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Proactive Seniors 
Plan Ahead, Live Well



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An Introduction to Proactive Seniors

- ▶ Advisory service for seniors and their families since 2016
- ▶ Founded in Calgary with offices in Edmonton and Kelowna
- ▶ Team of 10 advisors with extensive backgrounds in seniors care, seniors housing and health care



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Services We Offer...

- ▶ Proactive Seniors Planning 
- ▶ Seniors Housing Support 
- ▶ Dementia Care Coaching 
- ▶ Physiotherapy, Occupational Therapy, Family Support

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There is No Place Like Home

Keeping Seniors Safe At Home

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“Mum says she wants to stay in her own home, but failing that, she’ll settle for a villa in Spain.”

Next go to poll...

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SENIORS' FALLS IN CANADA



FALLS are the **LEADING CAUSE OF INJURY** among older Canadians:
20-30% of seniors experience **1+** falls each year.

FALLS CAUSE:

85% of seniors' injury-related hospitalizations

95% of all hip fractures

\$2 Billion a year in direct healthcare costs

over **1/3** of seniors are admitted to **LONG-TERM CARE** following hospitalization for a fall



The average Canadian senior stays in hospital **10 DAYS longer** for falls than for any other cause



Falls **can result** in chronic pain, reduced mobility, loss of independence and even death



50% of all falls causing hospitalization **HAPPEN AT HOME**

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Aging In Place Assessment Areas

1. Person/people residing within the home
2. Environment (your home, yard, garage etc.)
3. Supports (family, friends, caregivers)

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Common Age Related Changes

- ▶ Mobility
- ▶ Chronic Pain
- ▶ Agility
- ▶ Sensory
- ▶ Psychological
- ▶ Cognitive difficulties

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Can Your Home Be Set Up to Provide A Safe Accessible Environment?



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Entrances and Exits



- ▶ Can you safely enter and exit the house?
- ▶ Is there a sturdy handrail or a zero-step entry?
- ▶ Are the stairs too steep, cracked or uneven?
- ▶ Is the area well lit?

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Entrances and Exits

- ▶ Is there a landing pad/rest spot at the top of the stairs?
- ▶ Can you open the door, use the peek hole or hear the doorbell?
- ▶ Are services arranged for snow shoveling and yard care?
- ▶ Are surfaces clear and textured?



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Stairs

- ▶ Is the area free of clutter?
- ▶ Are there mobility aids at both the top and bottom of the stairs?
- ▶ Are the stairways well lit?
- ▶ Are any lifts well maintained?



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Kitchen

- ▶ Is the space well lit?
- ▶ Is there a kitchen surface for working while seated?
- ▶ Are the drawers and cupboards accessible and usable?
- ▶ Can the oven be used safely?
- ▶ Is the kitchen cluttered?
- ▶ Are light switches and electrical sockets within reach?
- ▶ Are the kitchen faucets appropriate and easy to use? Temperature regulated?



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Bedroom

- ▶ Are there tripping hazards?
- ▶ Are you able to get on and off the bed safely?
- ▶ Is there a place to sit and get dressed?
- ▶ Is there access to a phone at night?
- ▶ Are light switches easily accessed?
- ▶ Is there a clear lit path to the bathroom at night?
- ▶ If someone in the house has a tendency to wander or need supervision when they get up at night, are there safety items in place?

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Bathrooms

- ▶ Is the door accessible with a walker or wheelchair?
- ▶ Is there sufficient lighting?
- ▶ Are light switches and electrical sockets accessible?
- ▶ Are there grab bars near the toilet, shower and/or tub?
- ▶ Is the tub or shower accessible?
- ▶ Is the floor slippery?



Offset Hinges widen bathroom doors up ...

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Bathrooms Continued

- ▶ Are medications stored properly and within reach?
- ▶ Equipment needs?
- ▶ Is the water temperature controlled?
- ▶ Are faucets usable?
- ▶ Are pipes exposed under the sink?
- ▶ Does the bathroom door have an emergency release?

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Funding Programs

1. Alberta Aids to Daily Living (AADL)
2. Veteran Affairs Canada (VAC)
3. Alberta Residential Access Modification Program (RAMP)
4. Seniors Home Adaptation and Repair Program (SHARP)

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“Here’s your support, Dad, and here’s mine.”

Next go to poll...

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Home Care Services

Some Common Areas of Support

- ▶ Personal Care and Hygiene
- ▶ Housekeeping
- ▶ Meal preparation and cooking
- ▶ Running errands
- ▶ Providing transportation
- ▶ Wellness Checks
- ▶ Companionship
- ▶ Medication Assistance
- ▶ Mobility Assistance
- ▶ Cognitive Support
- ▶ Exercise Assistance
- ▶ Caregiver Respite

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Other Available Services



- ▶ Mobile Health Services
- ▶ Mobile Rehabilitation Services
- ▶ Community Paramedic Programs
- ▶ Mobile Lab Services
- ▶ Respite and Day Programs

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Alzheimer's / Dementia and Home Safety

Alzheimer's causes changes to the brain and body that affect safety.

- ▶ Judgement
- ▶ Confusion
- ▶ Disorientation
- ▶ Memory loss
- ▶ Vision changes: clarity & depth perception
- ▶ Balance

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Specific Recommendations

- ▶ Keep hazardous chemicals and cleaning solution well marked and in areas that they cannot be confused with food or drink.
- ▶ Apply stickers to glass doors at eye-level to ensure doors are visible.
- ▶ Remove locks on interior doors to prevent the person living with dementia from locking themselves in.
- ▶ Use appliances that have an automatic shut-off feature.
- ▶ Prevent unsafe stove usage by applying stove knob covers, removing knobs or turning off the gas when the stove is not in use.
- ▶ Secure large furniture, such as bookshelves, cabinets or large TVs, to prevent tipping.

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Medical Alert Safely Home

- ▶ A Canada wide program designed to assist people living with dementia who have gone missing return home safely.
- ▶ If a person goes missing, call 911 and give them the unique subscriber ID number. Then emergency services call Medical Alert to obtain a picture, potential whereabouts and important vital information.
- ▶ Once found, they can get the person in immediate contact with family and return them home safely.



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Happy
Healthy
atHome



Feel Free to Ask Us

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