

# Staying On Your Feet

A guide to helping older adults prevent falls



**This guide will help you:**

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



Grey Bruce  
Falls Prevention and  
Intervention Program





# 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



My Snapshot

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 35 and 36. 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! Helpful tips for all older adults](#) (page 37) at the end of this guide.

## A quick look at where to get help\*



### Looking for medical care?

**Health Care Connect:** Assists Ontarians without a family health care provider in finding one. **You will not be able to sign up for Health Care Connect if you are already registered with a health care provider.**

- Phone: 1-800-445-1822

**Ontario Health West [Virtual Urgent Care Clinic](#):** Providing free virtual medical appointments with a nurse practitioner for adults, children/youth and long-term care residents Monday to Friday, from 1:00 p.m. to 9:00 p.m. (adults) and 1:00 p.m. to 5:00 p.m. (children/youth). Same day appointments are available on a first-come, first serve basis.

**Pharmacy Minor Ailment Prescribing:** Pharmacists can now prescribe medication to treat 19 minor conditions including, pink eye, bladder infections and cold sores. For a full list of eligible conditions or to learn more, [www.ontario.ca/page/pharmacies](http://www.ontario.ca/page/pharmacies).



### Wanting to speak with someone?

**2-1-1:** call or text to connect with a navigator who can help you find healthcare resources and community supports.

- Use live chat on: [www.211ontario.ca/chat/](http://www.211ontario.ca/chat/)
- Email: [gethelp@211ontario.ca](mailto:gethelp@211ontario.ca)

**9-8-8:** Call or text if you or someone you know is thinking about suicide, to talk to a trained responder who will listen without judgment and provide support and resources 24 hours a day, every day of the year.

**8-1-1:** Call or start a virtual chat on their website to connect with a registered nurse and receive secure and confidential health advice.

\*Information provided by the Grey Bruce Ontario Health Team

## 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>5</b>
<input type="checkbox"/> <a href="#">Medication use</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>7</b>
<input type="checkbox"/> <a href="#">Difficulties with balance</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 laying down</li> <li>• Difficulty getting out of the bathtub</li> </ul>	<b>9</b>
<input type="checkbox"/> <a href="#">Physical inactivity</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 arthritis</li> </ul>	<b>11</b>
<input type="checkbox"/> <a href="#">Malnutrition</a>	<ul style="list-style-type: none"> <li>• Poor diet, not eating balanced meals</li> <li>• Missing meals or not eating enough</li> </ul>	<b>13</b>
<input type="checkbox"/> <a href="#">Dizziness and fainting</a>	<ul style="list-style-type: none"> <li>• Feeling dizzy or lightheaded</li> <li>• Fainting or losing consciousness</li> </ul>	<b>15</b>
<input type="checkbox"/> <a href="#">Difficulties with vision</a>	<ul style="list-style-type: none"> <li>• Blurred, double vision or changes to vision</li> <li>• Difficulty seeing steps or walking in dim light</li> </ul>	<b>17</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/dim lighting</li> <li>No one to help with household chores</li> </ul>	<b>19</b>
<input type="checkbox"/> <a href="#">Outdoor hazards</a>	<ul style="list-style-type: none"> <li>Uneven or icy walkways</li> <li>Poor/dim lighting</li> <li>Stairs without handrails for support</li> <li>No one to help with home repairs</li> </ul>	<b>21</b>
<input type="checkbox"/> <a href="#">Difficulties with bladder or bowel control</a>	<ul style="list-style-type: none"> <li>Rushing to the bathroom</li> <li>Bladder or bowel leaking or accidents</li> </ul>	<b>23</b>
<input type="checkbox"/> <a href="#">Memory and/or concentration trouble</a>	<ul style="list-style-type: none"> <li>Trouble concentrating</li> <li>Difficulty remembering or changes to memory</li> <li>Alzheimer’s disease or other forms of dementia</li> </ul>	<b>25</b>
<input type="checkbox"/> <a href="#">Substance use</a>	<ul style="list-style-type: none"> <li>Having more than 2 standard drinks on any occasion per week</li> <li>Using cannabis products with extremely high THC levels</li> </ul>	<b>27</b>
<input type="checkbox"/> <a href="#">Foot health</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>29</b>
<input type="checkbox"/> <a href="#">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>31</b>
<input type="checkbox"/> <a href="#">Hearing difficulties</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>33</b>





My Snapshot

## 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 in your life or your abilities.
- ☐ 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.
- ☐ Being a caregiver for a loved one.
- ☐ 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.
- ☐ Practice thinking 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 older adults in your community.





My Snapshot

## Where to get information or help

Resource Name	Contact Information
211 Ontario – <i>ask about local Senior's programs &amp; transportation options.</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
8-1-1 – <i>speak with a registered nurse to receive confidential health advice.</i>	Website: <a href="https://health811.ontario.ca/static/guest/chat-online">https://health811.ontario.ca/static/guest/chat-online</a> Phone: 8-1-1 or 1-866-797-0007
Home and Community Support Services	Website: <a href="http://www.hcssgreybruce.com/day-away">www.hcssgreybruce.com/day-away</a> Phone: (519) 372-2091; Toll-free: 1-800-267-3798
Active Lifestyles Centre Grey Bruce	Website: <a href="http://www.alscgb.ca">www.alscgb.ca</a> Phone: (519) 376-8304
Alzheimer Society of Grey Bruce – Minds in Motion®	Website: <a href="http://www.alzheimer.ca/greybruce/en">www.alzheimer.ca/greybruce/en</a> Phone: 519-376-7230
Bluewater Association of Lifelong Learning	Website: <a href="http://www.bluewaterlearns.com">www.bluewaterlearns.com</a> Email: <a href="mailto:info@bluewaterlearns.com">info@bluewaterlearns.com</a>
Ontario Caregiver Network	Website: <a href="http://www.ontariocaregiver.ca">www.ontariocaregiver.ca</a> Helpline: 1-833-416-2273
<b>Transportation</b>	
Saugeen Mobility and Regional Transport	Website: <a href="http://www.saugeenmobility.ca">www.saugeenmobility.ca</a> Phone: (519) 881-2504; Toll-free: 1-866-981-2504
Home and Community Support Services	Website: <a href="http://www.hcssgreybruce.com/transportation">www.hcssgreybruce.com/transportation</a> Phone: (519) 370-0558
Specialized Transit Service Owen Sound	Phone: (519) 376-7500
Grey Transit Route	Website: <a href="http://www.grey.ca/resident-services/grey-transit-route">www.grey.ca/resident-services/grey-transit-route</a> Phone: 226-910-1001

## Risk factor: Medication use



My Snapshot

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

- ☐ Taking something that could react with your prescription medication.  
Examples include: over-the-counter medications (those you buy without a prescription), vitamins, stool softeners, herbal remedies, cannabis/alcohol.
- ☐ Taking your medication incorrectly.
- ☐ Not knowing which medications you are taking, how many you should take, what time you should take them, or why you need to take them.
- ☐ Forgetting to take your medication, or taking too much medication.
- ☐ Taking expired medication or using someone else's medications.
- ☐ Your doctor and pharmacist are not aware of everything you are taking or 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 of your medications and over-the-counter medications 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 or drug interactions.
- ☐ Ask your doctor or pharmacist if you should avoid alcohol or cannabis.
- ☐ Closely 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 out medications.
- ☐ Keep an up-to-date list of your medications in your wallet and on the fridge.
- ☐ Return unused or expired medications to your pharmacy.
- ☐ Take prescription and over-the-counter pain medication exactly as directed by your doctor.
- ☐ Consider using a pill organizer or ask your pharmacy to arrange your medication by day in "blister packs".

## Where to get information or help



My Snapshot

Resource Name	Contact Information
211 Ontario – <i>ask about local pharmacies</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
SouthWesthealthline.ca: Pharmacies in Grey Bruce	Website: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10345&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10345&amp;region=GreyBruce</a>
MedsCheck Program - <i>a one-to-one consultation between pharmacists and eligible patients for approximately 20–30 minutes once each year.</i>	<p>Contact your local pharmacist Infoline: 1-866-255-6701; TTY: 1-800-387-5599</p> <p>A patient is eligible for the MedsCheck program if they:</p> <ul style="list-style-type: none"> <li>• have a chronic condition and taking 3 or more prescription medications for their condition</li> <li>• are living with type 1 or type 2 diabetes</li> </ul>



## Risk factor: Difficulties with balance



My Snapshot

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

- ☐ Your reflexes may get slower with age.
- ☐ Getting up /moving too quickly.
- ☐ Not enough physical activity.
- ☐ Poor vision or hearing.
- ☐ Drug interactions, or the effects of alcohol or cannabis.
- ☐ 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 you can do to help 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 you enjoy that improve your balance, such as Yoga or 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 3 food groups at each meal.
- ☐ Make water your drink of choice. Avoid alcohol and cannabis.



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



My Snapshot

## Where to get information or help

Resource Name	Contact Information
211 Ontario – <i>ask about Rehabilitation Services, Physiotherapy, Exercise &amp; Fall Prevention Programs</i>	Web: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
SouthWesthealthline.ca: Rehabilitation Services	Web: <b>Outpatient</b> - <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10826&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10826&amp;region=GreyBruce</a> Web: <b>Private Pay Clinics</b> - <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10827&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10827&amp;region=GreyBruce</a>
SouthWesthealthline.ca: Physiotherapy Services	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=11019&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=11019&amp;region=GreyBruce</a>
SouthWesthealthline.ca: Exercise and Falls Prevention Programs	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10986&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10986&amp;region=GreyBruce</a>
VON Seniors Maintaining Active Roles Together (SMART) Exercise Program	Phone: (519) 376-5895 Toll-free: 1-800-265-3138
Exercise and Education Programs: Boosting Balance, Healthy Lifestyle Program, Stride Alive,	<b>Kincardine Family Health Team</b> Web: <a href="http://www.kincardinefht.ca/programs-services/">www.kincardinefht.ca/programs-services/</a> Phone: 519-396-2700 <b>Owen Sound Family Health Team</b> Web: <a href="http://www.osfht.com/programs-2/aging-well/">www.osfht.com/programs-2/aging-well/</a> Phone: 519-470-3030 x103 <b>Hanover Family Health Team</b> Web: <a href="https://www.hanoverfht.ca/building">https://www.hanoverfht.ca/building</a> Phone: 519-506-4348    Toll Free: 1-855-677-4348

## Risk factor: Physical inactivity



My Snapshot

### 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)

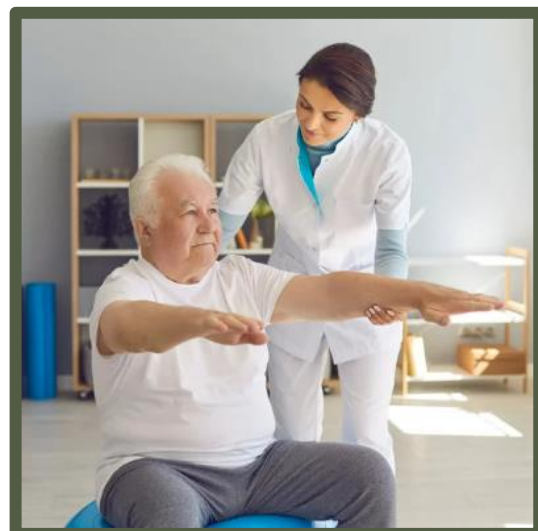
- ☐ Always check with a healthcare provider before starting a new exercise program.
- ☐ Follow the 24 Hour Movement Guidelines for Adults (65+).
- ☐ Start incorporating physical activity into your routine where you can. Aim for 150 minutes of moderate to vigorous physical activity each week. Try activities you enjoy – you'll be more likely to stick with it
- ☐ Incorporate muscle strengthening activities using major muscle groups at least twice a week, as well as physical activities that challenge balance.
- ☐ 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, start with short walks and gradually walk longer.
- ☐ Talk with your doctor about your pain or discomfort. It is helpful to write down:
  - When you feel pain,
  - What activities cause pain, and
  - What you do to relieve the pain.

## Where to get information or help



My Snapshot

Resource Name	Contact Information
211 Ontario - <i>ask about local exercise programs or walking groups</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
Alzheimer Society of Grey Bruce – ask about the Minds in Motion® Program	Website: <a href="https://alzheimer.ca/greybruce/en">https://alzheimer.ca/greybruce/en</a> Phone: 519-376-7230
Canadian 24-hour Movement Guidelines for Adults (65+ Years)	Web: <a href="http://www.csepguidelines.ca/adults-65">www.csepguidelines.ca/adults-65</a> Email: <a href="mailto:info@csep.ca">info@csep.ca</a> Toll-free: 1- 877-651-3755
SouthWesthealthline.ca: Exercise and Falls Prevention Programs	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10986&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10986&amp;region=GreyBruce</a>
VON: Seniors Maintaining Active Roles Together (SMART) Exercise Program	Web: <a href="http://www.von.ca">www.von.ca</a>  Phone: (519) 376-5895 or 1-800-265-3138
YMCA of Owen Sound Grey Bruce	Web: <a href="http://www.ymcaowensound.on.ca">www.ymcaowensound.on.ca</a> Phone: (519) 376-0484





## Risk factor: Malnutrition



My Snapshot

Malnutrition is when our body does not get the nutrition it needs from what we eat and drink. Canada's Food Guide promotes a dietary pattern that includes a variety of foods and encourages everyone to eat or cook with others more often. Following this dietary pattern provides the nutrition and social connections we need to help us: feel our best, prevent and manage chronic disease, support the immune system, and decrease the risk of malnutrition.

### What can cause malnutrition:

- ☐ Skipping meals.
- ☐ Not eating a variety of foods from each food group (Vegetables and Fruit, Grains, Proteins).
- ☐ Not getting enough fibre in your diet
- ☐ Not drinking enough water or fluids.
- ☐ Dieting or changing your diet without talking with a health care provider.
- ☐ Not getting enough vitamins and minerals from your diet.

### What you can do

- ☐ Speak to a Registered Dietitian about your eating habits. If you have a small appetite, try eating smaller amounts of food more often.
- ☐ Follow the recommendations from Canada's Food Guide and eat plenty of vegetables and fruits, whole grain foods, and protein foods. Choose protein foods that come from plants more often. Eat 3 balanced meals each day or 6 smaller meals each day. Use the Food Guide Plate to help you:
  - Fill half your plate with vegetables
  - Fill one-quarter of your plate with a grain like rice, pasta, or bread



- Fill one-quarter of your plate with a protein like lentils, beans (like kidney or navy), chickpeas, tofu, eggs, meat, dairy, or fish
- ❑ Choose foods high in fibre at each meal such as fruits and vegetables, whole grains, beans, and lentils.
- ❑ Compare the nutrition facts table on foods to choose products that are lower in sodium, sugars and saturated fat.
- ❑ Make water your drink of choice. 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
Ontario Health 811 – to find health services or get health advice from a registered dietitian.	Phone: Call <a href="tel:811">811</a> , ask to speak with a Registered Dietitian for free Website and online chat: <a href="https://health811.ontario.ca/static/guest/home">health811.ontario.ca/static/guest/home</a>
211 Ontario's Community Navigators help individuals find community, social, health and government services or programs.	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: Call 211 or 1-866-743-7818 *Find up to date information on meal delivery services, community meals, good food boxes, income supports, food banks and more
Canada's Food Guide	Web: <a href="https://food-guide.canada.ca/en/">https://food-guide.canada.ca/en/</a>
Unlock Food – visit this website to find articles and tools made by dietitians.	Web: <a href="http://www.unlockfood.ca">www.unlockfood.ca</a> or <a href="http://www.unlockfood.ca/en/Seniors">www.unlockfood.ca/en/Seniors</a>



## Risk factor: Dizziness and fainting



My Snapshot

### 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 each of the 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



My Snapshot

Resource Name	Contact Information
211 Ontario – <i>ask about blood pressure clinics or personal emergency response systems</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
SouthWesthealthline.ca: Blood Pressure Clinics	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10688&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10688&amp;region=GreyBruce</a>
SouthWesthealthline.ca: Personal Emergency Response Systems	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10108&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10108&amp;region=GreyBruce</a>
MedsCheck Program	Contact your pharmacist Toll-free: 1-866-255-6701; TTY: 1-800-387-5599  A patient is eligible for the MedsCheck program if they: <ul style="list-style-type: none"><li>• have a chronic condition and taking 3 or more prescription medications for their condition</li><li>• are living with type 1 or type 2 diabetes</li></ul>



## Risk factor: Difficulties with vision



My Snapshot

### 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 more difficulty seeing colours and judging distances.
- ☐ Your eyesight has changed and you need a new prescription for glasses.
- ☐ Getting used to bifocals or trifocals.
- ☐ 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



My Snapshot

Resource Name	Contact Information
211 Ontario – <i>ask about local optometrists or diabetes education programs</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
College of Opticians: Public Register	Web: <a href="https://members.collegeofopticians.ca/Public-Register">https://members.collegeofopticians.ca/Public-Register</a>
Diabetes Education Programs	Web: <a href="http://www.diabetesgreybruce.ca">www.diabetesgreybruce.ca</a> Phone: <b>Markdale:</b> (519) 986-3040 ext. 6240 <b>Meaford:</b> (519) 538-1311 ext. 4227 <b>Southampton:</b> (519) 797-3230 ext. 3270 <b>Wiarton:</b> (519) 534-1260 ext. 5439 <b>Hanover:</b> (519) 364-2340 ext. 392 <b>Kincardine:</b> (519) 396-3331 ext. 4376 <b>Owen Sound:</b> (519) 376-2121 ext. 2876
Canadian Diabetes Association: information and referral - virtual care	Web: <a href="http://www.diabetes.ca">www.diabetes.ca</a> Phone: 1-800-226-8464
Indigenous Services – Diabetes Grey Bruce	Web: <a href="http://www.diabetesgreybruce.ca/learn-more/indigenous-services/">www.diabetesgreybruce.ca/learn-more/indigenous-services/</a>
CNIB – a non-profit organization supporting people who are blind or partially sighted in Canada	Web: <a href="http://www.cnib.ca">www.cnib.ca</a> Phone: toll-Free 1-800-563-2642
Vision Loss Rehabilitation - Rehabilitation Therapy & Health Care Services for individuals with vision loss or blindness	Web: <a href="https://www.visionlossrehab.ca/">https://www.visionlossrehab.ca/</a> Phone: 1-844-887-8572

## Risk factor: Indoor Hazards



My Snapshot

### 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 or where there is poor lighting.
- ☐ 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 mobility aid such as 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)

- ☐ Do not rush to answer the door. Try to use the toilet regularly so you won't have to rush to get there. Consider continence products if you are prone to urgency or accidents.
- ☐ Use non-slip mats and grab bars in bathrooms, showers, and tubs (an occupational therapist can help recommend grab bars for your space).
- ☐ 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.
- ☐ 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.

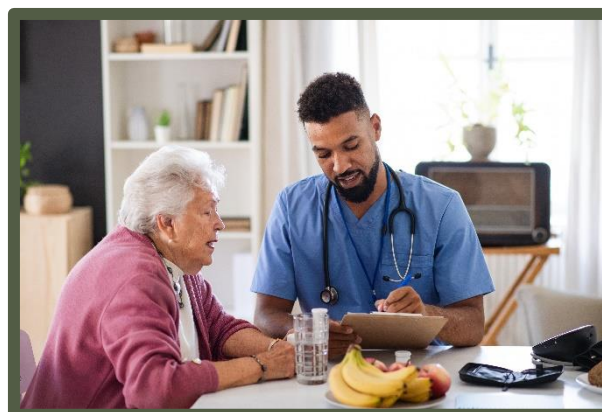


## Where to get information or help



My Snapshot

Resource Name	Contact Information
211 Ontario – <i>ask about home modification or housekeeping services</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
SouthWesthealthline.ca: Home Help and Homemaking	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10106&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10106&amp;region=GreyBruce</a>
SouthWesthealthline.ca: Home Modification	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10116&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10116&amp;region=GreyBruce</a>
Home and Community Support Services of Grey Bruce – Home Help	Web: <a href="http://www.hcssgreybruce.com/housekeeping/">www.hcssgreybruce.com/housekeeping/</a> Email: mailbox@hcssgreybruce.com Phone: (519) 372- 2091 or 1-800-267-3798
The Safe Living Guide: Guide to Home Safety for Seniors	Web: <a href="http://www.publications.gc.ca/collections/collection_2012/aspc-phac/HP25-7-2011-eng.pdf">www.publications.gc.ca/collections/collection_2012/aspc-phac/HP25-7-2011-eng.pdf</a>
Find an Occupational Therapist	Ask your family doctor for a referral for a publicly funded Occupational Therapist. For privately funded occupational therapy: <a href="http://www.otontario.ca/find-an-ot/">www.otontario.ca/find-an-ot/</a> toll-Free: 1-800-563-2642



Staying on Your Feet– Grey Bruce

## Risk factor: Outdoor hazards



My Snapshot

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

- ☐ Rushing to get somewhere.
- ☐ Walking in unfamiliar places.
- ☐ Wet leaves, fallen branches, snow, ice, or water puddles on walkways around your home, sidewalks, parking lots or the street.
- ☐ Shoes that are not weather appropriate.
- ☐ Poor outdoor lighting.
- ☐ Uneven sidewalks, driveways, trails, and roads.
- ☐ Unmarked curbs or speed bumps.
- ☐ Being 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 time and 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. Ask for help with heavy items.
- ☐ Install automatic or timed lighting outside.
- ☐ Be aware of other people in crowded places. If possible, avoid situations where you may be bumped.
- ☐ If you see something, say something! Report safety concerns/hazards on public property to your local municipality.

## Where to get information or help



My Snapshot

Resource Name	Contact Information
211 Ontario - <i>ask for your local public works department to report safety concerns for property, sidewalk, or streetlight maintenance</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
South-East Grey Support Services: Flesherton, Markdale, and Area	Web: <a href="http://www.segss.com/support-services/">www.segss.com/support-services/</a> Phone: (519) 924-3339
Finding Balance Alberta – Getting Around in your community	Web: <a href="http://www.findingbalancealberta.ca/in-your-community/">www.findingbalancealberta.ca/in-your-community/</a>
Find an occupational therapist	Ask your family doctor for a referral for a publicly funded Occupational Therapist. For privately funded occupational therapy: <a href="http://www.otontario.ca/find-an-ot/">www.otontario.ca/find-an-ot/</a> toll-Free: 1-800-563-2642



## Risk factor: Difficulties with bladder control



My Snapshot

### 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 continence 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.
- ☐ Make water your drink of choice. 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



My Snapshot

Resource Name	Contact Information
211 Ontario - <i>ask about organizations that provide information, supplies, funding and/or care for the management and treatment of incontinence</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
SouthWesthealthline.ca: Incontinence	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10399&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10399&amp;region=GreyBruce</a>
Canadian Continence Foundation	Web: <a href="https://www.canadiancontinence.ca/">https://www.canadiancontinence.ca/</a> Phone: 1-855-415-3917
Ontario Health at Home: Continence Assessment (previously Home and Community Care Support Services HCCSS)	Web: <a href="http://www.healthcareathome.ca/contact/">www.healthcareathome.ca/contact/</a> Phone: 310-2222 (no area code required) Toll-Free: 1-800-811-5146



## Risk factor: Memory and/or concentration trouble



My Snapshot

### 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.
- ☐ Feeling rushed, stressed, or indecisive all the time.
- ☐ 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.
- ☐ Consuming too much alcohol or cannabis.

### 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.



My Snapshot

## Where to get information or help

Resource Name	Contact Information
211 Ontario - <i>ask about Mental Health programs and services for seniors, bereavement programs or memory clinics</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
9-8-8 Suicide Crisis Helpline	Website: <a href="https://988.ca/">https://988.ca/</a> Call or text: 9-8-8
SouthWesthealthline.ca: Mental Health for Seniors	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10234&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10234&amp;region=GreyBruce</a>
SouthWesthealthline.ca: Bereavement	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10162&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10162&amp;region=GreyBruce</a>
Owen Sound Family Health Team: Mental Health Programs	Web: <a href="https://osfht.com/programs-2/allprograms/">https://osfht.com/programs-2/allprograms/</a> Phone: (519) 470-3030 x103
Brockton and Area Family Health Team: Memory Clinic	Web: <a href="https://bafht.com/services-programs/">https://bafht.com/services-programs/</a> Email: <a href="mailto:programs@bafht.com">programs@bafht.com</a> Phone: (519) 369-3007
Alzheimer's Society, Grey Bruce	Web: <a href="http://www.alzheimergreybruce.com">www.alzheimergreybruce.com</a> Phone: (519) 376-7230 Toll-free: 1-800-265-9013
CMHA Grey Bruce Mental Health and Addiction Services	Web: <a href="http://www.greybruce.cmha.ca">www.greybruce.cmha.ca</a> Phone: (519) 371-3642
Farmers Wellness Initiative Help Line	Phone: 1-866-267-6255 Website: <a href="https://farmerwellnessinitiative.ca/">https://farmerwellnessinitiative.ca/</a>
Hope for Wellness: available 24/7 to all Indigenous people in Canada	Phone: 1-855-242-3310 Website: <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a>





My Snapshot

## Risk factor: Substance use

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

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

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

- ☐ Talk to your doctor or pharmacist before drinking alcohol or using cannabis if you are taking medication or have a medical condition like diabetes or osteoporosis.
- ☐ Think about how much and why you are consuming alcohol or cannabis. Talk with your doctor if you:
  - Have more than 2 standard drinks per week or
  - Are consuming alcohol or cannabis to deal with feelings, relieve pain, or help you sleep.
- ☐ If you do choose to drink; drink alcohol in moderation. Go slowly. For every one drink of alcohol, have one non-alcoholic drink.
- ☐ Share your feelings with someone you trust such as a family member, friend, or peer counsellor.
- ☐ Talk with a 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 to find ways to manage the problem.

## Where to get information or help



My Snapshot

Resource Name	Contact Information
211 Ontario - <i>ask about mental health and addictions services</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
SouthWesthealthline.ca: Alcohol and Drug Addiction	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10095&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10095&amp;region=GreyBruce</a>
Mental Health and Addictions Services in Grey Bruce: Withdrawal Management Services and Addiction Day Treatment Program	Non-medical program providing assistance with voluntary withdrawal from alcohol or other drugs, open 24/7. Phone: (519) 376-5666
Chippewas of Nawash Unceded First Nation: National Native Alcohol and Drug Abuse Prevention Program	Phone: (519) 534-0373
Canadian Mental Health Association Grey Bruce	Web: <a href="https://greybruce.cmha.ca/addiction-support/">https://greybruce.cmha.ca/addiction-support/</a> Phone: 519- 371-3642 Toll-Free: 1-888-451-2642
Canada's Guidance on Alcohol & Health	Web: <a href="http://www.ccsa.ca/canadas-guidance-alcohol-and-health">www.ccsa.ca/canadas-guidance-alcohol-and-health</a>
Canada's Lower-Risk Cannabis Use Guidelines	Web: <a href="http://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/lower-risk-cannabis-use-guidelines.html">www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/lower-risk-cannabis-use-guidelines.html</a>

### One standard drink is:

- 341 ml (12 ounces) of beer, or;
- 341 ml (12 ounces) of cooler, cider, ready-to-drink, or;
- 146 ml (5 ounces) of wine, or;
- 44 ml (1.5 ounces) of liquor or spirits.



## **Risk factor: Foot health**

### **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 closed 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.



My Snapshot

## Where to get information or help

Resource Name	Contact Information
211 Ontario - <i>ask about in-home foot care, chiropody clinics or where to find a local chiropodist or podiatrist</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
SouthWesthealthline.ca: Foot Care	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10105&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10105&amp;region=GreyBruce</a>
SouthWesthealthline.ca: Chiropody Clinics	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10616&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10616&amp;region=GreyBruce</a>
Rate My Treads: Find out which footwear has the best rated slip protection	Web: <a href="http://www.kite-uhn.com/rmt/en">www.kite-uhn.com/rmt/en</a>
Ontario Health at Home – foot care	Phone: 310-2222 (no area code required) TTY: 711 Web: <a href="http://www.ontariohealthathome.ca/region/south-west/">www.ontariohealthathome.ca/region/south-west/</a>
Southwest Ontario Aboriginal Health Access Centre (SOAHAC)	Chiropodist available by referral for existing clients of SOAHAC Phone: 519-376-5508



## Risk factor: Bone health



My Snapshot

### 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 balance & strengthening exercise,
  - Poor nutrition, not getting enough calcium, vitamin D, & protein,
  - Low body mass index >20,
  - 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 3 food groups at each meal. See [Malnutrition](#) section (page 13) for more information on balanced meals.
- ☐ Choose food and drinks with calcium more often. Some common foods that have calcium include spinach, collard greens, beans, tofu, salmon, and sardines.
- ☐ Stop smoking or reduce how much you smoke.
- ☐ Make water your drink of choice. Avoid drinking alcohol, see [Substance Use](#) section (page 27) for more information.
- ☐ 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.
- ☐ Aim for 150 minutes of moderate to vigorous physical activity each week.

## Where to get information or help



My Snapshot

Resource Name	Contact Information
211 Ontario - <i>ask about Osteoporosis screening programs or services that provide information and management programs</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
SouthWesthealthline.ca: Bone Disease	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10157&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10157&amp;region=GreyBruce</a>
Osteoporosis Canada	Nutrient & Calcium calculator, recipes, exercises, webinars and information on Osteoporosis and bone health. Web: <a href="http://www.osteoporosis.ca">www.osteoporosis.ca</a> Toll-free English: 1-800-463-6842 ext. 2314 Toll-free French: 1-800-977-1778 Too Fit To Fracture: <a href="https://osteoporosis.ca/wp-content/uploads/OC-23-103_TFTF_final-electronic_Osteoporosis-Canada-ENGLISH-1.pdf">https://osteoporosis.ca/wp-content/uploads/OC-23-103_TFTF_final-electronic_Osteoporosis-Canada-ENGLISH-1.pdf</a>
Osteoporosis Strategy – Information for Patients	Educational tools, exercise recommendations, and support materials to empower patients and their families to manage bone health and prevent fractures. Web: <a href="https://osteostategy.on.ca/patients/">https://osteostategy.on.ca/patients/</a>
Owen Sound Family Health Team – ‘Healthy Bones’ Course.	This program gives participants information about how to live a healthy life with osteoporosis. Web: <a href="https://osfht.com/programs-2/aging-well/">https://osfht.com/programs-2/aging-well/</a> Phone: 519-470-3030 ext.103

## Risk factor: Hearing difficulties



My Snapshot

### 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 or off when you talk on the phone.
- ☐ Ask people to speak clearly and slowly. If you didn't hear something, ask them to repeat it.

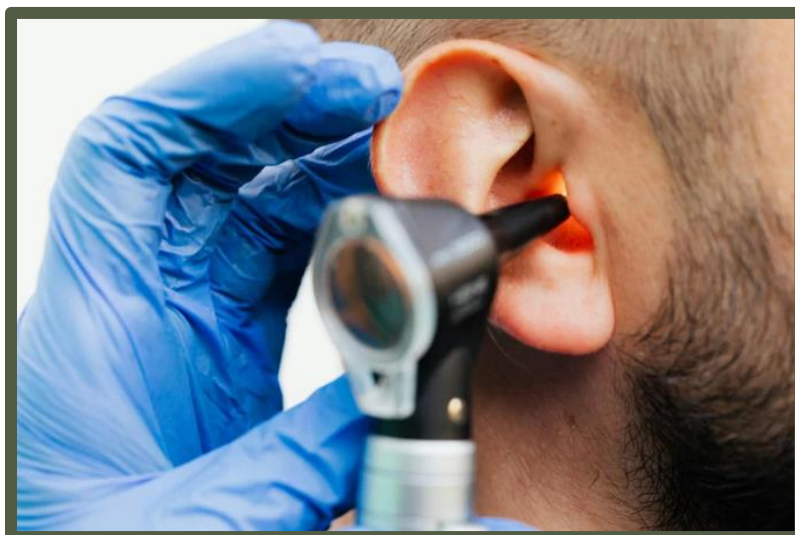


## Where to get information or help



My Snapshot

Resource Name	Contact Information
211 Ontario - <i>ask about organizations that provide hearing tests, dispense and/or service hearing aids, or programs and services for people who are deaf or hard of hearing</i>	Website: <a href="http://www.211ontario.ca">www.211ontario.ca</a> Phone: 2-1-1 or 1-866-743-7818
SouthWesthealthline.ca: Hearing Aids and Communication Devices	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10286&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10286&amp;region=GreyBruce</a>
SouthWesthealthline.ca: Deafness and Impaired Hearing	Web: <a href="http://www.southwesthealthline.ca/listServices.aspx?id=10620&amp;region=GreyBruce">www.southwesthealthline.ca/listServices.aspx?id=10620&amp;region=GreyBruce</a>
Bell Canada Specialized Phone Service	Web: <a href="http://www.bell.ca/Accessibility_services">www.bell.ca/Accessibility_services</a> Toll-free: 1-800-268-9243; TTY: 1-800-268-9242
Canadian Hearing Society: London Regional Office	Web: <a href="http://www.chs.ca">www.chs.ca</a> Phone: 1-866-518-0000; TTY: 1-877-215-9530



# A SAMPLE WORKSHEET

## My plan to prevent falls!



My Snapshot

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
✓ <i>I did it!</i>		✓ <i>I did it!</i>			✓ <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 WORKSHEET

## My plan to prevent falls!



My Snapshot

### 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

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

Take these steps to prevent falls		
1	Check Your Medications	<ul style="list-style-type: none"><li>• Ask your pharmacist to review your medications at least once a year.</li></ul>
2	Keep Active	<ul style="list-style-type: none"><li>• Exercise for a total of 150 minutes (2½ hours) each week.</li></ul>
3	Watch Your Step	<ul style="list-style-type: none"><li>• Wear supportive shoes and be careful when you walk.</li></ul>
4	Speak Up About Dizziness	<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. If you think you will not have enough time to ask all your questions, ask to book extra appointment time.
✓	Ask for resources such as brochures or information sheets that you can take home to learn more.

For more information	
<b>SouthWesthealthline.ca</b> <a href="http://www.southwesthealthline.ca">www.southwesthealthline.ca</a>	<b>211</b> Dial 2-1-1 on your phone <a href="http://www.211ontario.ca">www.211ontario.ca</a>
<b>Ontario Health at Home (previously Home and Community Care Support Services)</b> 310-2222 (no area code required) <a href="https://ontariohealthathome.ca/">https://ontariohealthathome.ca/</a>	

## About this guide

“Staying on your feet” was developed by Grey Bruce Public Health and the Grey Bruce Falls Prevention and Intervention Program.

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