

*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. 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

*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**

1020 Thomas Spratt Place  
Ottawa, ON, K1G 5L5  
Tel: (613) 739-1535

E-mail: [canadasafetycouncil@safety-council.org](mailto:canadasafetycouncil@safety-council.org)  
<http://safety-council.org>

## CONTACT

### Health Information & Wellness Centres

**Trillium Health Centre - Mississauga**

100 Queensway West  
Mississauga L5B 1B8  
905-848-7511

**Trillium Health Centre - West Toronto**

150 Sherway Drive  
Toronto M9C 1A5  
416-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)

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

**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>

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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 Public Safety on the top toolbar then choose a topic from the list in the left hand column at the resulting page. There are also several useful publications available at the site – click on the link Safety Store to access these.

### Canada Mortgage and Housing Corporation (CMHC)

<http://tinyurl.com/easlg>

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.

### HealthLink BC

<http://tinyurl.com/pjpb8c>

HealthLink BC provides easy-to-understand fact sheets on a variety of health and safety topics. There are several related to seniors' health, including one on seniors' falls which presents a list of risk factors and practical advice on preventing falls.

### Home Safety Council

<http://www.homesafetycouncil.org>

This is a U.S. based nonprofit organization dedicated to preventing home related injuries. It

covers all aspects of home safety, from choking and suffocation in babies, to swimming pool safety for all the family, to preventing falls by older adults.

### 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

*Falls* by Adam Dorowski. Oxford, UK: Oxford University Press, 2008

Falls, particularly among older adults, account for a disproportionate number of hospital admissions. However, it is almost always possible to reduce the chance of a fall

happening. This book covers all aspects of falls, explaining why they happen, the consequences, and what can be done to prevent them.

#### Availability for loan:

BE 250 D27 2008 Health Information & Wellness Centre, both locations.

*Jeff May's Healthy Home Tips* by Jeffrey C. May & Connie L. May. Baltimore, MD: Johns Hopkins University Press, 2008

Mould, mildew and other airborne contaminants can cause serious health problems. This handy guide will help you recognize the symptoms of contamination, diagnose problems, determine if professional help is needed, and eventually get the problem fixed.

#### Availability for loan:

BD 200 M29 2008 Health Information & Wellness Centre, both locations.  
613.5 MAY Mississauga Library System  
613.5 MAY 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