



MINUTES

SUBJECT: Age-Friendly Advisory Committee
MEETING DATE: July 26, 2023 **TIME:** 10:00 AM – 12:00 PM
LOCATION: Zoom Meeting
CHAIR: Jane Sinclair, General Manager, Health & Emergency Services
RECORDER: Catherine Ivanyshyn, Administrative Assistant II, County of Simcoe

ATTENDANCE IN PERSON:

Ron Coutts, Older Adult Community Representative
Councillor Randy Greenlaw, Mayor Township of Oro-Medonte
Tracy Hill, Programs & Support Supervisor, Seniors Services and Age-Friendly Champion
Gwen Kavanagh, CARP Barrie Chapter
Tally Lajeunesse, Manager Federal Initiatives, Simcoe Muskoka United Way
Jenna Wickens, Mature Minds Coordinator, Catholic Family Services of Simcoe County

ATTENDANCE ON ZOOM


Margaret Adolphe, Chair, Accessibility Committee of Collingwood
Jacqueline Berchtold, Project Coordinator, PQD, County of Simcoe
Judy Contin, Executive Director, Askennonnia Senior Centre
Catherine O’Conner, Hearing Care Counsellor, Canadian Hearing Services (CHS)
Brittany Steele, Simcoe Muskoka District Health Unit
Christina Strong, Communications Coordinator, Independent Living Services Simcoe County

GUESTS:

Aging at Home Program, Métis Nation of Ontario
Alison White, Aging at Home Program Coordinator
Leta-Vené Adair, Aging at Home Program Coordinator

Embedded PDFs are attached to these Minutes

ITEM	ACTION ITEMS
<p>1. WELCOME AND INTRODUCTIONS</p> <p>This meeting was held in person and on Zoom. All committee members were welcomed to the meeting.</p> <p>Tracy Hill introduced new members as follows:</p> <ul style="list-style-type: none"> Jenna Wickens, Mature Minds Coordinator, Catholic Family Services of Simcoe County 	

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<ul style="list-style-type: none"> Tally Lajeunesse, Manager Federal Initiatives, Simcoe Muskoka United Way 	
<p>2. APPROVAL OF AGENDA</p> <p>The Agenda was approved by the Committee as presented.</p>	
<p>3. APPROVAL OF PREVIOUS MINUTES (March 29, 2023)</p> <p>Margaret Adolphe approved the previous Minutes as presented.</p>	
<p>4. Presentation: Aging at Home Program, Métis Nation of Ontario</p>  <p>MNO AAH Powerpoint.pdf</p> <p>Aging at Home Program with the Métis Nation of Ontario support 55 plus of Métis decent or self-identify as Métis. They can have their full status card, but not necessary. The program supports First Nations living off the reservation and anywhere in the community. Support is for 55 and older adults to help them live at home as long as possible. Support services include:</p> <ul style="list-style-type: none"> Light housekeeping, transportation to essential services, grocery shopping / pet store shopping. Assistance with travel out of town for medical assistance and provide gas cards, hotel accommodations if needed. Contract out lawn care and snow removal. Threshold (yearly income from all sources) for these services include one person household at \$30,000 or less or two in one household at \$35,000 or less. Funded through the Ministry of Health. Referrals are done and help clients with applications and assist in community engagement. Referrals link clients with Home and Community Care Services, Alzheimer Society, Occupational Therapists, etc. This program offers support to those with limited family support. Clients require a referral from a physician to identify health issues. They may also require a financial assessment for home maintenance such as lawn care and snow removal. For those who do not have a healthcare provider, referrals can come from Occupational Therapists, Physical Therapists, Emergency Dept., Community Paramedicine, and Nurse Practitioner. 	<p>Jane will follow up with the County of Simcoe Community Paramedicine Program and Community & Social Services re Referrals.</p> <p>Include website link on the County of Simcoe Age-Friendly Resources webpage.</p>



ITEM	ACTION ITEMS
<p>Contact Information:</p> <p>Leta-Vené Adair, Aging at Home Program Coordinator Phone: 705-529-5583 Email: LetaA@metisnation.org Website: www.metisnation.org</p>	
<p>5. Age-Friendly Updates</p> <p>5.1. Seniors Housing Grant Updates</p> <p>Website: Simcoe.ca/Age-Friendly Seniors Housing Grant</p> <p>The 2023 applications included 107 applicants, 86 approved, and 22 denied. These included 48 bathrooms, 16 stair lifts, 21 ramps, handrails, entrance ways, and one dementia modification. All approved projects received partial funding due to the number of applicants. This was an increase from 2022 of 69 Applicants, 57 approved, 12 denied. 2022 applications included 40 bathrooms, 8 stair lifts, 9 ramps, handrails and entrance ways.</p> <p>Note: There is no income requirement to apply for the Age-Friendly Seniors Housing Grant.</p> <p>The Age-Friendly Seniors Housing Grant has a funding of \$500,000 per year. Reserved funds were used from 2022 and 2021 as applications were reduced due to the pandemic, contracted services, etc.</p> <p>A report will be brought to County Council and will bring a report to the Advisory Committee, per discussion, that will include trending and future forecasting of available funding, details of projects not approved and will research other grant programs (provincial / federal).</p> <p>5.2. Recognition Awards Program</p> <p>Business Recognition Program</p> <p>Helps business owners assess whether their business is designed to serve everyone. The program provides a guide, resources, tools, and recognition to enable business owners to identify, promote and be recognized for implementing age-friendly practices. As our population ages, it makes viable business sense to adapt to meet changing needs. Businesses can self-nominate or be nominated.</p> <p>Website: Age-Friendly Business Recognition Awards</p>	<p>Awards Programs to be promoted through Advisory Committee, libraries, Barrie Seniors Centres, local business organizations, etc.</p>



ITEM	ACTION ITEMS
<p>Age-Friendly Individual Recognition and Achievement Award</p> <p>The Age-Friendly Individual Recognition and Achievement Award recognizes an individual who demonstrates an outstanding commitment to creating age-friendly communities.</p> <p>Website: Age-Friendly Individual Recognition and Achievement Award Release - County of Simcoe accepting nominees for Age-Friendly Business and Individual Recognition Awards (July 31, 2023)</p> <p>Age-Friendly Business and Individual Awards Ceremonies</p> <p>To celebrate the growth of the Age-Friendly Program, the County of Simcoe is proposing the launch of a new Age-Friendly Recognition Awards Ceremony.</p> <p>The ceremony will provide a greater awareness about the program with media attention and political attendance and a platform to recognize award recipients as well as serve as a community initiative and networking opportunity.</p> <p>The ceremony will be a formal event:</p> <ul style="list-style-type: none"> • Keynote speaker, awards presentation ceremony with photos, cocktails/light hors d'oeuvres. • Event timing considerations: 3:00pm - time of year / daylight hours. After 5:00 to accommodate business hours. Timing to be determined. • Guests: Province – Minister of Seniors and Accessibility, County Councillors, Age-Friendly Advisory Committee members, seniors services organization representatives, age-friendly organization representatives (include Barrie and Orillia), guests of the award recipients <p>Distribution of Awards program applications and information through Advisory Committee, libraries, seniors' centres, business organizations, etc. for further distribution.</p>	<p>Email Library CEOs for Advisory Committee representation.</p> <p>Include Agism as part of the Age-Friendly Recognition Program.</p> <p>Explore other opportunities for funding for this program.</p> <p>Tracy to include Jenna Wickens in round table meetings for the Awards Programs.</p> <p>Committee Members interested in being on the Recognition Awards Committee or to forward feedback and recommendations, please contact:</p> <p>Email : Tracy.Hill@simcoe.ca</p> <p>c.c.: Catherine.Ivanyshyn@simcoe.ca</p>



ITEM	ACTION ITEMS
<p>5.3. Municipal Champions</p> <p>Municipal Champions Meetings</p> <p>A Municipal Champions Meeting was held July 25th with 10 municipal attendees representing. Quarterly meetings will be held on municipal analysis of needs and challenges of older adults in communities.</p> <p>Municipal Grant Launch</p> <p>The Municipal Grant assessment is composed of an initial community assessment and evaluation. Grant funding is then provided to support community initiatives (for example, accessible seating in parks and trails).</p>	
<p>6. What's Happening (local community initiatives) – Roundtable</p> <p>Britany Steele, Simcoe Muskoka District Health Unit (SMDHU) (attending for Sarah Orr-Shaw)</p> <p>Currently in the process of updating the <u>Home Safety Checklist</u>. This checklist covers various areas of the home where individuals could be at risk for a fall. The checklist includes resources on how to make these areas safer (Link to online PDF: Home Safety Checklist.)</p> <p><u>Fall Prevention Month</u> takes place in November. This month begins with the Oral Health appointments for older adults with Georgian College students. As well, increase awareness of falls prevention through local media with videos of local older adult champions that share personal experiences with having had a fall and how it affected their lives. More information to come on this program.</p> <p>Judy Contin, Executive Director, Askennonia Senior Centre</p> <p>Returned from a four day, three night trip to Ottawa with 55 seniors in total. The Askennonia Senior Centre is currently planning events and programming for the fall.</p> <p><u>The Foodbank Program</u> continues to deliver fresh fruit and vegetables to local seniors monthly and is doing well.</p> <p>Margaret Adolphe, Chair, Accessibility Committee Collingwood</p> <p>Collingwood remains active with ongoing programs for older adults.</p>	<p>Include posters and fall prevention assessment tool to the Age-Friendly website – Community Highlights and Resources.</p>



ITEM	ACTION ITEMS
<p>Christina Strong, Communications Coordinator, Independent Living Services Simcoe County</p> <p>Dan Leonard has retired, and the replacement Coordinator will be attending this Committee in future with Christina.</p> <p>The <u>Homemaking Services Program</u>, previously with Helping Hands, will be relaunched through ILS. This program helps clients stay in their home longer through assistance with housekeeping, laundry, security checks, shopping, meal prep, and more. The website will be revamped and more communication to come in the fall.</p> <p>Catherine O’Conner, Hearing Care Counsellor, Canadian Hearing Services (CHS)</p> <p>Conducting talks around Simcoe County libraries on hearing loss and how it affects communication, falls and dementia. Offering courses on how to communicate through hearing loss. If an organization would like to set up a free hearing screening or a presentation on hearing loss, contact Catherine O’Conner - COconnor@chs.ca.</p> <p>Gwen Kavanagh, Barrie Chapter CARP (Canadian Association of Retired Persons)</p> <p>Barrie CARP Meetings are held at Traditions Banquet Hall at Sheba Shrine (142 John Street) in Barrie monthly (10 meetings a year) on a Tuesday starting at 7:00pm. Members and guests are invited.</p> <p><u>Seniors Community Fund</u> - Working with community partners to identify seniors most in need (below poverty line) and distributing grocery vouchers, rent assistance, and other necessities. https://barriecarp.org/seniors-community-fund/</p> <p>Setting up a <u>focus group</u> to discuss options to support older adults who are waiting for a long-term care facility. Also focusing on co-housing with students and the support for the sandwich generation.</p> <p>Jenna Wickens, Mature Minds Coordinator, Catholic Family Services of Simcoe County</p> <p>A frontrunner in Ageism Awareness education and presentations. Doing national and international speaking engagements on Ageism</p>	<p>Once Homemaking Services Program is active on the ILS webpage, Christina will forward link to include on the Age-Friendly Resources webpage.</p> <p>Catherine O’Conner to forward brochure/poster(s) to Catherine.Ivanyshyn@simcoe.ca to add to the Age-Friendly webpage.</p> <p>Jane will connect with Paramedic Services / Community Paramedicine regarding referrals to Seniors Community Fund for older adults in need.</p>



ITEM	ACTION ITEMS
<p>Awareness and have presented to local areas such as Empower Simcoe and Askennonia Senior Centre.</p> <p>Working on the fall calendar that includes:</p> <p><u>Slow Cooker Club</u> teaching seniors how to cook with a slow cooker along with recipes and nutrition information.</p> <p><u>Everybody's Birthday</u> – birthday parties are conducted at older adults' homes with cake, cards, decorations.</p> <p><u>Friendship Bench</u> (Barrie Waterfront, Georgian Mall and Orillia Waterfront and can be expanded to other areas) – Volunteers sit on a bench in public areas and are available for those who want to talk. Friendship Bench Training for staff and volunteers includes Communication Strategies, Mental Health Awareness, Ageism Awareness and Selfcare Strategies.</p> <p><u>Generations over Dinner</u> (Barrie) – Different generations join for a gathering over dinner. Dinners start with directed conversations where guests at the table recognize someone who has passed away as well as generations that have gone before, what it means to be from your generation and the challenges. The end of dinner finishes with each person around the table appreciating the person next to them.</p> <p><u>GrandPals</u> (Barrie and will expand) - Partner with local elementary school. One GrandPal is partnered with two elementary students. Relationships are built over an eight-week time period. Stories are shared and students create an art project afterwards to reflect the stories. Training is done for participants.</p> <p><u>Scrabble Club</u> (Barrie – 20 Anne Street with bus stop in front) – “Spark*d” for newcomers to Canada. Older Adults helping newcomers learn English through Scrabble games.</p> <p>The organization also provides one-on-one social support in connecting older adults to social services, caregiver resilience and providing virtual care for caregivers.</p> <p>Volunteers are welcomed for GrandPals, Friendship Bench, Scrabble Club.</p>	<p>Volunteers are welcomed for GrandPals, Friendship Bench, Scrabble Club. Contact: Jenna Wickens - jwickens@cfssc.ca</p>



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<p>Discussed transportation to programs and events. The program will be expanding and looking at a train the trainer to enable a further reach and expansion of programs across other areas in Simcoe County where older adults will not need to travel far.</p> <p>Tally Lajeunesse, Manager Federal Initiatives, Simcoe Muskoka United Way</p> <p><u>Collaborative Projects</u> – now open - deadline of August 31st. Three or more organizations that are targeting initiatives (i.e., poverty reduction) etc.. Projects can be eligible to receive up to \$100,000 annually. https://uwsimcoemuskoka.ca/collaboratives-2024-2027/</p> <p><u>Low-Income Energy Assistance Program (LEAP)</u> - This program provides a one-time grant towards an electricity or natural gas bill in the event someone is temporarily unable to pay bills or in arrears and in an emergency situation. https://uwsimcoemuskoka.ca/get-help-now/ For individuals, families, older adults – up to \$600 (Embridge, Hydro One and Electra).</p> <p><u>Urgent Needs Fund (UNF)</u> – One-time grant of up to \$250 for low-income individuals, families and older adults in Simcoe County, Muskoka and Blue Mountains for basic needs support of clothing, food, transportation medical devices equipment, etc. All inpatient assessments are done through 211. Those looking for support can call 211. Program will be available in August. https://uwsimcoemuskoka.ca/unf/</p> <p><u>Tax Clinic</u> – Offered to Simcoe County, Muskoka and the Town of Blue Mountains to those who are low-income and needing their taxes completed. https://uwsimcoemuskoka.ca/tax-clinic-participants/</p>	<p>Tally to connect with Christina Strong regarding Day of Caring program.</p>
<p>7. Closing Remarks</p>	
<p>8. Adjournment: 12:05 PM</p>	
<p>9. Next Meeting: October 12th, 2023 - 10:30 AM - 12:00 PM via Zoom</p>	

Staying Independent

A Home Safety Checklist

Did you know?

- ✓ Falls are predictable and can be prevented
- ✓ Most falls happen in and around the home
- ✓ Fear of falling and inactivity can lead to the loss of independence
- ✓ 40% of all nursing home admissions occur as a result of a fall

Use this checklist to make your home a safer place to live.



USING YOUR HOME SAFETY CHECKLIST

Your home, furnishings and lifestyle all affect your risk of falling in and around the home.

Using this checklist, take your time and go through each room. Don't forget the basement, garage, porch and walkways too.

Think about having a family member or friend help you. Together you can spot the risks, make simple improvements and list changes needed to keep you and your family safe from falls.

A check in a "NO" box suggests that you could be at greater risk for a fall—use the chart on page 13 to make your home safer.

**It's time to take control of
your independence!**



outside YOUR HOME

YES NO

Are the walkways, ramps, pathways and stairways leading to your home:

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Fitted with handrails on one or both sides ? |
| <input type="checkbox"/> | <input type="checkbox"/> | In good repair, free from cracks, holes and clutter? |
| <input type="checkbox"/> | <input type="checkbox"/> | Well lit? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have non-slip surfaces? |

Garage

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Is the garage door easy to open and close? |
| <input type="checkbox"/> | <input type="checkbox"/> | When your car is in the garage, can you get in and out of it easily? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the garage free from clutter, debris and other hazards? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there enough lighting? |

Remember:

Keep all walkways, ramps and stairs free of clutter, wet leaves, snow and ice.

Keep a mixture of sand and salt handy for icy walk areas.

Always wear shoes that have good treads.

If you use a cane fit it with an "ice pick" so it won't slip on icy surfaces.

Check out www.ratemytreads.com to see a list of recommended slip resistant footwear.

Your ENTRANCE

YES NO

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have good lighting outside all entrances? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are the eavestroughs over the entrances in good repair and clear of debris? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do the doors have handles that make them easy to open and close? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a bench or shelf to put packages on while you open the door? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is the doorway wide enough (about 32" or 800 mm) for easy use with a walker, cane or shopping buggy? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the front mat stay firmly in position and is it in good condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are porch and balcony floors in good shape and railings secure? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are all exits and hallways clear of boxes, shoes and other clutter? |

Remember:

Keep roof and eavestroughs over doorways free from snow and ice.

Consider putting up motion detector lights to light up the path to your door.

Your STAIRS

YES NO

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Are all stairs in good repair? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are stair steps even and no greater than 8" (200 mm)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are the widths of the stair treads even and at least 10" (250 mm)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do steps have a secured non-slip surface and clearly marked edges? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are there handrails on both sides of the stairway and do they go beyond the top and bottom step? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are the handrails mounted firmly and far enough away from the wall to allow for a solid grip? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are there light switches at both the top and bottom of each flight of stairs? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are all stairways well lit and free from shoes, packages and other clutter? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have scatter rugs been removed from top and bottom of stairs? |

Remember:

Avoid carrying large or heavy items when using the stairs.

Keep one hand free to use the handrail.

Always wear shoes when using stairs, step stools or ladders.

Provide a night light in the stair area.

Extend handrails beyond the top and bottom steps to provide stability.

Your FLOORS

YES NO

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do all doorways have a low doorsill or threshold (less than one-half inch)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are area rugs and runners fastened to the floor? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do they have a slip-resistant backing? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is flooring in good repair and floor vents secure? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are floor surfaces non-slip, especially wet areas such as bathroom, kitchen, laundry and entrances? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you use non-skid wax and floor cleaners? |

Remember:

Highly waxed floors can be very slippery and cause you to fall.

Keep bathroom, kitchen, laundry and entrances dry to avoid slips.

Scatter rugs are dangerous. Attach area rugs and runners with double-sided carpet tape.

Carpets with a low, tight pile are safest.

Your LIVING SPACE

YES NO

Is there a light switch for turning on a light before entering a room?

Is the furniture in your living areas arranged so you can move easily without bumping into objects?

Are your travel paths clear of telephone and electrical cords?

Are the windows easy to reach and to open, close and lock?

Do you have pets that get under your feet?

Remember:

Consider installing motion sensor switches for lights.

Add electrical outlets and phone jacks to avoid extension cords.

A good stable chair with arm rests makes it easier to get up and sit down.

To make it easier to get in and out of chairs, consider putting wooden blocks under furniture or use extra foam cushions to raise the seat height.

Check where your pet is when you move around your home, especially on the stairs.

Your KITCHEN

YES NO

Can you reach items you use most often without having to climb or strain to reach them?

Do you have a step stool (with a safety rail) for reaching high places?

Are heavy items in the lower cupboards and light items in the higher cupboards?

Are the electrical outlets easy to reach without using extension cords?

Can you turn the sink taps easily with one hand?

Remember:

Consider using a reacher vs. step stool when appropriate.

Consider sitting down to complete kitchen tasks.

Avoid heavy lifting by resting large pots on the counter and filling with a cup.

Use a slotted spoon, metal colander or wire basket to remove vegetables from hot water rather than lifting the pot to drain.

Keep your emergency numbers beside the telephone.

Your BATHROOM

YES NO

Does your bathtub and shower have a non-slip mat or slip-resistant surface?

Is there good lighting in the bathroom, including a night light?

Do you have a grab bar with a textured hand surface in your bathtub and shower? (towel bars are NOT strong enough to hold your weight)

Is it easy to reach and turn the taps on your basin or bathtub?

Does your bathroom floor mat have a slip-resistant backing?

Remember:

By placing towel racks close to the sink and tub you are less likely to drip water on the floor.

A bath seat and an adjustable shower head can provide stability for bathing.

A raised toilet seat and grab bars make it easier to reach the toilet.

Use a long-handled tub scrubber/mop when cleaning the tub or shower walls to avoid bending and reaching.

Test the temperature of the water before getting into the shower or bath.

Your **BEDROOM**

YES NO

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a switch to turn lights on before entering your bedroom? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a lamp or light switch within easy reach of your bed? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a telephone within easy reach of your bed? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a clear path from the bed to the bathroom? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there lots of space to move around the room freely? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a working flashlight within easy reach of the bed? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are all area rugs, mats and runners firmly secured to the floor or do they have slip-resistant backing? |

Remember:

Keep your emergency numbers beside the telephone.

Sit rather than stand to complete dressing activities.

Get light-sensitive night lights that brighten when it gets dark in a room or hallway.

Consider a long-handled shoe horn or sock aid for putting on socks and shoes.

Keep items you use often in easy reach in closets and storage areas.

Your BASEMENT

YES NO

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Is there plenty of light in the basement? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your basement floor free from clutter? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are the edges of each stair clearly marked with a colour that stands out? |
| <input type="checkbox"/> | <input type="checkbox"/> | Can you move through the room without bumping into things? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are the stairs well lit, in good repair and do they have a non-slip surface? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there a handrail or banister on both sides of the stairway and do they go beyond the top and bottom step? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are there light switches at both the top and bottom of each flight of stairs? |

Remember:

Consider putting a phone in the basement or carry a portable in your pocket.

Have a flashlight handy in case of power failure.

Be sure you know how to shut off the hydro, gas and water service.



our MEDICINE CABINET

YES NO

- Do you know why you take each of your medications?
- Do you know what side effects your medications may cause?
Some can increase the chance of falling!
- Do you know when and how to take each of your medications?
- Are your medications in clearly labelled containers in a cool dry place, away from the heat and humidity of the bath or shower?
- Do you keep an updated medication record, including any herbal supplements and over the counter medications?

Remember:

Take old medications to your pharmacy or a hazardous waste disposal centre—do not put them in the garbage or down the drain or toilet

Only use medication that has been prescribed for you – sharing medication can be dangerous and sometimes fatal.

Talk to your doctor or pharmacist – they are there to answer your questions.

Store prescription medications in a safe place, out of sight.



our **SAFE HOME SUMMARY**

	WORK TO BE DONE
Outside	
Entrance	
Stairs	
Floors	
Living Space	
Kitchen	
Bathroom	
Bedroom	
Basement	

If you have questions call
HEALTH CONNECTION
and speak with a public health nurse

705-721-7520

or 1-877-721-7520

Monday to Friday 8:30 to 4:30

www.simcoemuskokahealth.org



Or you can speak with:

- your doctor
- your pharmacist
- your home and community care
- your medical supply dealer