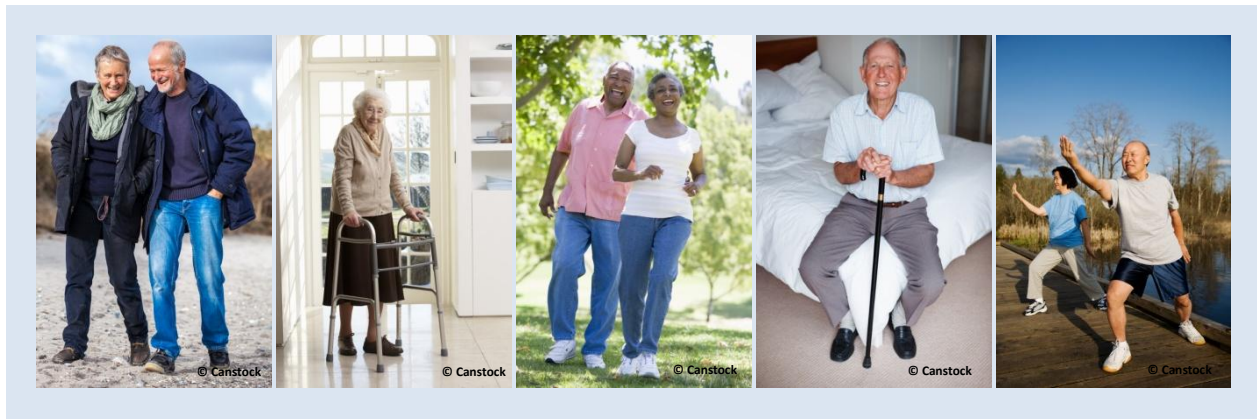


# Staying on your feet

A guide to help older adults prevent falls



This guide will help you:

- ✓ Identify what puts you at risk for falls
- ✓ Learn how to prevent falls
- ✓ Find local and online resources



[SouthWesthealthline.ca](https://SouthWesthealthline.ca)

# You can prevent falls

As an older adult, you have a greater chance of falling. A fall can cause serious injury and affect the quality of your life. The good news is that falls can be prevented.

There are many reasons why older adults may fall. These reasons are called 'risk factors'. Knowing your risk factors will help you know what to do to prevent a fall.

## The “Staying on your feet” guide helps you know:

- ✓ What puts you at risk of falling
- ✓ What you can do to prevent falls

## How to use this guide

Your health care provider will help you:

1. Review the [My Snapshot](#) tool. This is a list of the risk factors that put older adults at risk of falling. You can return to the tool anytime by clicking on the picture of the camera.
2. Identify what puts you at risk and what may be causing this.
3. Review what you can do to reduce each risk.
4. Find the local and online resources that are available to help you.  
You can have a printed copy of this information to keep at home or have it sent to you by e-mail so you can review it online.
5. Decide what you would like to do and fill out [My plan to prevent falls!](#) on pages 34 and 35. By carrying out your plan, you reduce your chance of falling. Even small steps can make a big difference.



You can use this guide again in the future to take another 'snapshot' of your risks and make new plans.

**For helpful tips for all older adults, go to [You can prevent falls!](#) (page 36) at the end of this guide.**

## My Snapshot



1. Select the risk factors that apply to you.
2. Read the information about each risk factor to learn what to do and where to get information or help.

| Risk factor   | Examples   | Page      |
|---|--|-----------|
| <input type="checkbox"/> <a href="#">Fear and social isolation</a>    | <ul style="list-style-type: none"> <li>• Limiting your activity due to a fear of falling</li> <li>• Feeling lonely, anxious, or depressed</li> <li>• Unable to get out due to lack of transportation</li> </ul>                              | <b>4</b>  |
| <input type="checkbox"/> <a href="#">Taking certain medications</a>   | <ul style="list-style-type: none"> <li>• Taking 3 or more medications a day</li> <li>• Feeling dizzy or unsteady after changing medications</li> <li>• Taking sedatives, fluid pills, blood pressure pills, or recreational drugs</li> </ul> | <b>6</b>  |
| <input type="checkbox"/> <a href="#">Balance problems</a>             | <ul style="list-style-type: none"> <li>• Feeling unsteady or having trouble balancing when standing or walking</li> <li>• Difficulty getting up after sitting or lying</li> <li>• Difficulty getting out of the tub</li> </ul>               | <b>8</b>  |
| <input type="checkbox"/> <a href="#">Not enough physical activity</a> | <ul style="list-style-type: none"> <li>• Poor physical fitness due to inactivity</li> <li>• Shuffling feet when walking</li> <li>• Weak muscles, stiff joints, or osteoarthritis</li> </ul>  | <b>10</b> |
| <input type="checkbox"/> <a href="#">Poor nutrition</a>               | <ul style="list-style-type: none"> <li>• Poor diet, not eating healthy foods</li> <li>• Missing meals or not eating enough</li> </ul>  | <b>12</b> |
| <input type="checkbox"/> <a href="#">Dizziness and fainting</a>       | <ul style="list-style-type: none"> <li>• Feeling dizzy</li> <li>• Fainting or losing consciousness</li> </ul>  | <b>14</b> |
| <input type="checkbox"/> <a href="#">Vision problems</a>              | <ul style="list-style-type: none"> <li>• Blurred or double vision</li> <li>• Difficulty seeing steps or walking in dim light</li> </ul>  | <b>16</b> |

Continued on the next page →

## My Snapshot... continued

| Risk factor   | Examples  | Page      |
|---|---|-----------|
| <input type="checkbox"/> <a href="#">Indoor hazards</a>                         | <ul style="list-style-type: none"> <li>Floors are cluttered with papers, electrical cords, shoes, or other objects</li> <li>Loose mats or area rugs</li> <li>Poor lighting</li> <li>No one to help with household chores</li> </ul>                 | <b>18</b> |
| <input type="checkbox"/> <a href="#">Outdoor hazards</a>                        | <ul style="list-style-type: none"> <li>Uneven or icy walkways</li> <li>Poor lighting</li> <li>No one to help with home repairs</li> </ul>   | <b>20</b> |
| <input type="checkbox"/> <a href="#">Problems with bladder control</a>          | <ul style="list-style-type: none"> <li>Rushing to the bathroom</li> <li>Bladder leaking or accidents</li> </ul>   | <b>22</b> |
| <input type="checkbox"/> <a href="#">Problems with memory and concentration</a> | <ul style="list-style-type: none"> <li>Trouble concentrating</li> <li>Difficulty remembering</li> <li>Dementia or Alzheimer's disease</li> </ul>  | <b>24</b> |
| <input type="checkbox"/> <a href="#">Alcohol use</a>                            | <ul style="list-style-type: none"> <li>Having more than 3 standard drinks a day</li> <li>Having more than 10 (for women) or 15 (for men) standard drinks a week</li> <li>Drinking to deal with feelings, relieve pain, or help you sleep</li> </ul> | <b>26</b> |
| <input type="checkbox"/> <a href="#">Foot problems</a>                          | <ul style="list-style-type: none"> <li>Shoes that don't fit or support your feet</li> <li>Pain, swelling, or loss of feeling in your feet</li> <li>Open sores, corns, or thickened toenails</li> </ul>  | <b>28</b> |
| <input type="checkbox"/> <a href="#">Poor bone health</a>                       | <ul style="list-style-type: none"> <li>Osteoporosis</li> <li>Not enough calcium and vitamin D in your diet</li> <li>Broken bones after a simple fall</li> </ul>   | <b>30</b> |
| <input type="checkbox"/> <a href="#">Hearing problems</a>                       | <ul style="list-style-type: none"> <li>Hearing loss or a build-up of wax in your ears</li> <li>Hearing aids that don't work or need cleaning</li> </ul>   | <b>32</b> |

## Risk factor: Fear and social isolation



### What can cause this (check all that apply to you)

- ☐ A previous fall or 'near fall'.
- ☐ Falling was such a bad experience that you are afraid to go out.
- ☐ Loss of independence or control.
- ☐ Loss of confidence in your abilities.
- ☐ Loss of a loved one.
- ☐ Feeling lonely, sad, anxious, or depressed.
- ☐ Poor physical or mental health.
- ☐ Not being physically active.
- ☐ Unable to drive or find transportation to get out.

### What you can do (check all that may help you)

- ☐ Think about your fears and what is causing them. This activity can help you know what type of help you need.
- ☐ Call your doctor if you have concerns about your physical or mental health.
- ☐ Take control of your own safety and be assertive. For example, ask for a seat on a crowded bus.
- ☐ Wear a personal alarm or carry a phone with you.
- ☐ Practice skills to boost self-confidence.
- ☐ Think positively.
- ☐ Talk about your feelings with a family member, close friend, or a health care provider.
- ☐ Attend social events or join a club.
- ☐ Arrange for a volunteer to visit you.
- ☐ Make a plan to gradually become more active.
- ☐ Schedule a regular time with friends to meet or call each other and offer help.
- ☐ Call local agencies to see if you can volunteer. For example, agencies such as the Alzheimer Society, Red Cross, United Way, Victorian Order of Nurses (VON), hospitals, schools, or libraries may need volunteers.
- ☐ Use a taxi or the transit service for seniors in your community.

## Where to get information or help



| Resource Name   | Contact Information   |
|---|---|
| SouthWesthealthline.ca:<br>Adult Day Programs                         | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10347&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10347&amp;region=London</a> |
| SouthWesthealthline.ca:<br>Personal Emergency<br>Response Systems     | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10108&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10108&amp;region=London</a> |
| Canadian Medicalert<br>Foundation                                     | Web: <a href="http://www.medicalert.ca">www.medicalert.ca</a><br>Toll-free: 1-800-668-1507  |
| London Parks and<br>Recreation Department:<br>Spectrum                | Web: <a href="http://www.london.ca/residents/Recreation/">www.london.ca/residents/Recreation/</a><br>Phone: (519) 661-5575; TTY: (519) 661-4889                           |
| Third Age Outreach: St<br>Joseph's Health Care                        | Web: <a href="http://www.thirdageoutreach.ca">www.thirdageoutreach.ca</a><br>Phone: (519) 661-1621 or (519) 661-1620  |
| <b>Transportation</b>   |   |
| London Transit Commission   | Web: <a href="http://www.londontransit.ca">www.londontransit.ca</a><br>Phone: (519) 451-1347  |
| Boys and Girls Club of<br>London: Seniors Transit                     | Web: <a href="http://www.bgclondon.ca">www.bgclondon.ca</a><br>Phone: (519) 434-9119  |
| Victorian Order of Nurses<br>(VON) Middlesex-Elgin:<br>Transportation | Web: <a href="http://www.vonmiddlesexelgin.ca">www.vonmiddlesexelgin.ca</a><br>Toll-free: 1-866-865-6711  |

## Risk factor: Taking certain medications



### What can cause this (check all that apply to you)

- ☐ Taking products that could interfere with your prescription medication, such as over-the-counter medications (those you buy without a prescription), vitamins, herbal remedies, or alcohol.
- ☐ Taking your medications incorrectly. Not being sure what medications you are taking, how many you should take, or why you need to take them. Missing doses or taking too many doses.
- ☐ Taking expired medication.
- ☐ Using someone else's medications.
- ☐ Your doctor and pharmacist are not aware of everything you are taking and the side effects you are having.

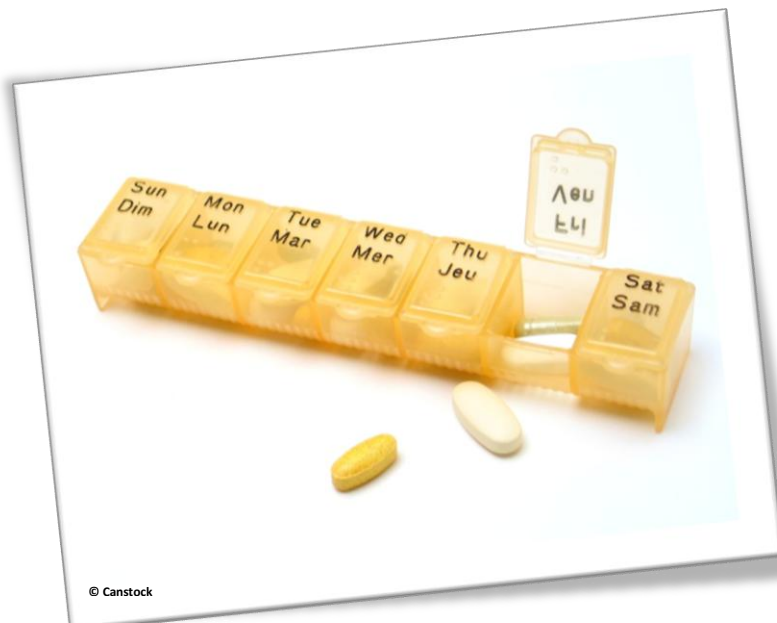
### What you can do (check all that may help you)

- ☐ Use the same pharmacy all the time.
- ☐ Have your pharmacist review all the medications, vitamins, and herbal remedies you are taking. Have them reviewed at least once a year and whenever any medication is added, changed, or stopped.
- ☐ Before taking any medication, vitamins, or herbal remedies ask your pharmacist about possible side effects and drug interactions.
- ☐ Ask your doctor or pharmacist if you should avoid alcohol.
- ☐ Follow the directions for taking medications. Ask your pharmacist if you are unclear about how to take something.
- ☐ Tell your doctor or pharmacist about any side effects you are having.
- ☐ Never borrow or lend medications.
- ☐ Keep a list of your medications in your wallet and on the fridge.
- ☐ Return unused or expired medications to your pharmacy.
- ☐ Learn relaxation techniques or try massage therapy or acupuncture to reduce tension and ease pain.
- ☐ Take prescription and over-the-counter pain medication exactly as directed by your doctor.

## Where to get information or help



| Resource Name  | Contact Information   |
|--|---|
| SouthWesthealthline.ca:<br>Pharmacies                              | Web:<br><a href="http://www.southwesthealthline.ca/listServices.aspx?id=10345&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10345&amp;region=London</a>    |
| Finding Balance: Check<br>Your Medication                          | Web:<br><a href="http://www.findingbalanceontario.ca/index.php/check-your-medication.html">www.findingbalanceontario.ca/index.php/check-your-medication.html</a>                |
| MedsCheck Program  | Contact your pharmacist<br>Phone:<br><b>Infoline:</b> 1-866-255-6701; TTY: 1-800-387-5599   |
| Knowledge is the Best<br>Medicine: Know Your<br>Medicines          | Web:<br><a href="http://www.knowledgeisthebestmedicine.org/index.php/en/know_your_medications">http://www.knowledgeisthebestmedicine.org/index.php/en/know_your_medications</a> |
| Understanding Potential<br>Interactions with<br>Prescription Drugs | Web:<br><a href="http://www.thehealthline.ca/pdfs/FallsCoalitionDrugInteractions.pdf">www.thehealthline.ca/pdfs/FallsCoalitionDrugInteractions.pdf</a>                          |





## Risk factor: Balance problems



### What can cause this (check all that apply to you)

- ☐ Your reflexes may get slower with age.
- ☐ Getting up too quickly.
- ☐ Not enough physical activity.
- ☐ Poor vision or hearing.
- ☐ Drug interactions or the effects of alcohol.
- ☐ Shoes that don't fit or support your feet.
- ☐ Not using the correct walking aids or not using them as directed.
- ☐ Not enough sleep.
- ☐ Missing meals or not eating enough.
- ☐ Medical conditions that affect your muscles, inner ear, or your senses (hearing, sight, touch, smell, taste).

### What you can do (check all that may help you)

- ☐ Talk with your doctor about your medical conditions and medications. Ask what can help you improve your balance.
- ☐ Take your time. Don't rush to answer the phone or the door.
- ☐ Sit in chairs with armrests and a firm seat and back. Hold the armrests as you get up slowly.
- ☐ Use your walking aids as directed. Gradually increase how far and how long you walk.
- ☐ Take part in activities that improve your balance such as Tai Chi.
- ☐ Visit a physiotherapist for a personal exercise plan to improve your balance. You may need a referral from your doctor.
- ☐ If your vision is poor, see your doctor or optometrist. Make sure you have glasses with the right prescription.
- ☐ Wear well-fitting and supportive footwear.
- ☐ Plan for 3 meals and 1 to 3 small snacks each day. Choose foods from the 4 food groups at each meal.
- ☐ Do not drink alcohol.

**Check with your health care provider before starting a new exercise program.**

## Where to get information or help



| Resource Name   | Contact Information   |
|---|---|
| SouthWesthealthline.ca:<br>Rehabilitation Services  | Web: <b>Outpatient</b> -<br><a href="http://www.southwesthealthline.ca/listServices.aspx?id=10826&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10826&amp;region=London</a><br>Web: <b>Private Pay Clinics</b> -<br><a href="http://www.southwesthealthline.ca/listServices.aspx?id=10827&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10827&amp;region=London</a> |
| SouthWesthealthline.ca:<br>Physiotherapy Services –<br>Publicly Funded Clinics                    | Web:<br><a href="http://www.southwesthealthline.ca/listServices.aspx?id=11019&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=11019&amp;region=London</a>  |
| SouthWesthealthline.ca:<br>Exercise and Falls<br>Prevention Programs                              | Web:<br><a href="http://www.southwesthealthline.ca/listServices.aspx?id=10986&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10986&amp;region=London</a>  |
| Finding Balance Ontario:<br>Keep Active   | Web:<br><a href="http://www.findingbalanceontario.ca/index.php/keep-active.html">www.findingbalanceontario.ca/index.php/keep-active.html</a>  |
| Finding Balance Ontario:<br>Watch Your Step   | Web:<br><a href="http://www.findingbalanceontario.ca/index.php/watch-your-step.html">www.findingbalanceontario.ca/index.php/watch-your-step.html</a>  |
| SMART Exercise Clinics and<br>Group Exercise and Falls<br>Prevention Classes for<br>Seniors (VON) | Web: <a href="http://www.vonmiddlesexelgin.ca">www.vonmiddlesexelgin.ca</a><br>Toll-free: 1-866-865-6711  |
| London Parks and<br>Recreation Department:<br>Spectrum  | Web: <a href="http://www.london.ca/residents/Recreation/">www.london.ca/residents/Recreation/</a><br>Phone: (519) 661-5575; TTY: (519) 661-4889   |
| Tai Chi Classes for<br>Immigrant Seniors (London)   | Web: <a href="http://www.lihc.on.ca">www.lihc.on.ca</a><br>Phone: (519) 660-0874  |

## Risk factor: Not enough physical activity



### What can cause this (check all that apply to you)

- ☐ Not eating regularly, or not eating enough food to keep up your energy and strength.
- ☐ You get too tired or out of breath during activity due to heart or lung problems. Smoking.
- ☐ Injury, pain, or discomfort.
- ☐ Medical conditions that affect the muscles and joints such as arthritis, osteoporosis, multiple sclerosis, Parkinson's disease, or stroke.
- ☐ Your muscles feel tight or stiff.
- ☐ Lack of motivation, activity needs too much effort.
- ☐ Fear of falling or injuring yourself.

### What you can do (check all that may help you)

- ☐ Follow the Canadian Physical Activity Guidelines for Older Adults.  
Get a total of 150 minutes (2½ hours) of physical activity each week. You can break it up into short periods of 10 minutes or more. Examples of moderate-to-vigorous activities include brisk walking, dancing and swimming.
- ☐ Use the aids recommended by your health care provider to use less energy during daily tasks. Pace yourself and plan time to rest between activities.
- ☐ Stop smoking or reduce how much you smoke each day.
- ☐ Make a plan. Choose an activity to do regularly and gradually do more. For example, if you choose walking, start with short walks and gradually walk longer.
- ☐ Join an exercise or walking program designed for seniors.
- ☐ Talk with your doctor about your pain or discomfort. It is helpful write down:
  - When you feel pain,
  - What activities cause pain, and
  - What you do to relieve the pain.

**Check with your health care provider before starting a new exercise program.**

## Where to get information or help



| Resource Name  | Contact Information  |
|--|--|
| Canadian Physical Activity Guidelines for Older Adults         | Web: <a href="http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_older-adults_en.pdf">www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_older-adults_en.pdf</a><br>Toll-free: 1-888-334-9769   |
| SouthWesthealthline.ca: Exercise and Falls Prevention Programs | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10986&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10986&amp;region=London</a>  |
| Finding Balance Ontario: Keep Active                           | Web: <a href="http://www.findingbalanceontario.ca/index.php/keep-active.html">www.findingbalanceontario.ca/index.php/keep-active.html</a>  |
| London Parks and Recreation Department: Spectrum               | Web: <a href="http://www.london.ca/residents/Recreation/">www.london.ca/residents/Recreation/</a><br>Phone: (519) 661-5575; TTY: (519) 661-4889  |
| YMCA of Western Ontario  | Web: <a href="http://www.ymcawo.ca">www.ymcawo.ca</a><br>Phone: <b>Centre Branch (London):</b> (519) 667-3300<br><b>Bob Hayward Branch (London):</b> (519) 451-2395<br><b>Stoney Creek (London):</b> (519) 667-4400<br><b>Middlesex Centre:</b> (519) 601-7033<br><b>Strathroy-Caradoc:</b> (519) 245-6075 |
| Huff n' Puff Seniors Fitness Association                       | Web: <a href="http://www.huffnpuffsfa.com">www.huffnpuffsfa.com</a><br>Phone: (519) 661-5854   |
| Canadian Centre for Activity and Aging                         | Web: <a href="http://www.uwo.ca/ccaa">www.uwo.ca/ccaa</a><br>Phone: (519) 661-1603; Toll-free: 1-866-661-1603  |
| Horton Street Seniors' Centre: Seniors' Program                | Web: <a href="http://www.bgclondon.ca">www.bgclondon.ca</a><br>Phone: (519) 434-9119   |

## Risk factor: Poor nutrition



### What can cause this (check all that apply to you)

- ☐ Skipping meals.
- ☐ Not eating a variety of healthy foods. Not getting enough fibre in your diet.
- ☐ Not drinking enough fluids.
- ☐ Changing your diet without talking with a health care provider.
- ☐ Not getting enough vitamins and minerals.

### What you can do (check all that may help you)

- ☐ Speak to a registered dietitian about your eating habits. If you have little appetite, try eating smaller amounts of food more often.
- ☐ Follow Canada's Food Guide. Try to have the recommended servings from all 4 food groups each day:

|                              |                       |
|------------------------------|-----------------------|
| <b>Grain Products</b>        | 6 to 7 servings a day |
| <b>Vegetables and Fruit</b>  | 7 servings a day      |
| <b>Milk and Alternatives</b> | 3 servings a day      |
| <b>Meat and Alternatives</b> | 2 to 3 servings a day |

- ☐ Eat 3 balanced meals each day. Use the "Plate Method" to help you.

Fill half your plate with vegetables

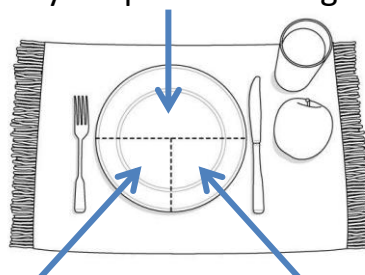


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Hamilton Health Sciences

Fill one-quarter of your plate with a grain like rice, pasta, or potatoes

Fill one-quarter of your plate with a protein like eggs, meat, tofu, or fish

- ☐ Choose foods high in fibre at each meal such as fruits and vegetables, whole grains, beans, and lentils.
- ☐ Drink water often. As you get older your sense of thirst declines, so drink even when you're not thirsty!
- ☐ If you are over 50, take a Vitamin D supplement (400 IU) each day.

## Where to get information or help



| Resource Name                                       | Contact Information   |
|---|---|
| Canada's Food Guide                                 | Web: <a href="http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/quantit-eng.php">www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/quantit-eng.php</a><br>Web: <b>Advice for adults over 50 years old</b> <a href="http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/advice-conseil/adult50-eng.php">www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/advice-conseil/adult50-eng.php</a> |
| SouthWesthealthline.ca:<br>Meal Delivery Services   | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10107&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10107&amp;region=London</a>   |
| Eat Right Ontario (Speak to a Registered Dietitian) | Web: <a href="http://www.eatrightontario.ca">www.eatrightontario.ca</a><br>Phone: 1-877-510-510-2   |
| Nutri-eSCREEN                                       | Web: <a href="http://www.nutritionscreen.ca/escreen/">www.nutritionscreen.ca/escreen/</a>   |
| Eating Well Programs: VON Middlesex-Elgin           | Web: <a href="http://www.vonmiddlesexelgin.ca">www.vonmiddlesexelgin.ca</a><br>Phone:<br><b>London:</b> (519) 659-2273<br><b>Strathroy:</b> (519) 245-3170<br>Toll-free: 1-800-265-7058   |
| Meals on Wheels: London                             | Web: <a href="http://www.meals-on-wheels.ca">www.meals-on-wheels.ca</a><br>Email: <a href="mailto:info@meals-on-wheels.ca">info@meals-on-wheels.ca</a><br>Phone: (519) 660-1430   |

## Risk factor: Dizziness and fainting



### What can cause this (check all that apply to you)

- ☐ Brief decrease in blood flow to the brain.
- ☐ Low blood pressure.
- ☐ Side effects from some medications.
- ☐ Not getting enough food or fluids.
- ☐ Low blood sugar.
- ☐ Getting up too quickly after sitting or lying.
- ☐ Too much exercise after eating.
- ☐ Extreme pain, fear, or stress (such as witnessing an emergency).

### What you can do (check all that may help you)

- ☐ If you have fainted, see your doctor. Fainting can be a sign of serious health problems.
- ☐ Sit on the side of the bed for a few minutes before you stand up.
- ☐ Follow Canada's Food Guide. Plan for 3 meals and 1 to 3 small snacks each day. Choose foods from the 4 food groups at each meal.
- ☐ Drink plenty of fluids.
- ☐ Rest after meals.
- ☐ If you have diabetes, check your blood sugar regularly. Do not go a long time between meals.
- ☐ Take medications only as directed by your doctor or pharmacist.
- ☐ Have your doctor check your blood pressure and heart rate regularly.
- ☐ Have your inner ears checked.
- ☐ Wear a medical alarm that will connect you with emergency help.

## Where to get information or help



| Resource Name   | Contact Information  |
|---|--|
| SouthWesthealthline.ca:<br>Blood Pressure Clinics                 | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10688&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10688&amp;region=London</a>                  |
| SouthWesthealthline.ca:<br>Personal Emergency<br>Response Systems | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10108&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10108&amp;region=London</a>                  |
| Finding Balance Ontario:<br>Speak Up About Dizziness              | Web: <a href="http://www.findingbalanceontario.ca/index.php/speak-up-about-dizziness.html">www.findingbalanceontario.ca/index.php/speak-up-about-dizziness.html</a>                        |
| MedsCheck Program   | Contact your pharmacist<br>Phone: 1-866-255-6701; TTY: 1-800-387-5599  |
| Canadian Medicalert<br>Foundation                                 | Web: <a href="http://www.medicalert.ca">www.medicalert.ca</a><br>Phone: 1-800-668-1507   |
| ConnectCare   | Web: <a href="http://www.connectcare.ca">www.connectcare.ca</a><br>Email: <a href="mailto:info@connectcare.ca">info@connectcare.ca</a><br>Phone: (519) 685-4550; Toll-free: 1-888-298-6116 |





## Risk factor: Vision problems



### What can cause this (check all that apply to you)

- ☐ As you get older, your eyes:
  - Become more sensitive to light,
  - Take longer to adjust to changes in light (from light to dark or dark to light), and
  - Have trouble seeing colours and judging distances.
- ☐ Your eyesight has changed and you need a new prescription for glasses.
- ☐ Getting used to bifocals.
- ☐ Wearing dirty or scratched glasses.
- ☐ Low lighting causes eye strain.
- ☐ Disease of the eye such as cataracts, glaucoma, and infections.

### What you can do (check all that may help you)

- ☐ Clean glasses regularly. Use an eyeglass cleaner and a soft cloth.
- ☐ Remove your reading glasses when walking.
- ☐ Do not look through lower part of bifocals when going up or down stairs. Bend your head to use the upper part of the glasses.
- ☐ Wear sunglasses outdoors.
- ☐ Wear glasses that cut down on glare.
- ☐ Pause to give your eyes time to adapt to changes in light.
- ☐ Use good lighting in halls, stairways, and bathrooms. Use nightlights near your bed, in the bathroom, in hallways, and where you walk in the night.
- ☐ If you have diabetes, keep your blood sugars in your target range. Good blood sugar control helps to prevent vision problems related to diabetes.
- ☐ Have your eyes checked each year.
- ☐ Mark doorways and the edges of steps with a contrasting colour of paint.

## Where to get information and help



| Resource Name   | Contact Information  |
|---|--|
| College of Opticians:<br>Optician Search  | Web: <a href="http://www.coptont.org/PUBLICREGISTER/index.php">www.coptont.org/PUBLICREGISTER/index.php</a>  |
| College of Optometrists:<br>Find an Optometrist   | Web:<br><a href="http://www.collegeoptom.on.ca/index.php/public/find-an-optometrist">www.collegeoptom.on.ca/index.php/public/find-an-optometrist</a>                                 |
| Low Vision Information  | Web: <a href="http://www.checkeredeye.com">www.checkeredeye.com</a>  |
| Canadian National Institute<br>for the Blind (CNIB):<br>London Branch                             | Web: <a href="http://www.cnib.ca">www.cnib.ca</a><br>Phone: (519) 685-8420<br>Toll-free: 1-800-563-2642  |
| Ivey Eye Institute  | Web: <a href="http://www.sjhc.london.on.ca/ivey">www.sjhc.london.on.ca/ivey</a><br>Phone:<br><b>St Joseph's Hospital:</b> (519) 646-6018<br><b>Victoria Hospital:</b> (519) 685-8220 |
| Canadian Diabetes<br>Association: South Western<br>Ontario Regional<br>Leadership Office (London) | Web: <a href="http://www.diabetes.ca">www.diabetes.ca</a><br>Phone: (519) 673-1630   |
| Middlesex Hospital Alliance<br>Diabetes Education<br>Programs                                     | Web: <a href="http://www.mhalliance.on.ca">www.mhalliance.on.ca</a><br>Phone:<br><b>Newbury:</b> (519) 693-6502<br><b>Strathroy:</b> (519) 246-5902                                  |

## Risk factor: Indoor hazards



### What can cause this (check all that apply to you)

- ☐ Rushing to answer the door or phone. Rushing to the bathroom.
- ☐ Slippery tubs, floors, and walkways.
- ☐ Poor lighting when getting up at night.
- ☐ Clutter on the floor such as phone or electrical cords, shoes, or papers.
- ☐ The path to walk around furniture is not clear or wide enough, especially with a walker.
- ☐ Loose carpets, area rugs, or mats.
- ☐ Stairs and bathrooms without secure handrails and grab bars.
- ☐ Bending over to reach low objects.
- ☐ Stretching or standing on a ladder or chair to reach high objects.
- ☐ Pets and their toys.

### What you can do (check all that may help you)

- ☐ Use a cordless or cellular phone. Do not rush to answer the door. Try to use the toilet regularly so you won't have to rush to get there.
- ☐ Use non-slip mats in bathrooms, showers, and tubs.
- ☐ Wipe up spills promptly. Clean your floors with a cleaning product that doesn't leave them slippery.
- ☐ Fix or mark uneven floors.
- ☐ Use nightlights in the bathroom, near your bed, and in hallways. Use a commode at night if needed.
- ☐ Keep your home free of clutter.
- ☐ Ask someone to help you move your furniture to make more room to walk. Allow enough room to safely use your walking aids.
- ☐ Tack down all carpets and remove scatter rugs.
- ☐ Install handrails for all stairs and grab bars in the bathroom.
- ☐ Store items on easy to reach shelves or countertops. Do not stand on ladders, chairs or stools. Buy a long handle reacher.
- ☐ Watch out for pets and put away their toys.

## Where to get information or help



| Resource Name   | Contact Information   |
|---|---|
| SouthWest healthline:<br>Home Help and<br>Homemaking  | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10106&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10106&amp;region=London</a>   |
| SouthWest healthline:<br>Home Modification  | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10116&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10116&amp;region=London</a>   |
| Finding Balance Ontario:<br>Watch Your Step   | Web: <a href="http://www.findingbalanceontario.ca/index.php/watch-your-step.html">www.findingbalanceontario.ca/index.php/watch-your-step.html</a>   |
| South West Community<br>Care Access Centre: Staying<br>Safe at Home                         | Web: <a href="http://healthcareathome.ca/southwest/en/Getting-Care/Patient-and-Caregiver-Resources/Resource-Topics/Safety">healthcareathome.ca/southwest/en/Getting-Care/Patient-and-Caregiver-Resources/Resource-Topics/Safety</a> |
| Home and Vehicle<br>Modification Program:<br>Ontario March of Dimes                         | Web: <a href="http://www.marchofdimes.ca">www.marchofdimes.ca</a><br>Phone: (519) 642-3700; 1-877-369-4867  |
| Healthy Homes Renovation<br>Tax Credit  | Web: <a href="http://www.ontario.ca/taxes-and-benefits/healthy-homes-renovation-tax-credit">www.ontario.ca/taxes-and-benefits/healthy-homes-renovation-tax-credit</a><br>Phone: 1-866-668-8297<br>TTY: 1-800-263-7776               |
| Disabled and Seniors<br>Property Tax Relief<br>Municipal Property<br>Assessment Corporation | Phone: 1-866-296-6722<br>TTY: 1-877-889-6722  |
| Canada Mortgage and<br>Housing Corporation  | Web: <a href="http://www.cmhc-schl.gc.ca">www.cmhc-schl.gc.ca</a><br>Phone: 1-800-309-3388  |

## Risk factor: Outdoor hazards



### What can cause this (check all that apply to you)

- ☐ Walking in unfamiliar places.
- ☐ Wet leaves, fallen branches, snow, ice, or water puddles on walkways around your home, sidewalks, or the street.
- ☐ Improper footwear for the type of weather.
- ☐ Poor outdoor lighting.
- ☐ Uneven sidewalks, driveways, trails, and roads.
- ☐ Unmarked curbs or speed bumps.
- ☐ Being unexpectedly knocked or bumped in crowded areas such as malls, parks, and events.

### What you can do (check all that may help you)

- ☐ Walk slowly and pay attention.
- ☐ Avoid walking on wet leaves, snow, or ice if possible. If it is necessary, walk slowly and carefully.
- ☐ Wear footwear that is appropriate for the weather.
- ☐ Use walking aids as recommended by a health care provider. Carrying a cane or using a walking aid can alert others that you need a little more space.
- ☐ Walk with your body centred over your feet (not leaning or bent over). Avoid reaching or twisting when walking or standing.
- ☐ Use a waist belt pack or backpack instead of carrying a purse.
- ☐ Use a grocery cart instead of carrying heavy bags.
- ☐ Install automatic or timed lighting outside.
- ☐ Report safety concerns on public property to your local Public Works Department.
- ☐ Be aware of other people in crowded places. If possible, avoid situations where you may be bumped.

## Where to get information or help



| Resource Name   | Contact Information   |
|---|---|
| SouthWesthealthline.ca:<br>Home Maintenance and Repair  | Web:<br><a href="http://www.southwesthealthline.ca/listServices.aspx?id=10905&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10905&amp;region=London</a>  |
| Home Maintenance and Referral: VON  | Web: <a href="http://www.vonmiddlesexelgin.ca">www.vonmiddlesexelgin.ca</a><br>Phone:<br><b>London:</b> (519) 659-2273<br><b>Strathroy:</b> (519) 245-3170<br>Toll-free: 1-800-265-7058   |
| Over 55 London  | Phone: (519) 438-1111   |
| Municipal Public Works Departments (to report safety concerns for property, sidewalk and streetlight maintenance) | Phone:<br><b>London:</b> (519) 661-4500<br><b>Adelaide Metcalfe:</b> (519) 247-3687<br>Toll-free: 1-866-525-8878<br><b>Chippewas of the Thames:</b> (519) 289-5555<br>Toll-free: 1-866-550-5539<br><b>Lucan Biddulph:</b> (519) 227-4491<br><b>Middlesex Centre:</b> (519) 666-0190<br><b>Munsee Delaware Nation:</b> (519) 289-5396<br><b>Newbury:</b> (519) 693-4941<br><b>North Middlesex:</b> (519) 294-6244<br>Toll-free: 1-888-793-9637<br><b>Strathroy-Caradoc:</b> (519) 245-1105<br><b>Southwest Middlesex:</b> (519) 287-2015<br><b>Thames Centre:</b> (519) 268-7334 |

## Risk factor: Problems with bladder control



### What can cause this (check all that apply to you)

- ☐ As you get older your bladder holds less urine.
- ☐ Bladder infections.
- ☐ Weak muscles that cause leaking when you sneeze or cough.
- ☐ Medical conditions such as diabetes, stroke, and dementia.

### What you can do (check all that may help you)

- ☐ Speak with your family doctor or a health care provider.
- ☐ Go to the bathroom before your bladder is full.
- ☐ Wear clothing that is easy to manage in the bathroom such as Velcro instead of buttons or zippers, or an elastic waistband instead of a belt.
- ☐ To prevent bladder infections, wipe your bottom from front to back after using the toilet. Use a clean piece of toilet paper for each wipe to prevent germs from the rectum getting into your bladder.
- ☐ To strengthen muscles, do pelvic floor exercises regularly.
- ☐ Use products to manage bladder leaks and accidents.  
For example, absorbent pads, pants, and sheets; condom catheters; and urinals. You can buy them at your drugstore or a medical supply store.
- ☐ Talk to a physiotherapist about bladder re-training. You may need a doctor's referral for physiotherapy.
- ☐ Avoid caffeine in drinks such as coffee, tea, or colas and foods with chocolate. Caffeine makes you pass urine more often.
- ☐ Avoid drinking alcohol.
- ☐ Keep blood sugars under good control. High blood sugars can increase the risk of bladder infection.

## Where to get information or help



| Resource Name  | Contact Information   |
|--|---|
| SouthWesthealthline.ca:<br>Incontinence                              | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10399&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10399&amp;region=London</a>   |
| Canadian Continence<br>Foundation                                    | Web: <a href="http://www.canadiancontinence.ca/EN/index.php">http://www.canadiancontinence.ca/EN/index.php</a><br>Phone: 1-800-265-9575   |
| South West Community<br>Care Access Centre:<br>Continence Assessment | Web: <a href="http://healthcareathome.ca/southwest/en">healthcareathome.ca/southwest/en</a><br>Email: <a href="mailto:info-london@sw.ccac-ont.ca">info-london@sw.ccac-ont.ca</a><br>Phone: 1-800-811-5146<br>TTY: (519) 473-9626; Toll-free TTY: 1-800-811-5147 |
| St Joseph's Health Care:<br>Continence Clinic                        | Web: <a href="http://www.sjhc.london.on.ca/ambulatorycare">www.sjhc.london.on.ca/ambulatorycare</a><br>Phone: (519) 685-4000 ext. 44021   |
| Easter Seals Incontinence<br>Supplies Grant Program                  | Web: <a href="http://www.easterseals.org">www.easterseals.org</a><br>Phone: 1-800-668-6252 ext. 314   |





## Risk factor: Problems with memory and concentration



### What can cause this (check all that apply to you)

- ☐ As you get older, you may have some difficulties with learning and memory, but dramatic memory loss is not normal.
- ☐ Pain.
- ☐ Continually feeling rushed, stressed, or indecisive.
- ☐ Fear of falling.
- ☐ Worrying about poor memory or memory gaps.
- ☐ Poor appetite or not eating balanced meals.
- ☐ Feeling nervous, anxious, sad, lonely, or depressed.
- ☐ Grieving for a loved one.
- ☐ Illnesses and infections.
- ☐ Side effects of some medications.
- ☐ Medical conditions such as dementia (including Alzheimer's disease), stroke, brain injury, or tumour.
- ☐ Drinking too much alcohol.

### What you can do (check all that may help you)

- ☐ Talk with your family doctor about:
  - Your memory loss and whether it is normal for your age,
  - Local Memory Clinics, and
  - Recent loss of appetite, loss of interest in activities, difficulty sleeping or sleeping too much, pain, or discomfort.
- ☐ Make lists to remind yourself.
- ☐ Follow a daily routine. Put important items in the same place every time.
- ☐ Plan ahead and be organized. Keep a detailed calendar.
- ☐ Make associations to help you remember (such as using landmarks to help you find places).
- ☐ Repeat names when you meet new people.
- ☐ Keep your mind active with mental exercises such as crossword puzzles or games.

## Where to get information or help



| Resource Name  | Contact Information  |
|--|--|
| SouthWesthealthline.ca:<br>Mental Health for Seniors             | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10234&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10234&amp;region=London</a>                        |
| SouthWesthealthline.ca:<br>Bereavement                           | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10162&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10162&amp;region=London</a>                        |
| Mental Health Service<br>Information Ontario:<br>ConnexOntario   | Phone: 1-866-531-2600  |
| Geriatric Ambulatory Clinic:<br>Aging Brain and Memory<br>Clinic | Web: <a href="http://www.sjhc.london.on.ca/specializedgeriatrics">www.sjhc.london.on.ca/specializedgeriatrics</a><br>Phone: 519-685-4000 ext 44028   |
| Geriatric Mental Health<br>Clinic                                | Web: <a href="http://www.sjhc.london.on.ca/specializedgeriatrics">www.sjhc.london.on.ca/specializedgeriatrics</a><br>Phone: 519-685-4046   |
| Alzheimer's Society:<br>London and Middlesex                     | Web: <a href="http://alzheimerlondon.ca/">alzheimerlondon.ca/</a><br>Phone: 519-680-2404; Toll-free: 1-888-495-5855  |
| Canadian Mental Health<br>Association: Middlesex<br>Branch       | Web: <a href="http://www.cmhamiddlesex.ca">www.cmhamiddlesex.ca</a><br>Email: <a href="mailto:info@cmhamiddlesex.ca">info@cmhamiddlesex.ca</a><br>Phone: 519-434-9191; Toll-free: 1-855-668-0624 |
| Ontario Brain Injury<br>Association                              | Web: <a href="http://obia.ca/">obia.ca/</a><br>Email: <a href="mailto:obia@obia.on.ca">obia@obia.on.ca</a>   |

## Risk factor: Alcohol use



### What can cause this (check all that apply to you)

- ☐ As you get older, you are more sensitive to the effects of alcohol.
- ☐ Using alcohol to help you sleep (but alcohol disturbs normal sleeping patterns).
- ☐ Using alcohol to relieve aches and pains (but alcohol can worsen aches and pains).
- ☐ Stressful situations.
- ☐ Grief and loss.
- ☐ Feeling lonely, sad, bored, or depressed.

#### One standard drink is:

- 355 ml (12 ounces) of beer, or
- 146 ml (5 ounces) of wine, or
- 44 ml (1.5 ounces) of liquor or spirits.

### What you can do (check all that may help you)

- ☐ Talk to your doctor or pharmacist before drinking alcohol if you are taking medication or have a medical condition like diabetes or osteoporosis.
- ☐ Drink alcohol in moderation. For every one drink of alcohol, have one non-alcoholic drink.
- ☐ Think about how much and why you are drinking.  
Talk with your doctor if you:
  - Have more than 2 (for women) or 3 (for men) standard drink a day, or
  - Are drinking to deal with feelings, relieve pain, or help you sleep.
- ☐ Find out whether your feelings are common so you can find healthy ways to deal with them.
- ☐ Learn how your body responds to alcohol as you get older.
- ☐ Share your feelings with someone you trust such as a family member, friend, or peer counsellor.
- ☐ Talk with a community nurse, counsellor, or doctor if you feel sad or nervous, do not feel like eating, or start losing interest in your activities.
- ☐ Talk with agencies that help people with alcohol issues, such as Alcoholics Anonymous or Al-Anon.
- ☐ Tell your doctor about your aches and pains and discuss ways to manage the problem.

## Where to get information or help



| Resource Name   | Contact Information   |
|---|---|
| SouthWesthealthline.ca:<br>Alcohol and Drug                       | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10095&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10095&amp;region=London</a>   |
| Drug and Alcohol Helpline   | Phone: 1-800-565-8603   |
| Alcoholics Anonymous  | Phone: (519) 438-9006   |
| Al-Anon Family Group  | Phone: (519) 457-9393   |
| Addiction Services of<br>Thames Valley: St. Thomas<br>office      | Web: <a href="http://adstv.on.ca/london-cares">adstv.on.ca/london-cares</a><br>Phone: <b>London (Addiction Services):</b> (519) 673-3242<br><b>London (Back on Track):</b> (519) 673-3130<br><b>Strathroy (CMHA Middlesex):</b> (519) 673-3242 ext. 222 |
| London Community<br>Addiction Response<br>Strategy (London CARES) | Web: <a href="http://adstv.on.ca/london-cares">adstv.on.ca/london-cares</a><br>Phone: (519) 667-2273 ext. 222   |
| At^lohsa Native Family<br>Healing Services                        | Web: <a href="http://www.atlohsa.com">www.atlohsa.com</a><br>Phone: (519) 438-0068  |
| Chippewas of the Thames<br>Health Centre                          | Web: <a href="http://www.cottfn.com">www.cottfn.com</a><br>Phone: (519) 289-5641; Toll-free: 1-866-550-5539   |
| Kiikeewanniikan:<br>Southwest Regional Healing<br>Lodge           | Web: <a href="http://www.swrhl.ca">www.swrhl.ca</a><br>Phone: (519) 289-0148; Toll-free: 1-800-328-2616   |

## Risk factor: Foot problems



### What can cause this (check all that apply to you)

- ☐ Footwear that does not support your feet such as poorly fitting shoes or boots, slip-ons, or floppy slippers.
- ☐ Slippery soles or soles that are sticky and catch on surfaces.
- ☐ Shoes with a high and/or narrow heel.
- ☐ Untreated calluses or bunions.
- ☐ Untrimmed or ingrown toenails.
- ☐ Numbness or tingling in your feet.

### What you can do (check all that may help you)

- ☐ Wear shoes that fit well, support your feet, and have a low, broad heel.
- ☐ Buy shoes made for older adults with:
  - A variety of sizes,
  - Leather lining to allow stretching, and
  - Extra depth.
- ☐ Choose shoes with laces or Velcro closures rather than slip-ons.
- ☐ Make sure your footwear is in good repair.
- ☐ Buy slippers that offer support, fit properly, and have enclosed heels.
- ☐ Use a long handled shoe horn and/or elastic laces to help you get your shoes on.
- ☐ If your feet are swollen, raise them up on a pillow when sitting or lying down. Your feet should be higher than your hips.
- ☐ Wear loose socks. Socks that are too tight can cut off blood flow to your feet.
- ☐ Ask your doctor about wearing support socks or stockings.
- ☐ Visit a foot care or chiropody clinic. A foot care specialist can do foot care, help you learn to care for your feet, and help you choose the right shoes.

## Where to get information or help



| Resource Name  | Contact Information  |
|--|--|
| SouthWesthealthline.ca:<br>Foot Care                                       | Web:<br><a href="http://www.southwesthealthline.ca/listServices.aspx?id=10105&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10105&amp;region=London</a>                     |
| SouthWesthealthline.ca:<br>Chiropody Clinics                               | Web:<br><a href="http://www.southwesthealthline.ca/listServices.aspx?id=10616&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10616&amp;region=London</a>                     |
| Finding Balance:<br>Watch Your Step  | Web:<br><a href="http://www.findingbalanceontario.ca/index.php/watch-your-step.html">www.findingbalanceontario.ca/index.php/watch-your-step.html</a>   |
| South West Community<br>Care Access Centre:<br>Foot Care                   | Phone: (519) 371-2112<br>Toll-free: 1-888-371-2112   |
| College of Chiropodists of<br>Ontario: Find a Chiropodist<br>or Podiatrist | Web: <a href="http://www.cocoo.on.ca/m1.htm">www.cocoo.on.ca/m1.htm</a><br>Phone: 1-877-232-7653   |
| VON Middlesex Elgin: Foot<br>Care  | Web: <a href="http://vonmiddlesexelgin.ca/foot-care">vonmiddlesexelgin.ca/foot-care</a><br>Phone: <b>London:</b> (519) 659-2273<br><b>Strathroy:</b> (519) 245-3170<br>Toll-free: 1-800-265-7058 |



## Risk factor: Poor bone health



### What can cause this (check all that apply to you)

- ☐ Bones naturally become less dense and weaker with age.
- ☐ Your bones may have become thin, weak and more likely to break, due to a condition called osteoporosis.
- ☐ Factors that contribute to bone loss, including:
  - Not enough exercise,
  - Poor nutrition, not getting enough calcium or Vitamin D,
  - Low body weight,
  - Too much salt in your diet,
  - Smoking,
  - Having 3 or more alcoholic drinks a day,
  - Early menopause or low estrogen in women, and
  - Some medications like prednisone or hormone treatments.

### What you can do (check all that may help you)

- ☐ Plan for 3 meals and 1 to 3 small snacks each day.
- ☐ Choose foods from the 4 food groups at each meal.
- ☐ Choose food and drinks with calcium more often.  
If you can have dairy products in your diet, have 3 servings a day. Foods that have calcium include spinach, collard greens, beans, tofu, salmon, and sardines.
- ☐ Stop smoking or reduce how much you smoke.
- ☐ If you drink alcohol, have no more than 2 (for women) or 3 (for men) standard drinks a day.
- ☐ You may not get all the calcium and vitamin D you need from foods.  
Talk with your doctor to see if supplements are right for you.
- ☐ Get active! Make a plan to gradually increase your physical activity.  
For healthy, strong bones do weight bearing exercise (such as walking, dancing or stair climbing), stretching, and exercises for strength, posture and balance. Look for an exercise program for people with osteoporosis in your community.

#### One serving of dairy products is equal to:

- 1 cup of milk, or
- 3/4 cup of yogurt, or
- 2 ounces of cheese.

## Where to get information or help



| Resource Name   | Contact Information   |
|---|---|
| SouthWesthealthline.ca:<br>Bone Disease   | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10157&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10157&amp;region=London</a> |
| SouthWesthealthline.ca:<br>Diagnostic Imaging Clinics<br>(Bone Mineral Density testing by referral) | Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10629&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10629&amp;region=London</a> |
| Osteoporosis Canada:<br>London and Thames Valley Chapter  | Web: <a href="http://www.osteoporosis.ca">www.osteoporosis.ca</a><br>Phone: (519) 457-0624  |
| Osteoporosis and Bone Disease Program: St Joseph's Hospital   | Web: <a href="http://www.sjhc.london.on.ca">www.sjhc.london.on.ca</a><br>Phone: (519) 646-6000 ext. 64424   |
| Canadian Centre for Activity and Aging:<br>Osteoporosis Functional Fitness Program                  | Web: <a href="http://www.uwo.ca/ccaa">www.uwo.ca/ccaa</a><br>Phone: (519) 661-1603<br>Toll-free: 1-866-661-1603   |





## Risk factor: Hearing problems



### **What can cause this** (check all that apply to you)

- ☐ Wax build-up in your ears.
- ☐ Hearing aids that are dirty or have low batteries.
- ☐ Inner ear problems.
- ☐ Not paying attention.
- ☐ Too much noise.

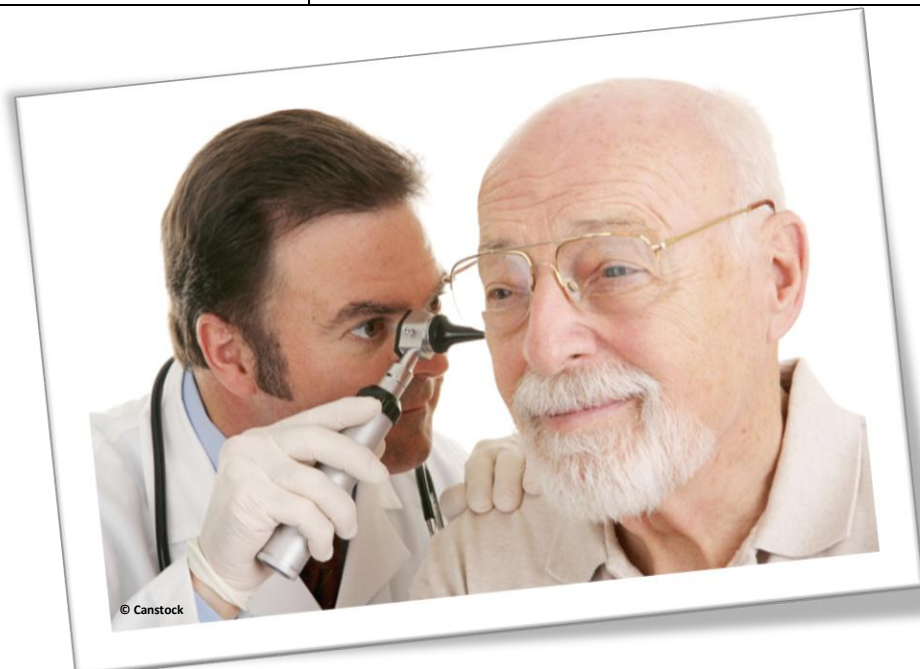
### **What you can do** (check all that may help you)

- ☐ Have your hearing checked regularly by an audiologist. You do not need a referral from your doctor.
- ☐ Buy a hearing aid if needed. When you have your hearing aid fitted, you will be shown how to use and clean it. Clean your hearing aid often and check the batteries regularly.
- ☐ Have your doctor or health care provider check your ears for wax. Your ear canal and ear drum are delicate. Do not clean your ears with cotton-tipped swabs (Q-tips) or hair pins (bobby pins).
- ☐ In public places, sit in a quiet area if possible.
- ☐ Reduce the number of sounds. For example, turn the TV down when you talk on the phone.
- ☐ Ask people to speak clearly and slowly. If you didn't hear something, ask them to repeat it.

## Where to get information or help



| Resource Name   | Contact Information  |
|---|--|
| SouthWesthealthline.ca:<br>Hearing Aids and<br>Communication Devices                            | Web:<br><a href="http://www.southwesthealthline.ca/listServices.aspx?id=10286&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10286&amp;region=London</a> |
| SouthWesthealthline.ca:<br>Deafness and Impaired<br>Hearing                                     | Web:<br><a href="http://www.southwesthealthline.ca/listServices.aspx?id=10620&amp;region=London">www.southwesthealthline.ca/listServices.aspx?id=10620&amp;region=London</a> |
| Bell Canada Specialized<br>Phone Service  | Web: <a href="http://www.bell.ca/Accessibility_services">www.bell.ca/Accessibility_services</a><br>Phone: 1-800-268-9243; TTY: 1-800-268-9242                                |
| Canadian Hearing Society:<br>London Regional Office   | Web: <a href="http://www.chs.ca">www.chs.ca</a><br>Phone: (519) 667-3325; TTY: 1-888-697-3613  |
| H.A. Leeper Speech and<br>Hearing Clinic – Adult<br>Courses on Hearing Loss or<br>Speechreading | Web:<br><a href="http://www.uwo.ca/fhs/csd/resources/haleeper/index.html">www.uwo.ca/fhs/csd/resources/haleeper/index.html</a><br>Phone: (519) 661-2001                      |



# My plan to prevent falls!

A sample worksheet



Setting goals can help you be successful in making changes in your life. Think about your risk factors and the changes that could prevent a fall. You can set one goal, or one for each risk factor. Keep your worksheet handy and use it to stay on track with your goals. Here is an example of how it works.

## 1. Ask yourself these questions:

|                                    |                         |
|------------------------------------|-------------------------|
| What am I going to do?             | <i>Walk</i>             |
| How much am I going to do?         | <i>Around the block</i> |
| When am I going to do it?          | <i>Before lunch</i>     |
| How many days a week will I do it? | <i>Three days</i>       |

## 2. Write out your goal:

**This week I will:**

*Walk around the block before lunch on Monday, Wednesday, and Saturday.*

## 3. Rate your confidence: Circle the number that matches how confident you feel

|                |   |   |                |   |   |   |                |   |    |
|----------------|---|---|----------------|---|---|---|----------------|---|----|
| 1              | 2 | 3 | 4              | 5 | 6 | 7 | 8              | 9 | 10 |
| I'm not ready. |   |   | I think I can. |   |   |   | I can do this! |   |    |

It is important to choose a goal that you can reach. If your confidence rating is less than 7 you may not be successful. Change your goal to one you feel very confident about. It's OK to start with something small.

## 4. Track your progress:

| Monday   | Tuesday  | Wednesday  | Thursday | Friday   | Saturday   | Sunday   |
|--|----------|--|----------|----------|--|----------|
| <input checked="" type="checkbox"/> <i>I did it!</i> |          | <input checked="" type="checkbox"/> <i>I did it!</i> |          |          | <input checked="" type="checkbox"/> <i>I did it!</i> |          |
| Comments   | Comments | Comments   | Comments | Comments | Comments   | Comments |

When you reach one goal, set another. A series of small steps can help you make big changes towards preventing falls.

# My plan to prevent falls!

Your worksheet



## 1. Answer these questions:

What am I going to do? \_\_\_\_\_

How much am I going to do? \_\_\_\_\_

When am I going to do it? \_\_\_\_\_

How many days a week will I do it? \_\_\_\_\_

## 2. Write out your goal:

This week I will:

## 3. Rate your confidence: Circle the number that matches how confident you feel

| 1              | 2 | 3 | 4              | 5 | 6 | 7 | 8              | 9 | 10 |
|----------------|---|---|----------------|---|---|---|----------------|---|----|
| I'm not ready. |   |   | I think I can. |   |   |   | I can do this! |   |    |

If your rating is less than 7, adjust the goal so that you feel more confident.

## 4. Track your progress:

| Monday                   | Tuesday                  | Wednesday                | Thursday                 | Friday                   | Saturday                 | Sunday                   |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments                 | Comments                 | Comments                 | Comments                 | Comments                 | Comments                 | Comments                 |
|                          |                          |                          |                          |                          |                          |                          |

If you reached your goal, set another!

## You can prevent falls! Helpful tips for all older adults

| Take these steps to prevent falls |                                 |  |
|-----------------------------------|---------------------------------|--|
| <b>1</b>                          | <b>Check Your Medications</b>   | <ul style="list-style-type: none"> <li>Ask your pharmacist to review your medications at least once a year.</li> </ul> |
| <b>2</b>                          | <b>Keep Active</b>              | <ul style="list-style-type: none"> <li>Exercise for a total of 150 minutes (2½ hours) each week.</li> </ul>            |
| <b>3</b>                          | <b>Watch Your Step</b>          | <ul style="list-style-type: none"> <li>Wear supportive shoes and be careful when you walk.</li> </ul>                  |
| <b>4</b>                          | <b>Speak Up About Dizziness</b> | <ul style="list-style-type: none"> <li>Tell your doctor if you feel dizzy or light-headed.</li> </ul>                  |

| Tips for speaking to health care providers |   |
|--|---|
| ✓  | Write down your questions and concerns ahead of time, in order of importance. This activity will help you remember. |
| ✓  | Bring someone with you to appointments. They can take notes so you can listen and ask questions.                    |
| ✓  | Ask for resources such as brochures or posters that you can take home to learn more.                                |
| ✓  | If you think you will not have enough time to ask all your questions, ask to book extra appointment time.           |

| For more information   |   |
|--|---|
| <b>Middlesex-London Health Unit</b><br>London: (519) 663-5317<br>Strathroy: (519) 245-3230<br><a href="http://healthunit.com/">healthunit.com/</a> | <b>211</b><br>Dial 2-1-1 on your phone<br><a href="http://www.211ontario.ca">www.211ontario.ca</a>          |
| <b>Finding Balance</b><br><a href="http://www.findingbalanceontario.ca">www.findingbalanceontario.ca</a>   | <b>SouthWesthealthline.ca</b><br><a href="http://www.southwesthealthline.ca">www.southwesthealthline.ca</a> |

## About this guide

“Staying on your feet” was developed by The Grey Bruce Falls Prevention and Intervention Program, The Grey Bruce Health Unit, and The South West LHIN Falls Prevention Collaborative.

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