



You can prevent a fall



Staying Independent

Puzzled About a Gift for a Senior?

Bring your senior friend or relative along to select their gift. They may find other useful items they wish to purchase.

Gift Suggestions

- Night light
- Grab bars for bathroom
- Cordless telephone
- Bath seat
- Raised toilet seat
- Rubber bath mat or anti-slip decals for the bath tub (placed not more than 2 inches apart)
- Cane or accessories
- Medication dispenser
- Safe step stool
- Flash light
- Rubber-backed mat for outside the tub

Offer Your Help

Physical changes common in seniors increase their risk of falling. Icy walkways, bath tubs, and climbing on ladders become a greater risk.

You can help by completing the task for them, or paying someone to do the work.

Help with tasks such as:

- Replacing light bulbs
- Hanging curtains
- Applying anti-slip decals to their bathtub
- Installing grab bars
- Snow removal



Adapted from information provided by Ottawa-Carleton Health Department.