

The stories offer insight into some of the personal measures that seniors can take to make their environment safer and prevent injuries.

Availability for loan:

BE 250.7 B78 1999 Health Information & Wellness Centre, both locations

Safety and Comfort in Your Home San Bruno, CA: StayWell Krames, 1998

An attractively illustrated pamphlet which provides a checklist of possible hazards in the home that could cause fires, falls, or other injuries.

Availability for loan:

BE 200 Health Information & Wellness Centre, West Toronto

Don't Let a Fall be Your Last Trip Rosemont, ILL: American Academy of Orthopaedic Surgeons, 1998 (video)

This video presents an overview of why falls are dangerous and how they can be prevented. It shows hazards in the home and demonstrates how they can be easily eliminated. Advice is also offered on reducing the medical risk factors that can lead to a fall.

Availability for loan:

BE 250 AAOS 1998 Health Information & Wellness Centre, West Toronto

COMMUNITY RESOURCES

Canada Safety Council

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Mississauga Library System

(905) 615-3500 (for book locations)

<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

(416) 393-7131 (for book locations)

<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources.

HealthFinders are also available through our web site at

<http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Safety in the Home



INTERNET SITES

Canada Safety Council

<http://safety-council.org>

This is the site of Canada's national, non-governmental organization dedicated to reducing preventable accidents in all areas of activity. To find information on safety in the home, click on the link 'Home' in the right hand column of the homepage. This gives access to several aspects of home safety. Follow the link for 'Falls Prevention in the Home (for Seniors)', and you will find comprehensive advice including home adaptations and prevention tips. There are also several useful publications available at the site.

Canada Mortgage and Housing Corporation (CMHC)

<http://tinyurl.com/easlq>

Canada's national housing agency has a section worth checking on home adaptations for seniors. A self-assessment guide is presented as a series of questions on various areas of the house which may be causing problems. Based on your responses, practical improvements are then suggested. Also there are general tips on preventing falls, as well as a section on living at home with Alzheimer's disease.

BC Health Files

<http://tinyurl.com/3xmzyf>

The BC Health Files are a series of easy-to read fact sheets on a variety of health and safety topics, published by a consortium of health organizations in British Columbia. The one on Seniors' Falls presents a list of risk factors and practical advice on preventing falls.

National Safety Council

<http://www.nsc.org/issues/fallstop.htm>

The National Safety Council is the leading U.S. advocate for safety and health. Its website provides extensive information on falls among seniors, including a page of links to articles, resources, and other sites on the subjects.

MedlinePlus <http://www.medlineplus.gov>

This authoritative site has links to articles and features on various aspects of Safety. At the MedlinePlus homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on S and then follow the link for Safety Issues. You can also look under alternative headings like Falls, Accidents, Senior's Health, etc.

BOOKS & VIDEOS

How to Avoid Falling: a Guide for Active Aging and Independence by Eric Fredrikson. Buffalo, NY: Firefly Books, 2004

This is a practical guide on preventing falls and dealing with their frequently serious effects. Topics covered include risk factors, fall-proofing the home, exercises to improve physical condition, and advice on how to regain confidence after a fall.

Availability for loan:

BE 250 F73 2004 Health Information & Wellness Centre, both locations
613.60846 FRE Mississauga Library System
613.60846 FRE Toronto Public Library System

Preventing Falls: a Defensive Approach edited by J. Thomas Hutton et al. New York: Prometheus Books, 2000.

While no single cause for all falls exists, leading factors include environmental hazards, balance problems, muscle weakness, poor vision and impaired judgment. This book suggests valuable skills and coping mechanisms to reduce the likelihood of falls amongst the elderly and those suffering from neurological or muscular diseases. It describes important environmental changes and assistive devices which can decrease the potential for accidents.

Availability for loan:

BE 250 H88 2000 Health Information & Wellness Centre, both locations
618.97 HUT Toronto Public Library System

The Safe Living Guide: a Guide to Home Safety for Seniors Ottawa: Health Canada. Division of Aging and Seniors, 1997

This straightforward guide from Health Canada provides many ideas about preventing injuries in the home. It suggests changes which can be made to the home itself, and also considers how seniors can lessen the possibility of falls by being aware of their own physical changes. The book is written in large clear type with attractive illustrations throughout.

Availability for loan:

BE 250.7 S23 1997 Health Information & Wellness Centre, both locations

Bruno and Alice: a Love Story in Twelve Parts about Seniors and Safety Ottawa: Health Canada: Division of Aging and Seniors, 1999

This series of twelve illustrated stories follows the romance of two active seniors who, through lack of prevention, end up in potentially dangerous or awkward situations.