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**Part 5: General Safety**

**Enhancing Individual Safety & Well Being**

Session Outline:

1. Introduction
2. Safe Driving for Seniors
3. Driving Tips
4. What to do if you’re in a collision?
5. Personal Hygiene
6. Falls
7. Exercise
8. Government Assistance Programs
9. Emergency Preparedness

Section 1 – Introduction

* Explain to participants how to mute their microphones on both their internet based devices and telephones.
* Facilitator to introduce themselves and their organization
* Go over virtual meeting etiquette; microphones and how the mute and video camera button work.

Information Points:

Reminder: Find a quiet space to participate. Speak up or raise hand [if camera is on] to get attention or if you want to say something. Use the mute button on your end to prevent transmitting background noise through the meeting. Feel free to take notes!

Ontario: about safety for older adults and importance of being safe and such.

Section 2 – Safe Driving for Seniors

* Educate older adults and seniors about the licence renewal program
* Provide safe driving tips and best practices related to driving
* Explain Safe Driving Tips one category at a time
* Allow participants a chance to share strategies not mentioned in the presentation they use to ensure safety while driving

Information Points:

Senior driver’s licence renewal program: Ontario’s senior driver programs aim to keep seniors driving for as long as they can safely do so. Once drivers reach 80 years of age, every two years, they must take part in the program.

Medications: Some medications sold over the counter and prescribed by health care professionals can affect your ability to drive. Be sure to consult with your physician or pharmacist to know the effects of your medication before driving.

Self-awareness: Gently remind participants to be cautious while driving around pedestrians, cyclists and motorcyclists. If someone else is able to, and you must use your vehicle, let them drive instead; this could be a family member or friend.

Fatigue: If you, or the person you are driving with is experiencing driver fatigue, pull off the road, find a safe spot to park and have a rest. Driving while drowsy can be just as dangerous as impaired driving. Let participants know we’ve all been there and better to be safe rather than sorry.

Maintenance: A friendly reminder that if you own a vehicle, to have your vehicle checked regularly to make sure everything is working properly.

Collision: Did you know? If you’ve been in a collision you have the right to decide who can tow your vehicle and to what location (unless otherwise directed by police). If you think someone is hurt or guilty of a criminal offence, such as impaired driving, call the police. Call your insurance as soon as possible to report the collision.

Towing a vehicle: A permission to tow form must be signed, and the towing company must provide an itemized invoice before receiving payment and commencing tow. You have the option to pay with debit or credit card. Decline offers to store your vehicle in a compound yard unless directed by your insurance company.

Signatures: Lastly, NEVER sign a blank contract or take referrals from tow companies

Weather: Reminder to drive according to weather conditions and follow the rules of the road. Check the weather forecast and delay your trip if it looks like it isn’t going to be good. Give yourself extra time to travel. Tell someone where you are going. Avoid using cruise control. Give extra space. Stay alert. Turn on your vehicle’s full lighting system.

Check road conditions: See below.

511: To check weather and road conditions on the go, visit Ontario.ca/511 or dial 511 on your phone when safely stopped.

Section 3 – Driving Tips

Read from slides.

Section 4 – What to do if you’re in a collision?

Read from slides.

Section 5 – Personal Hygiene

* Express the importance of personal hygiene and share with them the following:
* Good hygiene is an essential component of healthy living and having a routine or even a hygiene checklist can help. Dirt, oils, and bacteria build up on the skin, so proper cleansing is necessary to prevent infections from developing.
* Hygiene Aids
* Government Programs
* Speaking point: We will briefly review some programs that are offered for older adults and seniors through the government and otherwise. While we cannot list them all, we’d like to bring your attention to some that may be good to know, for yourself and others. For more information about these programs, feel free to contact a Seniors Program Staff member at Rexdale Women’s Centre
* Ontario Drug Benefit
* Assistive Devices Program (ADP)
* Ontario Seniors Dental Care Program
* Homecare options through your [central west] Local Health Integration Network (LHIN) using the phone number 310-2222 to be automatically directed.
* Help with Pet Costs
* Farley Foundation call 211 and ask for their information.

Information Points:

Introduction to Hygiene: We all know that hygiene is important, but as it is with time, the ageing process may make personal hygiene more challenging and present more risks. In the next few slides let’s take a look at some best practices and tools we can all implement to reduce those challenges.

Reviewing the different types of hygiene aids

Hygiene Aids: Encourage a short discussion about hygiene aids and the benefits of using them

Section 6 – Slips & Falls

* Explaining that falls are a significant health problem for older adults
* Individuals who fall once are twice as likely to fall again – Falls lead to more falls

Information Points:

Point 1: Individuals who fall once are twice as likely to fall again

Point 2: Falls lead to more falls

Point 3: Most falls happen at home

Point 4: According to preventfalls.ca, 95% of all hip fractures in Canadians 65 years of age and older are due to falls

Section 7 – Active Living

**Note: Before committing to any type of exercise, check in with your doctor first to see what recommendations they might have for you. It’s important to be safe and not to over exert yourself.**

* Movement 1: Exercising for the purposes of functional fitness is the real key to improving the quality of life and independence in later years. Being able to perform everyday activities such as housework, grocery shopping, and personal care, requires functional movements. Walking, standing, stair climbing, bending, reaching and lifting are activities of daily living. Having enough strength, endurance, flexibility, and balance, plus coordination are important for those activities.
* Movement 2: Walking, a safer space. Here we will talk about walking and road safety. Crossing the road is safest at controlled intersections such as a crosswalk or traffic light. A friendly reminder not to ‘J walk’ or cross between parked cars where you can’t visibly be seen.
* Did you know? It is the responsibility of drivers and pedestrians to keep everyone safe on Ontario roads.
* Movement 3: Feel free to use this time to engage with participants and ask them which side of the sidewalk they use? Are they walking with traffic? Are they walking against traffic? Why do they think walking against traffic might be safer?
* Let participants know that walking against traffic [meaning cars driving towards you and not in the same direction as you] is safer because it helps increase your visibility to drivers
* Diabetes & Physical Activity.
* It’s not about doing a lot of exercise, or even doing it aggressively. Start slowly with 5 to 10 minutes of aerobic physical activity per day, building up to a goal of 150 minutes of moderate-to-vigorous intensity each week. Check with your doctor if you are just starting to get physically active.
* Keep moving: Living a healthy and active lifestyle means improving your strength, balance and overall mood.

Section 8 – Government Assistance Programs

Read from slides.

Definition of Ostomies: Ostomies are surgeries that create openings from an area inside the body to the outside. Example: urostomy (in laypersons terms; a drain for the bladder when someone no longer has a bladder).

Urostomy: A urostomy is a surgically-created opening to drain urine. A urostomy allows urine to flow out of the body after the bladder has been removed or bypassed. The output from a urostomy is urine and possibly some mucus.

Section 9 – Emergency Preparedness

* Let participants know that being prepared for something as small as a trip to the hospital can be important
* Individuals who fall once are twice as likely to fall again, and so that would constitute an emergency
* If presentation time allows, ask select participants what other items they would opt to include in an emergency preparedness kit:
* Answers should include some of the following:
* Food, medication, your personal information, flashlight, radio & batteries, change of clothes, pet food, medical supplies,

Informational Points:

Additional Points: Keep your cell phone or mobile device fully charged. Check or refresh your kit as needed. It is recommended refreshing be done twice a year. Don’t forget to check expiry dates. With everything going on with the world, with COVID-19, it’s vital we prepare ourselves as much as people.

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| **Personal Hygiene Checklist E** | [https://www.choosecomforthome.com/guide-to-personal-hygiene-care-for-the-elderly/#:~:text=Establish%20a%20Routine&text=Have%20a%20warm%20shower%20or,to%20shower%20or%20bathe%20daily.](https://www.choosecomforthome.com/guide-to-personal-hygiene-care-for-the-elderly/%23:~:text=Establish%20a%20Routine&text=Have%20a%20warm%20shower%20or,to%20shower%20or%20bathe%20daily.) |
| **211 Ontario** | <https://211ontario.ca/211-ontario-services-blog/211-ontario-help-seniors-find-community-supports-and-financial-assistance/> |
| **Ontario Drug Benefit** | <https://www.ontario.ca/page/get-coverage-prescription-drugs> |
| **Assistive Devices Program** | <https://www.ontario.ca/page/assistive-devices-program> |
| **Preventing Falls** | <https://preventfalls.ca/older-adults/> |
| **Staying on your feet – 8 steps to prevent a fall** | <https://youtu.be/jkMB1MPEofk> |
| **Fall Prevention Classes** | <https://www.Ontario.ca/healthcareoptions> |
| **Seniors INFOline** | 1-888-910-1999 |
| **Being Prepared** | <https://www.emergencymanagementontario.ca/english/home.html> |
| **The Safe Living Guide – A Guide to Home Safety for Seniors** | <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/safe-living-guide-a-guide-home-safety-seniors.html> |
| **B.A.S.S.I.C.** | <http://www.bassic.ca/safe-seniors-calendar.html> |
| **What is an Ostomy?** | <https://www.hollister.com/en/ostomycare/ostomylearningcenter/understandinganostomy/the3typesofostomies> |