

## You CAN Prevent Falls

Most people choose to remain in their homes as they age, yet homes that were once supportive may present problems over time that could lead to falls. Research shows that the optimal way to reduce fall risks includes medication management, physical activity, and home modification. Home modification is changing the environment to make daily activities easier, reduce accidents, and support independent living. Whether you live in a house, a condo or an apartment, living safely at home requires adapting your environment, your behaviour and your lifestyle.

You need to make sure your home is safe. This may involve installing brighter lighting, adding supports such as handrails, moving your furniture around, uncluttering your floors, rethinking the arrangement of your storage shelves, putting in night lights or getting a good fire extinguisher.

You need to keep yourself healthy and active. Whatever your physical condition, it's never too late to eat well and to be more active. Consult your health professional if you're in doubt about a new diet or a new exercise program. Not only will this benefit your overall health and increase your resistance to disease, it will also help you maintain the balance and strength you need to ward off falls and serious injury at home and elsewhere.

- Do all entrances have outdoor lighting?
- Do outdoor stairs, pathways or

decks have railings and provide good traction?

- Are front steps and walkways in good repair and free of clutter, snow or leaves?
- Do doorways to the balcony or deck have a low sill or threshold?
- Can you reach the mailbox safely and easily?
- Is your house number clearly visible from the street and well lit at night?
- Are all rooms and hallways well lit?
- Are area rugs secured to keep them from slipping?
- Are high traffic areas clear of obstacles?

carbon monoxide detectors in your home?

- Have you or an electrician inspected your wiring, fuse panel, electrical cords and appliances for safety?
- Do you have non-slip surfaces in the tub or shower?
- Do bath mats next to the tub or shower have rubberized backing or are they secured in place to keep them from slipping?
- Do you have a night light in the bathroom?
- Does your bathroom door lock have an emergency release?
- Do you have grab bars that have been properly placed and well anchored to the wall in the bathtub or shower?
- Do you have a stable step stool (with a safety rail) for reaching high places?
- Is there a light switch near the entrance to your bedroom?
- Do you have a lamp or a light switch near your bed?
- Is there a clear path from your bed to the bathroom?

did you know:

 **1 in 3**  
seniors will fall every year.

Two-thirds who fall will fall again within six months.

- Do you have a first aid kit and know where it is?
- Do you have a list of emergency numbers near all phones?
- Are stairways well lit with light switches at the top and bottom of the stairs?
- Are stairs in good repair and free of clutter?
- Do the steps have a non-skid surface?
- Do you have a smoke detectors and

The earlier you start planning, the more prepared you will be to respond to changes that may occur as you age such as changes in your health, mobility or social connections.

To successfully plan ahead, you need to start thinking about how you want to live as you age and what steps you need to take to achieve that lifestyle. When planning, you should also consider the unexpected. Making choices now will give you greater control over your independence, quality of life and dignity. These tips also apply to your elderly parent or other relative who still lives in their own home.

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# Why woodn't you?

Hardwood is one of the best choices you can make for flooring options in your home. It can last for generations, with proper care and maintenance, and add up to 10 percent to the resale value of your home.

Here are a few do's and don'ts that will help keep your floors in top condition for years to come.

**DO** - Dust frequently with a dust mop or a broom with exploded tips. Place mats in high-traffic areas to trap dirt, dust and grit which might scratch the surface. Place mats below kitchen sink.

**DO** - Follow manufacturer's instructions for care and maintenance.

**DO** - Wipe up any spills immediately with a soft

cloth. Use floor protectors under the legs of heavy furniture like couches, tables and shelving units.

**DO** - Have your floor refinished if you notice deep gashes, cuts, dents or burns in the finish, there are squeaks in the floor, or oil based

paint has dried on the surface.

**DON'T** - Use a damp mop to clean the surface of waxed floors.

**DON'T** - Use mats with rubber or vinyl backs as they can adhere.

**DON'T** - Use an upright vacuum on hardwood floors, as the beater brushes can scratch the surface. Instead, vacuum with a hose attachment designed for hardwood floors.

If you notice that maintenance is no longer doing the job, give us a call. Homeservice Club has hardwood flooring experts with years of experience waiting for your call. And special pricing is available until February 15, 2018!!



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