

Medications



Check if you...

- ☐ Know how the medication helps you.
- ☐ Use only the medicines that have been prescribed for you.
- ☐ Always finish the prescription.
- ☐ Talk to your doctor before you change the dose or stop taking a medicine.
- ☐ Keep meds in their original containers or dosette in a cool, dry place (not in the bathroom which can be damp).
- ☐ Get rid of expired medicines by returning them to the pharmacy. Do not flush them down the toilet.
- ☐ Tell your doctor about **all** the meds you take. Include prescription, over the counter, herbals and vitamins.

Tips

- ✓ Complete a medication record. Include drug allergies and medical conditions.
- ✓ Use the same drug store for all your prescriptions and over the counter pills.
- ✓ If you take 3 medications or more, ask your pharmacist for a free, private MedsCheck appointment.
- ✓ Ask for “easy to open caps” if child resistant lids are hard to use.
- ✓ Alcohol can be dangerous when mixed with medication. Check with your pharmacist.

Bone Health

Falls prevention and bone health go hand in hand. Falls are a major cause of broken hips in older adults.

- Bone is living tissue which grows best when we are young.
- New bone is continually added to replace old bone, to keep it healthy.
- Strong bones need calcium and vitamin D.

As we age, the groups of cells that keep bone healthy do not work as well. For some people this can lead to osteoporosis.

There is good news. Early diagnosis, treatment and a fall prevention plan can slow bone loss and lower the risk of fracture.

What can you do?

- ✓ Check if you need a bone mineral density (BMD) test.
- ✓ Drink no more than 4 cups of coffee a day.
- ✓ Be smoke free.
- ✓ Go to www.osteoporosis.ca to learn more.

Get your daily calcium and vitamin D

Calcium	Women 50+ 1200mg	Men 50+ 1000mg
Vitamin D	800 IU daily	



Be Active Everyday

Activity is key to aging well. The Canadian Physical Activity Guidelines for Older Adults recommend 150 minutes of moderate to vigorous physical activity, in bouts of 10 minutes or more, each week to achieve health benefits. This should include muscle strengthening exercises at least 2 days per week.

Read Health Canada’s Physical Activity Guide for Older Adults: www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/08paap-eng.php

Every step counts! Even if you are not active now, any amount of activity can bring some health benefits. Start today and slowly increase your physical activity.



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Age Well



Age Safely



Why Worry About Falls?

You may know someone who has been injured by a fall, or perhaps you have had a fall or near fall yourself. A fall-related injury can damage more than your dignity.

As we age, the risk of falling increases:

- ◆ 1 in 3 people over age 65 will fall at least once each year.
- ◆ Women fall more often than men.
- ◆ 90 per cent of hip fractures in older adults are related to falls.
- ◆ Most falls happen in and around the home.

The good news is that we know that most falls are predictable and preventable events. Even if you have had a fall or near miss, there is no reason to live in fear of another fall.

Wise planning, an open mind and small changes around your house can reduce the risk of a fall and keep you safe and independent.



Bedroom / Bathroom



Photo courtesy of Moen Inc.

Do you have...

- Grab bars with a non-slip surface in the tub and near the toilet.
- Clean, rubber bath mat that covers most of the length of the tub.
- A clear, well lit path from the bedroom to the bathroom.
- A telephone, touch lamp and emergency information within reach of your bedside.
- A flashlight with extra batteries beside your bed for power failures.
- Light sensor night lights in your bedroom, bath and hallways.

Tips

- ✓ Medical supply stores can advise you about safety items and how to install them.
- ✓ Be creative, grab bars can be used in any room to help you move safely.
- ✓ Give your body time to adjust when you move from lying to sitting or standing. A sudden change can cause your blood pressure to drop. This can make you dizzy.
- ✓ Poorly fitting footwear is a factor in many falls. Wear shoes with good arch support and non-slip soles even when you are in the house.
- ✓ Have your vision checked yearly.

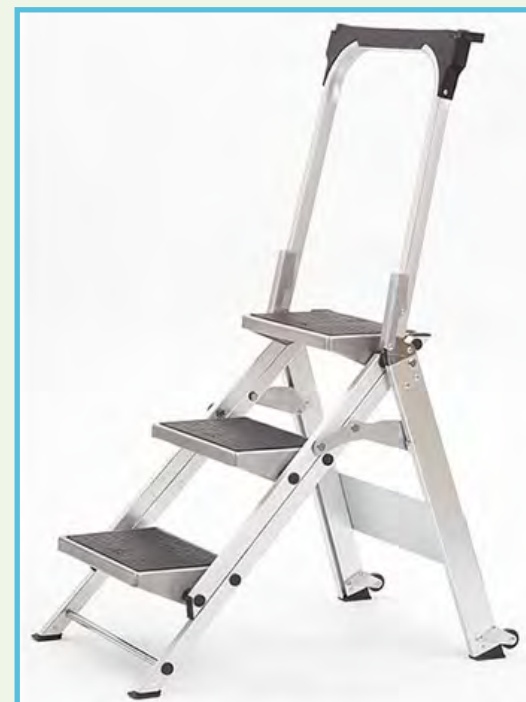
Kitchen

Do you have...

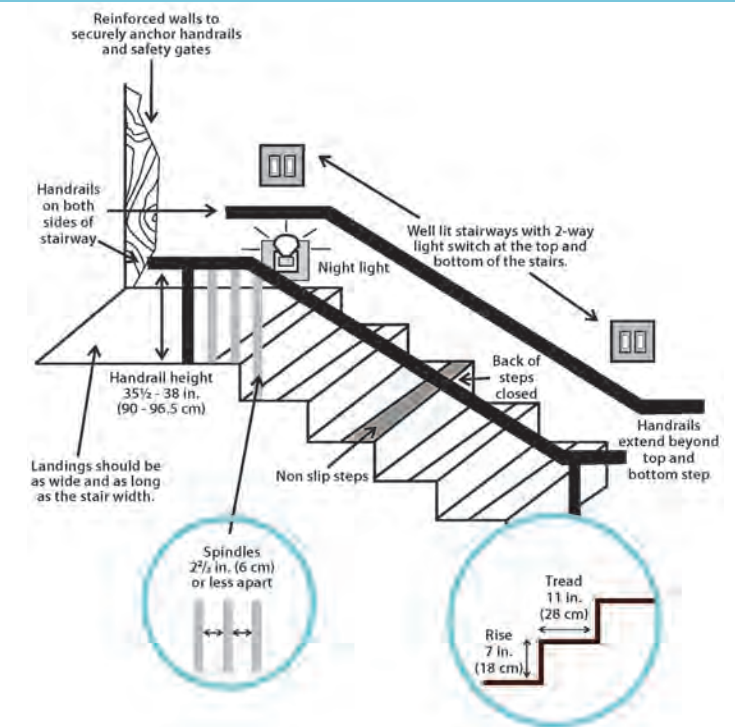
- A stable step stool with a safety rail and rubber tips to make reaching easier.
- A heat proof counter or mat next to the stove to slide hot pots onto.
- A kettle and coffee maker with automatic shut offs.
- Cupboard doors and drawers kept closed.
- The things you use most often within easy reach.
- Heavy items in lower cupboards and lighter items stored from waist to shoulder height.

Tips

- ✓ Scatter mats are a common cause of falls. Remove them or secure them with two-sided tape or non-slip backing.
- ✓ Mark the places where flooring surfaces change with a contrasting colour tape or paint strip.
- ✓ Drink 6 to 8 glasses of water each day even if you don't feel thirsty. With age, you do not feel as thirsty. Dehydration can cause a fall.



Stair Safety



Do you have...

- Handrails securely mounted on **both sides** of the stairway which extend beyond first step. Handrails should be at elbow height, **36" to 39"** high.
- The handrail mounted far enough away from the wall so your hand can grip it.
- A two way light switch at the top and bottom of the stairs.
- Stair edges marked with non-skid tape or paint.
- Stairs that are all the same size and height (**7" risers and 11" tread**).

Tips

- ✓ Remove your reading glasses before you use the stairs.
- ✓ Make sure your bifocals are adjusted so you can see each step in focus.
- ✓ Carry small loads so you can see your feet and have a free hand to grasp the rail.
- ✓ Remove clutter from all the stairs.
- ✓ Watch for pets before going up or down stairs.
- ✓ Turn the light on when you use the steps, even in the daytime.