

Tips for seniors to lead a healthier lifestyle



Make your home safer

Start by reviewing your home for common tripping or falling hazards:

- Remove telephone cords from walkways and stow safely behind furniture.
- Secure or remove throw rugs or securing them using double sided tape.
- Replace loose bathmats with non-slip ones.

Keep moving and feel better

Be cautious and consult with a physician if you haven't exercised in a while.

- Incorporate some exercise every day even if it is only a couple of minutes to start.
- Walk the hallways of your building or home if you are not comfortable walking outside.
- Visit www.lifeline.ca (Tools & Tips for Senior Safety section) to see Fitness Tips or request a brochure by calling the number below.

Exercise your brain

Keep sharp with these entertaining activities:

- Work on a jigsaw puzzle, crossword, or Sudoku for a great brain workout.
- Tap into your creative side with adult colouring books, painting/sketching, or writing.
- Visit www.lifeline.ca to see some more Brain Games.

Eat properly and make nutrition a priority

A well balanced diet is key but our needs change as we age:

- Select foods rich in vitamins, protein, iron, calcium etc.
- Ask your doctor if you may need a multi-vitamin or specific vitamin supplements.
- Make eating enjoyable by eating with other when possible.

Take medications properly

Be sure to talk with your doctor or pharmacist about your medications (including prescription, over the counter and vitamins). Here are some questions to consider:

- For how long should I take this medicine?
- When should I take this medicine? (e.g. morning? evening?) and how should I take it (e.g. with food? water?)
- Are there side effects I should know about?
- Are there foods or drinks I should avoid with this medicine

Prepare for the unexpected

A fall or medical emergency could happen at any time:

- Ask: If I were to fall, how would I get help if I couldn't reach the phone?
- A medical alarm is a great option if you spend time alone; manage a chronic condition; live independently and want to feel more confident.

For more information about a medical alarm or copies of helpful resources contact:

Rhandean Lactin

Lifeline Community Representative, Thompson Region Lifeline

250-374-3540 or 1-888-339-6588 • www.lifeline.ca

Sources: <https://www.lifeline.ca/en/resources/tools-tips-for-seniors-safety/>

Lifeline

Falls can happen at any time.

Lifeline with AutoAlert can automatically detect a fall and call for help.¹

Call Today :

THOMPSON LIFELINE

1-888-339-6588 or 250-374-3540

Mention **code 1355** and receive a **Free Month Trial**²

[1] Equipment may not detect all falls. [2] Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Some restrictions apply. **Offer Expires February 2023.**

