than 2 cups of coffee per day) • Alcohol use • Decrease in estrogen in women 	<p><input type="checkbox"/> Choose 4 servings of dairy products per day (1500 mg):</p> <p style="margin-left: 20px;">1 serving =</p> <ul style="list-style-type: none"> • 1 cup of milk, • ¾ cup of yogurt • 2 oz. of cheese <p><input type="checkbox"/> Take calcium 1500 mg and Vitamin D supplement of 800 IU.</p> <p><input type="checkbox"/> Eat three balanced meals every day. For more information consult the Canada Food Guide. See page 21.</p> <p><input type="checkbox"/> Choose foods from each of the four food groups.</p> <p><input type="checkbox"/> Get active. Weight bearing exercise builds strong bones.</p> <p><input type="checkbox"/> If you drink alcohol, consume no more than two servings per day.</p> <p><input type="checkbox"/> Stop smoking.</p> <div style="text-align: center;">  </div>	<p><input type="checkbox"/> A registered dietitian can be contacted at 655-4260 for nutrition and diet counselling.</p> <p><input type="checkbox"/> Meals on Wheels: call 655-4318 to have a hot lunch delivered to your home.</p> <p><input type="checkbox"/> Some private services will prepare meals for you. Look up Home Care Disabled & Elderly Persons in the yellow pages.</p> <p><input type="checkbox"/> Osteoporosis Canada, Saskatoon Chapter provides information #1-324 Packham Ave or call 931-2663 or www.osteoporosis.ca</p> <p><input type="checkbox"/> Consider an exercise class specific for osteoporosis:</p> <ul style="list-style-type: none"> • Cosmo Civic Centre 975-3344 • SAFE Senior Aquatic and Fitness Exercise at Lawson Civic Centre 975-7873 • Osteoporosis Exercise Program at Saskatoon Field House 975-3121

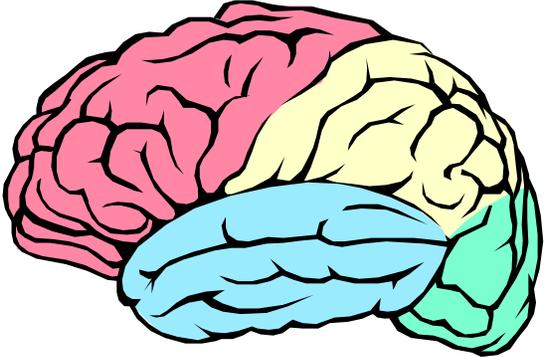
Memory

<i>What Can Cause Memory Loss</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<p><input type="checkbox"/> Normal aging can lead to more difficulty to learn new material. It may take a longer time to recall what was learned . Aging should not lead to dramatic memory loss.</p> <p>Causes of memory loss:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Depression <input type="checkbox"/> Illnesses and infection <input type="checkbox"/> Dementia (including Alzheimer’s disease) <input type="checkbox"/> Side effects of some medication <input type="checkbox"/> Stroke <input type="checkbox"/> Brain injury or brain tumour <input type="checkbox"/> Excessive alcohol consumption 	<ul style="list-style-type: none"> <input type="checkbox"/> Make a list. <input type="checkbox"/> Follow a daily routine. <input type="checkbox"/> Keep a detailed calendar. <input type="checkbox"/> Make associations to help you remember (such as using landmarks to help you find places). <input type="checkbox"/> Put important items in the same place every time (such as your keys). <input type="checkbox"/> Repeat the name of a new person that you meet. <input type="checkbox"/> Keep your mind and body active. <input type="checkbox"/> Do puzzles and play games to keep your mind sharp. 	<ul style="list-style-type: none"> <input type="checkbox"/> Talk to your family doctor about whether your memory loss is normal or needs to be assessed. <div data-bbox="1381 651 1940 1089" data-label="Image"> </div>

Concentration Difficulties

<i>What Can Cause Difficulties with Concentration</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Chronic pain. <input type="checkbox"/> Continually feeling rushed or stressed. <input type="checkbox"/> Fear of falling. <input type="checkbox"/> Worrying about poor memory or memory gaps. <input type="checkbox"/> Poor appetite or not eating balanced meals. <input type="checkbox"/> Feeling nervous or anxious. <input type="checkbox"/> Feeling sad, lonely or depressed. <input type="checkbox"/> Not keeping mentally active. 	<ul style="list-style-type: none"> <input type="checkbox"/> Plan ahead and be organized. <input type="checkbox"/> Write down activities that need to be done during the day. Keep a journal or use a calendar to remind yourself of upcoming events. Make a list. Keep items in the same place. <div style="text-align: center;">  </div> <ul style="list-style-type: none"> <input type="checkbox"/> Eat regularly to prevent physical weakness and mental sluggishness. <input type="checkbox"/> Stay active both physically and mentally. "Use it or Lose it". 	<ul style="list-style-type: none"> <input type="checkbox"/> Counselling services are available through any agencies: <ul style="list-style-type: none"> • Adult Community Mental Health Services, Saskatoon Health Region 655-7950 • Family Services Saskatoon 244-0127 • Catholic Family Services of Saskatoon 244-7773 • Clinical Health Psychology, Royal University Hospital 655-2341 • Client Patient Access Services (CPAS) can refer you to a community social worker or occupational therapist. Call 655-4346 • Canadian Mental Health Association 384-9333. <input type="checkbox"/> Join a Senior's Centre to keep both your mind and body active. See page 30. <input type="checkbox"/> Alzheimer's Society provides education, respite and caregiver support groups: Call 683-6322.

Concentration Difficulties

<i>What Can Cause Difficulties with Concentration</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Grief and loss. <input type="checkbox"/> Medications (some examples are sleeping pills or pills for anxiety). <input type="checkbox"/> Not exercising your brain. <input type="checkbox"/> Alcohol use. 	<ul style="list-style-type: none"> <input type="checkbox"/> Talk with someone you can trust about feeling anxious or sad. <input type="checkbox"/> Learn relaxation techniques. <input type="checkbox"/> Speak with your doctor about any recent loss of appetite, loss of interest in activities, difficulty sleeping or sleeping too much, discomfort, or difficulty in remembering things. <input type="checkbox"/> Mental exercises such as crossword puzzles or playing games. Keep your mind active. <input type="checkbox"/> Join community organizations. <input type="checkbox"/> Volunteer in your community. 	<ul style="list-style-type: none"> <input type="checkbox"/> SK Brain Injury Association. Call 373-1555 <input type="checkbox"/> Heart and Stroke Foundation, call 244-2124 or visit their website www.heartandstroke.sk.ca <div style="text-align: center; margin-top: 20px;">  </div>

Hazards Indoors

<i>What Can Be Hazardous in and Around the Home</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Rushing to answer the door, phone, or to use the bathroom. <input type="checkbox"/> Slippery floors and hallways. <input type="checkbox"/> Poor lighting when getting up at night. <input type="checkbox"/> Glare or poor lighting. <input type="checkbox"/> Clutter (phone or electrical cords, shoes, pet dishes, papers, or anything you may trip on). <input type="checkbox"/> Slipping in tub or shower. <input type="checkbox"/> Uneven walk ways in patios, entrances, garages, sidewalks, and gardens. <input type="checkbox"/> Loose carpets or scatter rugs. <input type="checkbox"/> Stairs and bathrooms without secure grab bars. 	<ul style="list-style-type: none"> <input type="checkbox"/> Use a cordless or cellular phone. <input type="checkbox"/> Wipe up spills right away. <input type="checkbox"/> Install a night light close to the bathroom, near the bed, and in the hallways. Use a commode at night if necessary. <input type="checkbox"/> Keep your home free from clutter. <input type="checkbox"/> Use non-slip mats in bathrooms and in the tub. <input type="checkbox"/> Fix or mark uneven floors. <input type="checkbox"/> Tack down all carpets. Remove scatter rugs. <input type="checkbox"/> Install handrails for all stairs inside and outside the home. 	<ul style="list-style-type: none"> <input type="checkbox"/> Occupational therapist can conduct a home safety visit. See Occupational Therapy in the yellow pages. <input type="checkbox"/> Check the yellow pages under Medical Equipment and Supplies, or Home Care Products Elderly & Disabled. <input type="checkbox"/> Saskatchewan Abilities Council 653-1694 or www.abilitiescouncil.sk.ca <input type="checkbox"/> Mobility aids and special needs equipment are available through loan by the Saskatchewan Aids to Independent Living program. Call (306) 787-7121 or 1-800-667-7766 or visit their website www.health.gov.sk.ca/ps_sail.html <input type="checkbox"/> To get an emergency bracelet, watch or pendant contact Philips Lifeline® at 1-866-784-1992 www.lifeline.ca

Hazards Indoors

<i>What Can Be Hazardous in and Around the Home</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Using towel racks for support. <input type="checkbox"/> Bending over to reach low objects. <input type="checkbox"/> Standing on a ladder or chair to reach high objects. <input type="checkbox"/> Clothing that is too long (e.g. nightgowns, dressing gowns, baggy pants). <input type="checkbox"/> Poor furniture arrangement and not having enough space to walk or use a walker. <input type="checkbox"/> Pets and their toys. <div style="text-align: center; margin-top: 20px;">  </div>	<ul style="list-style-type: none"> <input type="checkbox"/> Install grab bars in the bathroom. <input type="checkbox"/> Buy a long-handle reacher <input type="checkbox"/> Do not stand on ladders, chairs or stools. Store items where they are easy to reach. <input type="checkbox"/> Wear proper fitting clothing and supportive footwear. <input type="checkbox"/> Take your time when carrying objects. Use a stroller or your walker to carry items. <input type="checkbox"/> Rearrange your furniture to open up the space. This is especially important if using walking aids. <input type="checkbox"/> Watch out for sleeping pets. Pick up their toys so that you do not trip on them. 	<ul style="list-style-type: none"> <input type="checkbox"/> Some private companies will assist with home cleaning and reorganization. Consult the yellow pages under Home Care Disabled & Elderly Persons, or Maid Service. <input type="checkbox"/> Grants for minor safety renovations are available through the Home Adaptations for Seniors' Independence program Call the Canadian Mortgage and Housing Corporation at 975-4900 or 1-866-245-5758 or www.cmhc-schl.gc.ca/en/co/prfinas/prfinas004.cfm *See page 36 for a home safety checklist.

Hazards Outdoors

<i>What Can Be Hazardous Outdoors</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Walking in unfamiliar environments. <input type="checkbox"/> Wet leaves, fallen branches, snow, ice or water puddles on the street or sidewalks. <input type="checkbox"/> Raised or cracked sidewalks. <input type="checkbox"/> Improper footwear for the type of weather. <input type="checkbox"/> Poor outdoor lighting. <input type="checkbox"/> Unmarked curbs or changes in street levels, speed bumps. <input type="checkbox"/> Being knocked or bumped in crowded public areas, (malls, parks and event centres). <input type="checkbox"/> Rushing and not paying attention. <input type="checkbox"/> Getting on or off buses. 	<ul style="list-style-type: none"> <input type="checkbox"/> Walk slowly and pay attention. <input type="checkbox"/> Avoid walking on wet leaves, snow or ice if possible or walk slowly with caution. <input type="checkbox"/> Use walking aids as recommended by a health care professional. <input type="checkbox"/> Keep your centre of gravity over your feet and avoid reaching or twisting when walking or standing. <input type="checkbox"/> Use a waist belt pack or backpack instead of carrying a purse. <input type="checkbox"/> Use a portable, folding grocery cart instead of carrying heavy bags. <input type="checkbox"/> Install automatic or timed lighting outside. <input type="checkbox"/> Be aware of other people in crowded places. Try to avoid situations where you may be bumped. <input type="checkbox"/> Using a cane or walking aid may alert other walkers to allow you more space. 	<ul style="list-style-type: none"> <input type="checkbox"/> Contact the City of Saskatoon if you notice any safety problems with the following: <ul style="list-style-type: none"> • Property Maintenance 975-2828 • Street and Sidewalk Maintenance 975-2476 • Street Light Maintenance 975-2414 <p>When you call, report:</p> <ul style="list-style-type: none"> • Location of the hazard • Description of the hazard • If you have fallen because of the hazard <div style="text-align: center; margin-top: 20px;">  </div>

Balanced, Healthy Eating for Seniors

What is Healthy Eating?

- Eat enough calories to maintain a healthy body weight. If you are unsure if your weight is healthy, ask your doctor at your next appointment.
- Eat 3 balanced meals a day. If your appetite is small, try adding snacks or nutritional drinks (Boost® or Ensure®) between meals.
- Drink 6-8 cups of non-caffeinated fluids per day to stay hydrated.
- Choose foods high in fibre at each meal to help maintain regular bowel movements. Foods high in fibre include: whole grain breads, pastas and cereals, fruits, vegetables, beans and lentils.
- Take steps to enjoy meals and snacks with family and friends. Use Canadian Good Guide to help you: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

What is a Balanced Meal?

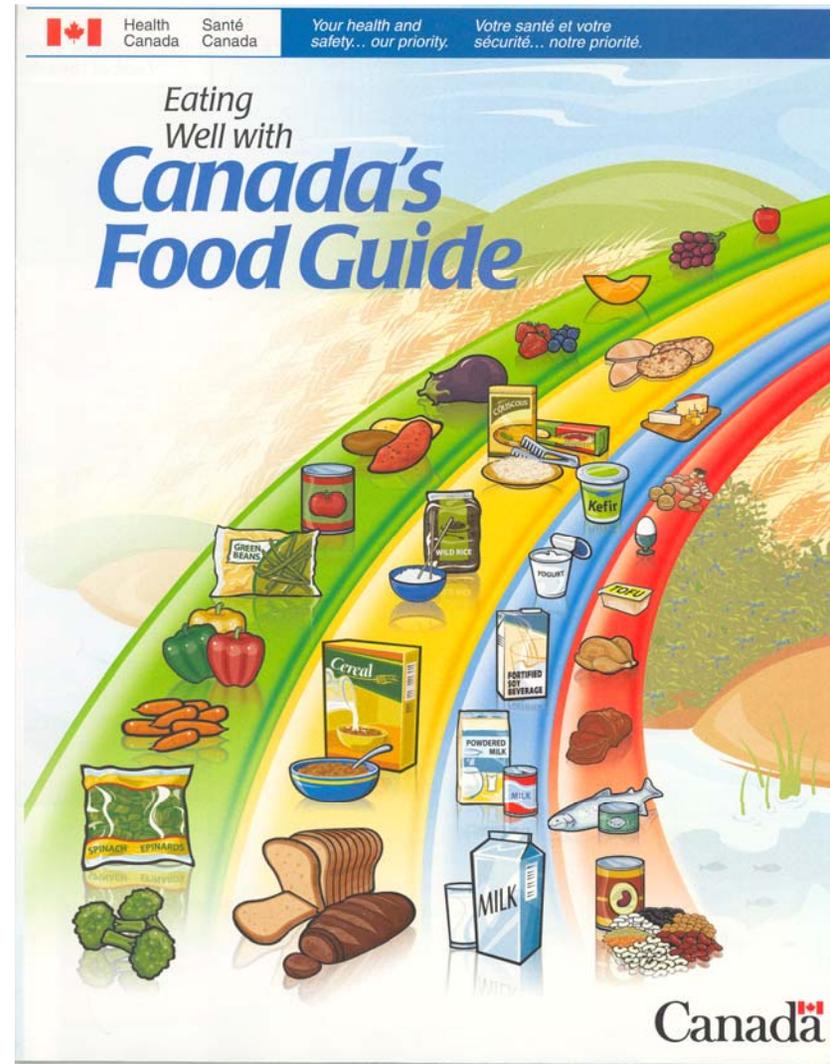
A balanced meal follows: *Eating Well with Canada's Food Guide*

- Include foods from each food group at each meal.
Food groups are shown in the Food Guide's rainbow.

Other Tips

Most adults over the age of 50 years benefit from taking a multivitamin with minerals “for older adults” daily. Incorporate 30 minutes of activity daily. Include flexibility, strength and balance and endurance exercises. If your activity level has altered recently, speak with your doctor about available options to maximize safe activity.

*If you are concerned about nutrition, speak with your doctor to see if a referral to a dietician is appropriate.



Endurance and Weakness

<i>What Can Cause Low Endurance and Weakness</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Decreased level of physical activity: “use it or lose it”. <input type="checkbox"/> Not eating regularly: proper nutrition is important to maintain your energy and strength. <input type="checkbox"/> Heart and lung problems can lead to shortness of breath and fatigue during activity. <input type="checkbox"/> Neurological conditions can affect the way your muscles function and affect your activity levels. <input type="checkbox"/> Arthritis pain and stiff joints can limit your daily activities. 	<ul style="list-style-type: none"> <input type="checkbox"/> Gradually increase the amount of physical activity you do each day. <input type="checkbox"/> Keep active to maintain your strength, flexibility, and endurance. <input type="checkbox"/> Consult your doctor before beginning a fitness routine. <input type="checkbox"/> Use appropriate aids recommended by a health care professional to help decrease the energy required to complete daily tasks. <input type="checkbox"/> Take appropriate rest periods between activities; don't try to do it all at once! <input type="checkbox"/> Prioritize. Limit unnecessary tasks to make sure you have enough energy for the things you need and want to do. <input type="checkbox"/> Ask for assistance when lifting or moving heavy objects. <input type="checkbox"/> Get assistance with heavy tasks such as house cleaning, cutting grass, shovelling snow, etc. <input type="checkbox"/> Sit on higher chairs or ones that have armrests to make it easier to get up from sitting. 	<ul style="list-style-type: none"> <input type="checkbox"/> Refer to Canada's Activity Guide for Older Adults available at www.paguide.com or call 1-888-334-9769 <input type="checkbox"/> Contact in motion for your copy of Physical Activity and Healthy Eating Resources for Older Adults 655-DOIT (3648) or www.in-motion.ca <input type="checkbox"/> Arrange for an assessment with Client/Patient Access Services (CPAS) to assess and refer to community physical and occupational therapy 655-4346. <input type="checkbox"/> Contact Saskatoon Services for Seniors at 668-2762 for home help. <div style="text-align: right; margin-top: 20px;">  </div>

Muscles and Joints

<i>What Can Cause Weak Muscles and Stiff Joints</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Decrease in physical activity. <input type="checkbox"/> Untreated injury, pain or discomfort. <input type="checkbox"/> Conditions affecting the muscles and joints (arthritis, osteoporosis, MS, Parkinson's, and stroke). <input type="checkbox"/> Tight muscles. <input type="checkbox"/> Overdoing physical activity. 	<ul style="list-style-type: none"> <input type="checkbox"/> Join an exercise program at recreational centres or seniors centres. <input type="checkbox"/> Plan a regular physical activity and gradually increase it. <input type="checkbox"/> See a physiotherapist or kinesiologist for exercises designed for you. <input type="checkbox"/> Talk with your health professional (your doctor, a physiotherapist, occupational therapist, or exercise physiologist) about your discomfort or soreness. It's a good idea to write down what time of day it comes, what activity you are doing, when the discomfort is the worst, and what you do to relieve the pain. 	<ul style="list-style-type: none"> <input type="checkbox"/> Seniors' Centers offer a variety of social and exercise programs. See page 30 for these contacts. <input type="checkbox"/> Private physiotherapy clinics are listed in the Yellow Pages. No referral is required. You may wish to discuss with your doctor before making an appointment because there may be a fee. <input type="checkbox"/> Check the City of Saskatoon Leisure Guide for information on gentle fitness. It is available at all City of Saskatoon Leisure facilities or www.saskatoon.ca <input type="checkbox"/> CPAS can refer to Community Therapy for those who are unable to attend rehabilitation as an outpatient 655-4346. <input type="checkbox"/> Call Forever... in motion 655-0829. <input type="checkbox"/> Masters Swimming: contact Gisele at 242-9092 or ggignac@sasktel.net

Muscles and Joints

<i>What Can Cause Weak Muscles and Stiff Joints</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<p><input type="checkbox"/> Arthritis</p>	<p><input type="checkbox"/> Arthritis Society gives assistance to find local community resources, guidance to access the health care system, and emotional support. Toll free 1-800-321-1433</p>	<p><input type="checkbox"/> Registered massage therapists are listed in the Yellow Pages.</p> <p><input type="checkbox"/> Forever In Motion 655-DOIT(3648)</p> <p><input type="checkbox"/> Contact Arthritis Society 244-4755 or www.arthritis.ca. They offer programs including:</p> <ul style="list-style-type: none"> • ‘Twinges ‘n Hinges’ swimming program at YWC. Call 244-0944 • People with Arthritis Can Exercise. Drop in program (PACE) Call 1-800-321-1433 <p><input type="checkbox"/> See Walking for Wellness (p. 26) for walking programs</p> <p><input type="checkbox"/> Bridge City Senior Action, Saskatoon Field House call 975-3354 for contact information</p> <p><input type="checkbox"/> SAFE: Senior Aquatic and Fitness Exercise at Lawson Civic Centre 975-7873</p> <p><input type="checkbox"/> Live Well with Chronic Disease Management – 655-LIVE (5483)</p>

Pain

<i>What Can Cause Pain</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> A recent injury, surgery, or illness. <input type="checkbox"/> A chronic disease such as arthritis, diabetes, or MS. <input type="checkbox"/> Pain can be worsened by emotions such as fear, stress, anxiety, and depression. 	<ul style="list-style-type: none"> <input type="checkbox"/> Take your time and be careful so you can avoid injury. <input type="checkbox"/> Stand, sit, and walk with good posture. <input type="checkbox"/> Maintain an active and healthy lifestyle to decrease the chance of developing chronic illness. <input type="checkbox"/> Keep a diary of your pain. Record when your pain happens, what activities cause it, what relieves your pain, and how strong your pain is (on a scale of 1 to 10). Take this pain diary with you to health appointments. <input type="checkbox"/> Learn relaxation techniques to help decrease your emotional response to pain. <input type="checkbox"/> If your pain is due to muscle soreness, consider visiting a massage therapist. 	<ul style="list-style-type: none"> <input type="checkbox"/> Consult a physical therapist or family doctor about the appropriate use of cold or heat therapy. <input type="checkbox"/> See your family doctor about any pain that does not go away, or if it comes and goes but does not improve over time. A referral to the Chronic Pain Centre may be helpful. <input type="checkbox"/> If your pain is due to an injury, see your family doctor and/or physical therapist to treat the injury. <input type="checkbox"/> Talk to your pharmacist or family doctor about what sort of pain medication is appropriate for your pain. <input type="checkbox"/> Many people find acupuncture useful in decreasing pain. Look for Acupuncture in the yellow pages. <input type="checkbox"/> To find a massage therapist look up Massage in the yellow pages.

Walking for Wellness

What Can Limit Your Walking	What you can do	Who to phone, where to go
<p><input type="checkbox"/> Review your identified risk factors on pages 3, 4, and 5.</p> <p><input type="checkbox"/> Understand what you can do for each risk factor.</p> <p>Myth: “No pain, go gain”</p> <p>Listen to your body. Stop your activity if you experience pain or discomfort.</p> 	<p><input type="checkbox"/> Walk with a friend.</p> <p><input type="checkbox"/> Walk in your neighbourhood.</p> <p><input type="checkbox"/> Walk in different places such as tennis courts, libraries, museums, malls, etc.</p> <p><input type="checkbox"/> Walk in a pool to ease joint pain.</p> <p><input type="checkbox"/> Use a walking aid if you are unsteady (like a cane or walking poles).</p> <p><input type="checkbox"/> Join a walking program. Before starting a walking routine, speak with your family doctor.</p> <p><input type="checkbox"/> Start slowly and progress slowly.</p> <p><input type="checkbox"/> Walk everyday because you are worth it.</p>	<p><input type="checkbox"/> Aqua Walking</p> <ul style="list-style-type: none"> •Harry Bailey Aquatic Centre 975-3321 •Lakewood Civic Centre 975-2944 •Shaw Centre 975-7744 <p><input type="checkbox"/> Walking Programs</p> <ul style="list-style-type: none"> •Pedestrian Walking Club 244-0957 •Mall Walking Program, call the Saskatchewan Senior’s Fitness Association 242-9452 •Gentle Walk and Talk Saskatoon Field House 975-3354 •Summer Walking Group, Cosmopolitan Senior’s Centre 652-9766 •Walk & Sculpt, Lakewood Civic Centre 975-7808 •Walking Track at Shaw Centre 975-7744 •Walking Track at the Terry Fox Track 657-5757

Continence

<i>What Can Cause Changes in Bladder & Bowel Control</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Normal aging can cause bladder size to hold less urine. <input type="checkbox"/> Urinary bladder infection <input type="checkbox"/> Weakness of muscles controlling urine flow <input type="checkbox"/> Side effects of medication <input type="checkbox"/> Prostate problems <input type="checkbox"/> Constipation <input type="checkbox"/> Irritants such as caffeine, alcohol, carbonated beverages <input type="checkbox"/> Not drinking enough fluids <input type="checkbox"/> Difficulty getting to the bathroom on time <input type="checkbox"/> Damaged muscle (from childbirth or surgery e.g. prostate or bladder surgery) can cause incontinence with coughing or sneezing. 	<ul style="list-style-type: none"> <input type="checkbox"/> Talk to your doctor. <input type="checkbox"/> Go to the bathroom before going to bed or leaving the house. <input type="checkbox"/> Limit or avoid beverages with caffeine <input type="checkbox"/> Avoid constipation by eating a high fibre diet, drinking plenty of fluids, and exercise. <input type="checkbox"/> Talk to your doctor or health professional about treatment and exercises that strengthen the muscles that control urine flow. <input type="checkbox"/> Drink enough fluids so your urine is light yellow in color. <input type="checkbox"/> See your doctor about any changes in bowel or bladder control, blood in urine, foul smelling urine, difficulty or pain urinating, getting to the bathroom on time, constipation or diarrhea. <input type="checkbox"/> Install a properly secured grab bar by the toilet for support getting up from or down to the toilet. 	<ul style="list-style-type: none"> <input type="checkbox"/> Canadian Continence Foundation Call 1-800-265-9575 or visit www.continence-fdn.ca <input type="checkbox"/> Kidney Foundation of Canada Disability Strategy – 664-8588 www.kidney.sk.ca <input type="checkbox"/> Pelvic Floor Rehab, Saskatoon Health Region 655-6208 <input type="checkbox"/> Daniels Kimber Physiotherapy (bladder control) 652-5151 <input type="checkbox"/> Life Mark Health Center 304-3907 <input type="checkbox"/> Community Clinic PT 652-0300 <input type="checkbox"/> Erindale Physical Rehab 664-7275 <input type="checkbox"/> Bourassa & Associates 650-1962 <input type="checkbox"/> Dietitian Saskatoon Health Region 655-4265 <input type="checkbox"/> Speak with your family doctor or a health care professional.

Continence

<i>What Can Cause Changes in Bladder & Bowel Control</i>	What you can do	Who to phone, where to go
<p><input type="checkbox"/> Constipation can make your bladder problems worse. If the rectum is filled with constipated stool, there is less room for the bladder to fill. You should have regular, soft, formed bowel movements (at least every three days).</p> <p><input type="checkbox"/> Chronic Diseases</p> <ul style="list-style-type: none"> • Diabetes • Stroke • Dementia 	<p><input type="checkbox"/> If you are on regular narcotic pain medication, you will need regular laxatives.</p> <p><input type="checkbox"/> Try to keep blood sugars under good control. High blood sugars can make increase the chance of getting a bladder infection.</p> <p><input type="checkbox"/> Wear loose fitting or modified clothing (i.e. velcro instead of buttons or zippers, elastic waistband instead of a belt).</p> <p><input type="checkbox"/> You may need to be reminded to go to the toilet regularly if you cannot feel the urge to go, for yourself.</p>	<p><input type="checkbox"/> Visit your local drug store, medical supply store or pharmacy for continence products (e.g. pads, bed sheets, condom catheters, urinals, etc.).</p> <div style="text-align: center;">  </div>

Sleep Difficulties

<i>What Can Cause Difficulties with Sleeping</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Lack of physical activity. <input type="checkbox"/> Poor sleeping environment (temperature of the room, noise, uncomfortable bed). <input type="checkbox"/> Lack of sunlight in the daytime. <input type="checkbox"/> Having caffeinated drinks in the evening (coffee, tea, cola, alcohol or chocolate). <input type="checkbox"/> Napping in the late afternoon and early evening. <input type="checkbox"/> Stress. <input type="checkbox"/> Feeling nervous, anxious, depressed or worried. <input type="checkbox"/> Alcohol use. <input type="checkbox"/> Medication. <input type="checkbox"/> Intolerance to sleeping pills. <input type="checkbox"/> Aches and pains. <input type="checkbox"/> Grief and loss. <input type="checkbox"/> Sleep apnea. 	<ul style="list-style-type: none"> <input type="checkbox"/> Normal sleeping pattern for older adults is six hours per night, awakening twice during the night, falling asleep again within 20 min. <input type="checkbox"/> If you can't sleep after 20-40 minutes, try reading or listening to music. <input type="checkbox"/> Avoid caffeinated foods and drinks late in the day, try warm milk instead. <input type="checkbox"/> Do not nap in the late afternoon or early evening. <input type="checkbox"/> Keep bedroom cool and quiet. <input type="checkbox"/> Learn relaxation techniques. <input type="checkbox"/> Use sleeping pills only if necessary, and contact your doctor before using. <input type="checkbox"/> Exercise during the day. <input type="checkbox"/> Limit alcohol. It helps you go to sleep, but reduces the amount of restful sleep you get. <input type="checkbox"/> Try to walk for 20 minutes a day. <input type="checkbox"/> Use pillows to prop you up in bed to help you breathe easier. 	<ul style="list-style-type: none"> <input type="checkbox"/> Check with a health care professional (your community nurse, pharmacist or family doctor). <input type="checkbox"/> Seniors Centres offer classes in fitness, exercise, and health information. See page 30 <input type="checkbox"/> Contact Sleep Disorders Center. Call 655-8555 ext. 1. <div style="text-align: center; margin-top: 20px;">  </div>

Senior Centres

<i>What can cause feelings of loneliness and boredom</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Loss of a loved one. <input type="checkbox"/> Loss of health and abilities. <input type="checkbox"/> Limited transportation. <input type="checkbox"/> Inactivity. <input type="checkbox"/> Social isolation. 	<ul style="list-style-type: none"> <input type="checkbox"/> Talk to others about your loss. <input type="checkbox"/> Join social events or arrange for a one-to-one visitor. <input type="checkbox"/> Use your current abilities to become more active. <input type="checkbox"/> Volunteer in your community. <input type="checkbox"/> Utilize community transportation resources. 	<ul style="list-style-type: none"> <input type="checkbox"/> Saskatoon offers many seniors programs. Refer to the Older Adults Physical Activity & Healthy Eating Resource Guide available from <i>in motion</i> 655-7874 or 655-3854 <input type="checkbox"/> Become a Volunteer. Call Volunteer Saskatoon 955-3477 or www.volunteersaskatoon.com <p>Transportation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Saskatoon Transit System Services call 975-3555. <input type="checkbox"/> Access Transit at 975-3555 <input type="checkbox"/> Directory of Services & Social Activities for Older Adults Guide lists transportation options. Call 652-2255 or www.scoa.ca

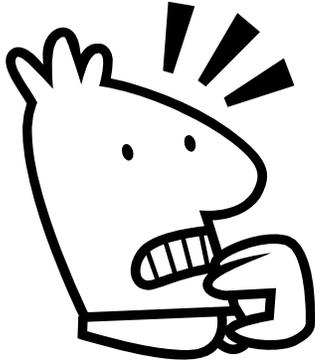
Balance

What can cause balance problems	What you can do	Who to phone, where to go
<ul style="list-style-type: none"> <input type="checkbox"/> Balance is a function involving eyes, inner ear, muscular strength and joint flexibility. <input type="checkbox"/> Reflexes can decline with age. <input type="checkbox"/> Getting up too fast. <input type="checkbox"/> Lack of physical activity. <input type="checkbox"/> Poor vision or hearing can affect how quickly you can re-steady yourself. <input type="checkbox"/> Alcohol and medication misuse. <input type="checkbox"/> Poor footwear. <input type="checkbox"/> Not using the correct walking aids. <input type="checkbox"/> Lack of sleep. <input type="checkbox"/> Not eating enough or consistently. <input type="checkbox"/> Medical conditions that affect your muscles or sensation. <input type="checkbox"/> Medical conditions that affect your inner ear. <input type="checkbox"/> Medical conditions such as diabetes and MS can affect your five senses (hearing, sight, touch, smell, taste). <input type="checkbox"/> Parkinson Disease, stroke, arthritis 	<ul style="list-style-type: none"> <input type="checkbox"/> Take your time. Do not rush. <input type="checkbox"/> Exercises to improve your balance (e.g. Tai Chi). <input type="checkbox"/> Wear well fitting footwear. <input type="checkbox"/> Avoid alcohol. <input type="checkbox"/> Use walking aids correctly and gradually increase your walking tolerance. <input type="checkbox"/> Eat regular well balanced meals to give yourself energy. <input type="checkbox"/> Use corrective lenses for poor vision. <input type="checkbox"/> Talk with support groups such as the Diabetes Association. <input type="checkbox"/> Talk with your doctor about any conditions you may have and what can help. <input type="checkbox"/> Sit in chairs with armrests and a firm seat and back. 	<ul style="list-style-type: none"> <input type="checkbox"/> Consult your family physician or a physical therapist to learn how to improve your balance. <input type="checkbox"/> Take a class to learn Tai Chi, Yoga, or dance. Many studios and schools offer classes for older adults. Contact in motion for a copy of Older Adults Physical & Healthy Eating Resource Guide 655-DOIT(3648) or www.in-motion.ca <div style="text-align: right; margin-top: 20px;">  </div>

Dizziness

<i>What can cause Dizziness</i>	<i>What you can do</i>	<i>Who to phone, where to go</i>
<ul style="list-style-type: none"> <input type="checkbox"/> Standing up quickly from a chair. <input type="checkbox"/> Getting up quickly from lying down. <input type="checkbox"/> Low blood pressure. <input type="checkbox"/> Dehydration. <input type="checkbox"/> High blood pressure. <input type="checkbox"/> Medication side effects. <input type="checkbox"/> Inner ear problems. <input type="checkbox"/> Low blood sugar. <input type="checkbox"/> Too much exercise after a meal. 	<ul style="list-style-type: none"> <input type="checkbox"/> Sit on the side of the bed for a few minutes before you stand up. <input type="checkbox"/> After standing, pause and take one slow, deep breath. Wait for the dizziness to pass before taking a step. <input type="checkbox"/> Have your blood pressure and heart rate checked regularly. <input type="checkbox"/> Tell your doctor if your medication is making you drowsy or dizzy. <input type="checkbox"/> Have your ears checked. <input type="checkbox"/> Eat a meal or snack every 4-6 hours. <input type="checkbox"/> Rest after meals. 	<ul style="list-style-type: none"> <input type="checkbox"/> Life Mark Health Center Call 652-5151. <input type="checkbox"/> Canadian Back Institute, Balance and Dizziness Centre. Call 664-0755. <input type="checkbox"/> Speak with your family doctor or a health care professional. <input type="checkbox"/> Several local drug stores and grocery stores have blood pressure machines and health information handouts. <input type="checkbox"/> The Saskatoon Council on Aging offers free Blood Pressure and Wellness Clinics on the first Tuesday of the month. Call 652-2255.

Fear of Falling

<i>What Can Cause a Fear of Falling</i>	<i>What you can do</i>	<i>Who to phone, where to phone</i>
<ul style="list-style-type: none"> <input type="checkbox"/> History of falls or near falls. <input type="checkbox"/> Traumatic experiences related to a fall (e.g. hospitalization, fractures, and inability to get up after a fall). <input type="checkbox"/> Loss of independence and control. <input type="checkbox"/> Decreased confidence in your physical abilities as you age. <div style="text-align: center; margin-top: 20px;">  </div>	<ul style="list-style-type: none"> <input type="checkbox"/> Be aware of your own attitudes, concerns and beliefs about falling. <input type="checkbox"/> Take control of your own safety. <input type="checkbox"/> Remove hazards from your home. <input type="checkbox"/> Make changes to protect yourself. <input type="checkbox"/> Wear a personal alarm. <input type="checkbox"/> Recognize and know your risk factors and limitations. <input type="checkbox"/> Be assertive (e.g. Ask for a seat on a crowded bus). <input type="checkbox"/> Practice skills to increase your confidence. <input type="checkbox"/> Ask for help, this is a sign of independence! <input type="checkbox"/> Be a problem solver and find alternatives to risky behaviours. <input type="checkbox"/> Maintain regular contact with friends, relatives or neighbours. <input type="checkbox"/> Be a positive thinker. <input type="checkbox"/> Carry a cell phone or cordless phone with you. 	<ul style="list-style-type: none"> <input type="checkbox"/> Read this entire booklet and learn strategies to prevent falling. <input type="checkbox"/> Speak with a health professional. <input type="checkbox"/> Talk to other seniors who have experienced a fall. <input type="checkbox"/> Wear an emergency bracelet or pendant. Call Philips Lifeline®: 1-800-543-3546 <input type="checkbox"/> Contact Saskatoon Council on Aging for a complete list of personal alarm companies 652-2255 or check the Directory of Services & Social Activities www.scoa.ca

Talk to your doctor about your concerns

Falling, slipping and tripping are **not normal**. You need to find out why this is happening and how to protect yourself. You know yourself best, so you need to be able to clearly tell your doctor about your problem(s). Trust and comfort are essential for a good patient-doctor relationship.

You can do your part by following the suggestions as listed below:

- List your concerns on paper in order of “what is most important” before going to the doctor’s office.
- Make sure you understand what you are asking the doctor. Be clear.
- When making your appointment, be sure to tell the person who is booking your appointment if you think you will need a longer time to speak with the doctor. This may be especially valuable when your concerns are “vague” or concern emotional health.
- If you are unclear or unsure about the medical treatment plan (e.g. tests, medications, therapies) ask that it be written down or restated. It is not unusual to forget or not hear everything the doctor tells you.
- Do not be afraid to speak up for yourself. Tell your doctor if the “plan” or “treatment” is not working. Do not think that maybe it will work eventually.
- Keep a diary of medications and complaints, and take this with you.
- Ask for resources (e.g. brochures, videos).
- Do not stop medication without consulting a health care professional.
- Have someone go with you to the doctor’s appointment if you do not hear well or have difficulty understanding information. A second set of ears and someone else to help remember what was discussed is helpful.
- If you need a family doctor, a list of doctors taking new patients can usually be picked up:
 - at walk-in clinics
 - by calling 655-8217
 - or on the internet at www.saskatoonhealthregion.ca then click on “Doctors Taking Patients”

Preventing Falls: Home Safety Checklist

Here is a checklist you can use to identify areas that could be made safer in your home. Ideas to improve safety are given for each item listed.

Floors

Check the floors in all your rooms and hallways.

When you walk through a room do you have to walk around furniture?

- ◆ Ask someone to help you move the furniture so you have a clear path.

Are papers, magazines, books, clothes, shoes, boxes, blankets, towels, or other objects on the floor?

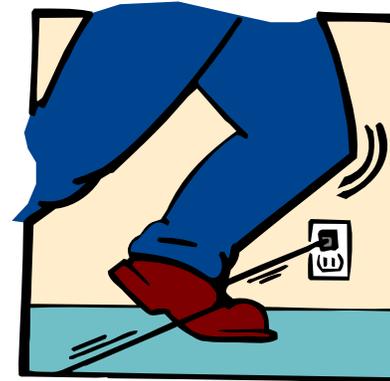
- ◆ Pick up things that are on the floor. Always keep your paths clear.
- ◆ If there is a lot of clutter, ask family and friends to help you, or hire a cleaning service to help you out.

Do you have throw/scatter rugs on the floor?

- ◆ Remove rugs or use double-sided tape or a non-slip backing to secure the rugs so they won't slip.

Do you have to walk over or around cords or wires (like cords from lamps, extension cords, or telephone cords)?

- ◆ Coil or tape cords and wires next to the wall so you can't trip over them.
- ◆ Have an electrician put in another outlet.



Bathrooms

Look at all your bathrooms.

- Is the tub or shower floor slippery?**
 - ◆ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

- Is the bathroom floor slippery or do you have small rugs on the floor?**
 - ◆ Keep the floor dry.
 - ◆ Use non-slip wax (or no wax) on floors.
 - ◆ Remove small rugs and use a rubber-backed, non-slip mat beside the tub.

- Do you feel unsteady when you get into or out of your tub or shower, or up from your toilet?**
 - ◆ Have a handyman or carpenter put in a grab bar inside the tub and next to the toilet.
 - ◆ Consider sitting on a bench or stool in the shower.
 - ◆ Consider using an elevated toilet seat.

Kitchen and Dining Area

- Are the things you use most often on high shelves?**
 - ◆ Move items in your cabinets so that the things you use most often are stored close to the height of your waist.

- When getting items off of the top shelves do you stand on a chair or an unsteady step stool?**
 - ◆ Buy a step stool with high and sturdy handrails.



Bedrooms

Is it difficult to get around the bedroom at night?

- ◆ Put a nightlight in your bedroom, and consider having them in the hallways and bathroom for when you get up at night. Have a lamp or light switch that you can easily reach without getting out of bed. Keep a flashlight close by.

Stairs and Steps

Look at the stairs you use both inside and outside your home.

Are papers, shoes, books, or other objects on the stairs?

- ◆ Pick up things on the stairs. Always keep objects off the stairs.

Are your stairs and steps lacking good lighting or is there only one switch to control the lights?

- ◆ Have a friend or family member change any burnt out light bulbs.
- ◆ Have a handyman or an electrician put in an overhead light with switches at the top and bottom of the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- ◆ Fix loose handrails or put in new ones.
- ◆ Make sure handrails are on both sides of the stairs and run the full length of the stairs.

Are your outdoor steps slippery?

- ◆ Keep steps free of ice and snow.
- ◆ Paint steps with a mixture of sand and paint for better traction.

Is there loose or torn carpet on the stairs, or are the stairs uneven or broken?

- ◆ Ensure that carpets are in good shape and are firmly attached to every step.
- ◆ Consider replacing carpet with non-slip rubber treads on indoor stairs.
- ◆ Fix loose or uneven steps.
- ◆ Put reflecting tape on or paint the edges of outdoor steps and any steps that are especially narrow or are higher or lower than the rest.

Entrances and Outside Areas

Does the driveway or sidewalk have bumps and cracks?

- ◆ Fill cracks and have bumps worn down.

Are objects blocking walkways?

- ◆ Keep your garden tools organized and put them away after use.

Is it dark when you enter your house at night?

- ◆ Leave a light on outside your door before you leave.
- ◆ Have a motion-sensing light installed by your door.



Other things you can do to prevent falls or lessen their seriousness:

- Turn on the lights when you enter your house at night. Walking around in the dark can be dangerous.
- Wear non-slip, low-heeled shoes or slippers that fit snugly. Avoid slippers and running shoes with thick soles.
Don't walk around in stocking feet.
- Use helping devices (hand reachers and canes) when necessary.
- If you feel dizzy or light-headed, sit down until your head clears. Stand up slowly to avoid unsteadiness.
- Exercise regularly to maintain strength, balance, and coordination.
- Improve the lighting in your home. Use brighter light bulbs (at least 60 watts). Use lamp shades or frosted bulbs to reduce glare.
- Paint doorsills a different colour to prevent tripping.
- Put a phone near the floor in case you fall and can't get up.
- Keep emergency numbers in large print near each phone.
- Think about wearing a personal alarm device that will bring help in case you fall and can't get up.

What to do if you fall:

What will help	What you can do	Who to phone, where to go
<ul style="list-style-type: none"> <input type="checkbox"/> Get help quickly after a fall to reduce the chance of needing hospital admission or death. <input type="checkbox"/> Activate your personal alarm so help can come quickly. <p>Call 9-1-1 to help get up. Do not be embarrassed to do this. Firefighters, police officers and ambulance personnel are trained in lifting people safely without further injuring you or them.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Buy a portable telephone and carry it with you around your home. <input type="checkbox"/> Consider getting a personal alarm system, especially if you live alone. 	<ul style="list-style-type: none"> <input type="checkbox"/> For information about personal alarm systems, see the Directory of Services & Social Activities for Older Adults available from Saskatoon Council on Aging 652-2255 or on their website at www.scoa.ca

Notes

Identify your own risks and what you plan to do to avoid falls. Write them on this page and place it on your refrigerator – refer back to it to keep on track.

My Plan to Prevent Falls Date: _____

My Greatest Risk(s)	I will do:	I have done:	Target Date:
1.			
2.			
3.			
4.			

Notes: _____

