

AGING IN PLACE TOOLKIT

GRAND LAKE

Trauma NB

MUNICIPALITY OF GRAND LAKE

New Nouveau Brunswick CANADA

RÉSEAU DE SANTÉ Horizon HEALTH NETWORK

Disclaimer

This toolkit was created to help residents remain in their homes for as long as possible, while living safely, comfortably, and independently. It brings together information about the programs, services, and community resources available to support residents and meet their individual needs.

The information in this toolkit was gathered at the time of publication. While every effort has been made to ensure it is accurate and complete, some details may change over time, and certain information may be incomplete or may be missing. This toolkit is intended for informational purposes only and does not constitute a guarantee. We cannot be held responsible for errors or omissions..

We welcome your feedback! If you have suggestions, updates, or additional resources that could make this toolkit more helpful, we would love to hear from you. Your contributions can help us keep this information useful, relevant, and accessible to residents and their communities. If you wish to participate in this effort, we invite you to share your thoughts by completing the survey at the end of this toolkit and/or by contacting the *municipality of Grand Lake.*

Email

info@municipalityofgrandlake.ca

Phone Number

(506) 327-3383

Use extension 1 to reach the Minto Office
Use extension 2 to reach the Chipman Office

Address

Chipman Office
10 Civic Court, Unit 1,
Chipman, NB
E4A 2H9

Minto Office
420 Pleasant Drive,
Minto, NB
E4B 2T3

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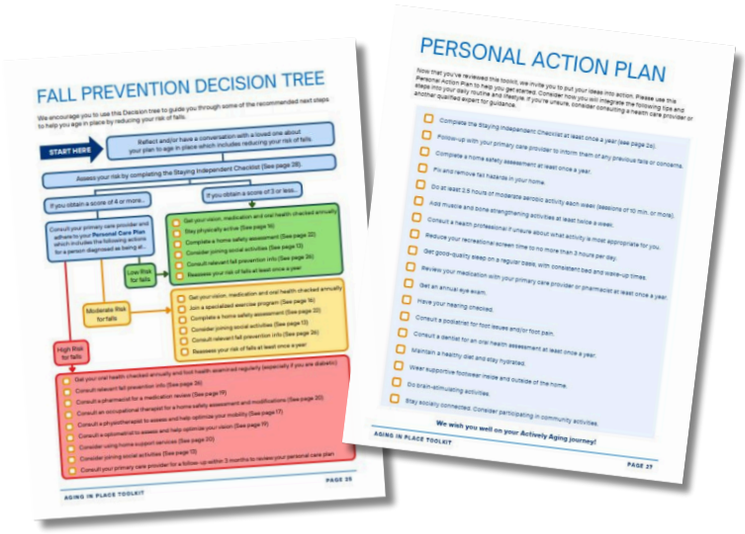
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ACKNOWLEDGEMENTS

This toolkit has been designed as a practical, user-friendly resource that is meant to be easy to read, simple to print, and convenient to share with family members, caregivers, friends, or neighbors. Ultimately, this resource aims to make aging in place simpler and more achievable.

You are encouraged to complete the Fall Prevention Decision Tree located at the end of this toolkit to help guide you through recommended actions that can reduce your risk of falls and support your ability to remain independent in your home and community.

The accompanying Personal Action Plan provides a practical way to monitor your progress and track the completion of the changes you choose to make.



The creation of this Toolkit was made possible through the valuable contributions of numerous individuals and organizations. Special recognition is extended to the Provincial Aging in Place Steering Committee for their guidance, and to the members of the Grand Lake Aging in Place Committee for their local expertise and leadership. Their collective efforts have ensured that this Toolkit truly captures both the resources and the strengths of the Grand Lake community.



Members of the Grand Lake Aging in Place Committee are as follows starting top left - Greg Smith, Cynthia Richards, Anne Galbraith, Sherry Farrell ; bottom left - Louise Lockhart, Brenda Bostick, Katelyn Belknap. Missing: Judy Young

AGING IN PLACE

Most older adults in New Brunswick want to stay in the homes and communities they know and love for as long as possible. Aging in place is about making that choice possible. It means having access to the right mix of services, supports, and community resources to live safely and comfortably in your own home.

This could include help with everyday tasks, access to healthcare, or opportunities to stay socially active and connected. With the right support, older adults can continue to thrive in their communities, maintain their independence, and enjoy the activities they value most.



In addition to this toolkit, we encourage you to explore the **Aging in NB User Guide** for further practical information. The guide was created to make it easier for older adults in New Brunswick to find their way through the many programs, services, and resources available.

For more information or to access your electronic copy of the Aging in NB User Guide, please **visit www.stu.ca/aging-in-nb**.

Prefer a printed version?

To have a copy mailed directly to your home, **call 2-1-1**.

While many factors can affect your ability to age comfortably at home, your health and safety remain the foundation. Staying healthy isn't just about feeling good today, it's about protecting your independence for years to come.

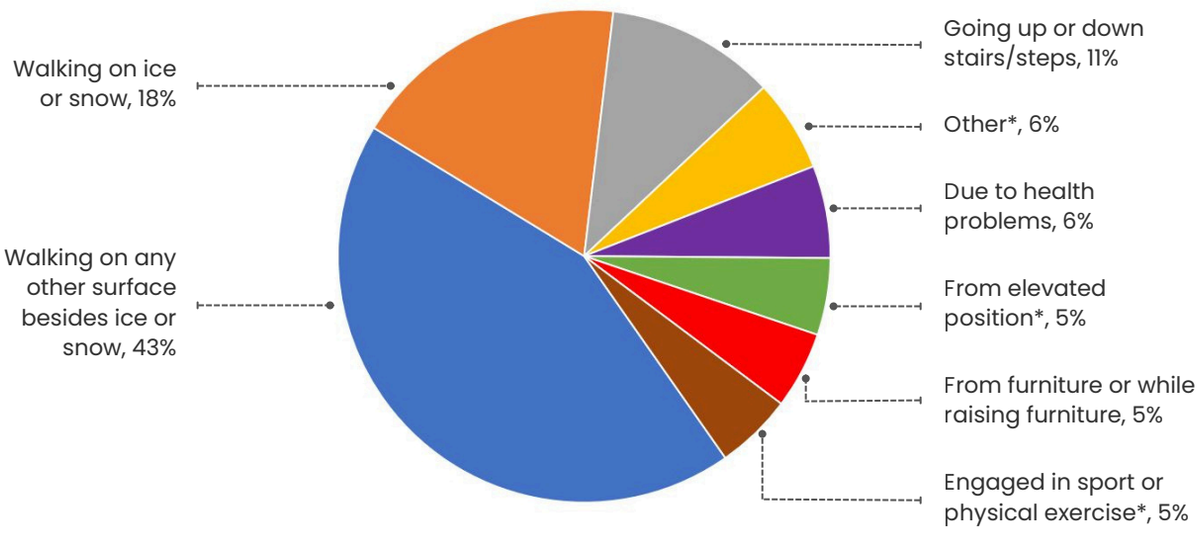
One of the most important ways to do this is by **focusing on fall prevention**. By taking proactive steps now, you can significantly reduce the risk of falls and related injuries, keeping you safe, confident, and in control of your daily life.

ACCORDING TO THE DATA

A fall can result in chronic pain, reduced mobility and loss independence in adults aged 65 and older. It can happen while engaged in all sorts of everyday activities such as walking down the stairs, reaching for something on a high shelf, or practicing your favorite sport.

However, according to a Surveillance Report from the Public Health Agency of Canada, most fall-related injuries in older adults happen while simply walking[1].

Activity associated with self-reported injuries resulting from fall in the last 12 months, household population aged 65 or older, Canada, 2017-2018

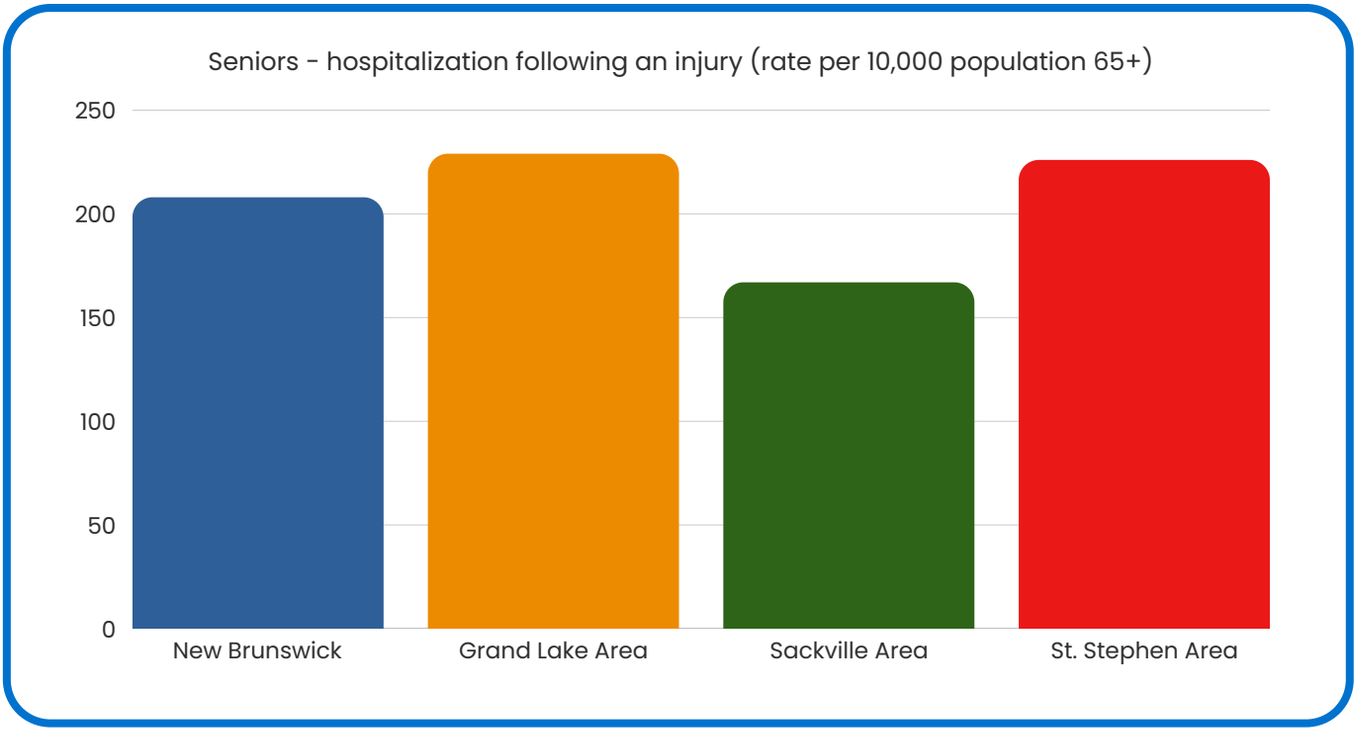


*CV is between 15.0% and 35.0%

For older adults, falls are particularly serious since they are the leading cause of hospitalization, and death due to injuries in this age group. They also lead to a loss of quality of life, increase caregiver responsibilities and precipitate admissions to long-term care[1].

In New Brunswick, they represent **more than 80%** of all injury-related healthcare costs for older adults[2]. In addition, about a third of older adults who live in a community-setting will experience a fall each year[3]. However, the risk of injury due to a fall isn't evenly distributed across this province.

According to a report from the New Brunswick Health Council, older adults living in the Grand Lake region experience higher rates of injury-related hospitalizations than the provincial average and many other areas of the province[4]. This is not just a statistic, it's a call to action.



Behind every number is a parent, grandparent, neighbour, or friend. These injuries don't just impact individuals; they ripple through families and throughout the entire community.

By working together, we can strengthen prevention efforts, support safer environments, and help older adults remain confident, independent, and active in the places they call home.

References

1. Public Health Agency of Canada. Surveillance Report on Falls Among Older Adults in Canada. Ottawa (ON): PHAC; 2022 [cited 1 November 2025]. Available at: www.canada.ca/en/publichealth/services/publications/healthy-living/surveillance-report-falls-older-adults-canada.html.
2. Atlantic Collaborative on Injury Prevention. Atlantic Cost of Injury Report. Halifax (NS): ACIP; 2022 [cited 1 November 2025]. Available at: www.costofinjury.ca/ap/cost-of-injury-in-atlantic-canada.
3. Public Health Agency of Canada. Seniors' Falls in Canada: Second Report. Ottawa (ON): PHAC; 2014 [cited 1 November 2025]. Available at: www.canada.ca/ en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/seniors-falls-canada-second-report.html.
4. New Brunswick Health Council. Population Health-Health Services Data Table. Moncton (NB): NBHC 2024 [cited 1 November 2025]. Available at: www.nbhc.ca/data/browse/data-tables.

TELEPHONE SERVICES

Knowing who to call when you need help can make a big difference in staying healthy, safe, and independent. Thankfully, there are several free phone services available to support you with information, guidance, and resources when you need them most.

Emergency Services 9 - 1 - 1

If you experience or witness a **life-threatening** emergency, such as a medical issue, fire, or crime, call 911 immediately. A specially trained operator will assist you and dispatch the appropriate emergency services based on your location and needs. Please remember to stay on the line long enough for the operator to get all the information they need to help you such as your phone number and your precise location (or the location of the emergency).

Tele-Care 8 - 1 - 1

Tele-Care is a free, bilingual and confidential provincial health service available 24/7 for **non-emergency situations**. Every caller can speak to a registered nurse for help when they may have a health-related question, need advice on managing a situation at home (medications, injuries), or cannot reach their doctor or nurse practitioner and need care. You can also call 8-1-1 to schedule an appointment on the same day or the next day for your health needs through Virtual Care NB.

NB Services Helpline 2 - 1 - 1

The 211 helpline is there to assist you by connecting you to the full range of available support. This service is free, confidential, and available 24/7.

It can connect callers to resources such as home care supports, home modification resources, financial aid, personal support workers, and more. The goal is to make it as easy as possible for you to find the help that you need by **calling 2-1-1**.

211 New Brunswick

Suicide Crisis Helpline 9 - 8 - 8

If you are struggling with loneliness, thinking about suicide, or worried about someone else thinking about suicide, call or text 9-8-8 to access bilingual mental health and suicide prevention support. The service is free and can be accessed 24 hours a day, 7 days a week, 365 days a year. Trained crisis responders will listen to you and provide support with compassion, providing a safe space for you to talk.

ONLINE HEALTH SERVICES

Free online services are available to help maintain your health, wellness and independence.

NB Health Link

NB Health Link is a program designed to provide access to primary health care for individuals who do not have a family physician or nurse practitioner.

The program also manages the official registry of patients awaiting permanent placement with a primary care provider. Be sure you are enrolled on this list if you do not have a doctor or nurse practitioner.

For more information or to register, please **visit NBHealthLink.ca** or **call 1-833-354-2300.**

My Health NB

MyHealthNB is a provincial program that provides secure access to your personal health information via computer, smart phone or tablet.

Available information includes; lab test results, vaccine history, medications received from community pharmacies and medical imaging reports, such as x-rays and CT scans.

How to get started (if you don't have a MyHealthNB account):

- **Get a Registration Code** at any SNB Service Centre OR at your next blood test or medical imaging (e.g. x-ray, CT scan) appointment at a Horizon or Vitalité facility.

- **Visit MyHealth.gnb.ca** at any time to use your code to register online or to download the app to register with your smart phone or tablet.

SAFE TRANSPORTATION

Maintaining your independence as you age means staying active and connected in your community, whether it's visiting a healthcare professional for an appointment or joining your favorite group exercise class.

Ability NB

Ability NB offers a comprehensive range of programs for people with mobility disabilities, including a dedicated service for adults aged 55 and older. Seniors Navigators are available to work directly with individuals to identify unmet needs, develop tailored plans, and establish goals such as obtaining accessible transportation and accessing appropriate medical services in the community.

For further information, you are encouraged to **call 1-866-462-9555** or **email info@abilitynb.ca**.

Vehicle Retrofit Program

The Vehicle Retrofit Program helps New Brunswick residents with physical disabilities stay mobile and independent by providing financial assistance for vehicle accessibility upgrades.

This support can go toward modifications such as special-needs seating, scooter lifts, or ramps to make your vehicle safer and easier to use. For more information, please contact **Ability NB** by phone at **1-866-462-9555** or email at **info@abilitynb.ca.**

Designated Disabled Parking Program

The Designated Disabled Parking Program exists to ensure that parking permits and placards are reserved for individuals who truly need them such as those "who struggle" to walk more than 50 metres unassisted in outdoor conditions.

Applications must be completed and signed by a physician, occupational therapist, nurse practitioner, or physiotherapist. Disabled parking permits are issued only for the use of one designated person. Placards and parking permits are available free of charge through any Service New Brunswick Centre. For more information, please **call (506) 453-2410**.

Urban/Rural Rides

Urban/Rural Rides is a registered charity powered by volunteers. Its goal is to provide affordable door to door transportation service for older adults and those with moderate disabilities in need of drives to obtain essential services such as medical appointments.

URBAN/RURAL RIDES
TRANSPORT URBAIN/RURAL

To use this service, you'll first need to become a registered client. You can register online using the convenient Online Registration Form, or download the form, complete it, and send it back to Urban/Rural Rides by mail or email.

Please remember that ride bookings need to be made at least 48 hours in advance, and ride fees are based on the distance traveled. Urban/Rural Rides also offers subsidized rates to make getting around easier and more affordable for everyone..

Ride Coordinator
Linda Williams

Telephone
(506) 999-2102

Email
gfaurbanruralrides@gmail.com

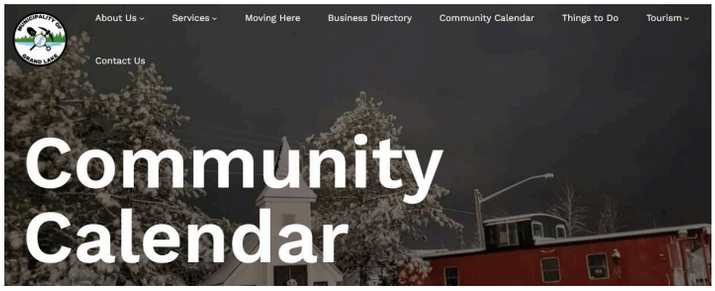
Website
www.urbanruralrides.ca

Volunteer Drivers Needed
Urban/Rural Rides is seeking volunteers who would be available to drive people to medical appointments in the Grand Lake area. Interested individuals can volunteer their time as often or as little as they wish. Volunteers will be reimbursed for using their own vehicle and undergo a simple screening process.

For more information or to register as a volunteer driver, you are encouraged to **visit urbanruralrides.ca** or **call (506) 999-2102**.

STAYING SOCIALLY CONNECTED

Staying connected with your community is easier than you think! Grand Lake is full of events where you can meet new people and join in the action.



Check out the community calendar at **municipalityofgrandlake.ca/events-calendar/** to see what's happening near you!

J.O.Y. (Just Older Youth) Club

The J.O.Y. Club is a registered nonprofit organization serving adults aged 50 and older. With a membership of 50 active and 25 honorary members, the Club is committed to promoting the physical, mental, and social well-being of seniors within the community.

Each year, the Club delivers four to five educational sessions on relevant topics such as mental health and wellness, fall prevention, drug regulation, and fraud/scams (with the RCMP).

The J.O.Y. Club also partners with local schools, the youth centre, Camp Wegesegum, and the Lions Club to foster community engagement and intergenerational connection.



131 King Street
Chipman, NB
(506) 339-5566

The organization hosts a variety of annual events, including Irish celebrations, gospel concerts, Grand Ole Opry performances, bus tours, quilt fairs, and choir presentations. Regular activities include monthly meetings, biweekly kitchen parties, weekly quilting groups, choir practices, and performances at senior apartments, nursing homes, and special care facilities. For further information, please contact Jayne Smith, J.O.Y. Club President.

Minto Senior Citizens Club

The Minto Senior Citizens Club offers a warm, inclusive environment with a wide range of activities designed to bring people together.

From lively line dancing set to classic country and rock and roll tunes to other engaging social and recreational events, there's something for everyone to enjoy. While membership is open to adults aged 45 and older, people of all ages are welcome to take part in the club's activities. To learn more or to become a member, **call (506) 327-8104**.



11 O'Leary Lane
Minto, NB

Public Libraries

Public libraries are inclusive, welcoming community hubs that inspire learning, connection, and personal growth. The library provides free access to a wide range of resources and amenities, including parking, computers, photocopier, fax, scanner, Wi-Fi, and a multipurpose room for community use. Open to people of all ages, visitors are invited to explore a rich and diverse collection of materials, including books, music, movies, puzzles, and more.

Chipman Public Library
8 King Street
Chipman, NB
(506) 339-5852

Minto Public Library
420 Pleasant Drive, Unit 2
Minto, NB
(506) 327-3220

Friendly Calls Program

For some people, a little conversation can make a big difference. The Friendly Calls program connects people aged 18 and older with caring, trained Red Cross volunteers who call regularly to check in, offer emotional support, and share tips for healthy coping.

Canadian Red Cross

They can also guide you to helpful resources and community services to stay connected and supported. Friendly Calls is safe, accessible, completely free, and available across Canada. To learn more or sign up, **call 1-833-979-9779** toll-free, Monday to Friday, from 9 a.m. to 5 p.m.

STAYING PHYSICALLY ACTIVE

Regular physical activity, combined with proper nutrition, supports health and well-being at every stage of life. For older adults, maintaining an active lifestyle is particularly important, as it can help improve your physical and mental health while maintaining your quality of life as you get older.



For more information, **visit FindingBalanceNB.ca** and/or consult the Canadian 24-Hour Movement Guidelines for Adults 65 years and older by **visiting csepguidelines.ca**.

Zoomers in Balance

Zoomers in Balance is a free, exercise-focused fall prevention program designed specifically for adults 50 and older who have a low to moderate risk of falls and can safely exercise with minimal supervision. Whether you choose to participate in-person or online, this program offers a safe, welcoming environment to improve your fitness while connecting with peers.

Classes are delivered year-round and divided into four 12-week sessions (winter, spring, summer, and fall). Each 60-minute session is carefully structured to include a gentle warm-up, muscle-strengthening exercises, balance training, and a cool-down.

Classes are guided by trained peer volunteer leaders, people just like you who understand the importance of staying active and safe. Their experience and encouragement make every session supportive, enjoyable, and tailored to your abilities.

If you consider yourself at high risk of falls or are uncertain about your fall risk, please consult with your healthcare provider before joining. When ready, participants must register for their preferred location and re-register for each session. Registration opens first to current participants, with new participants accepted on a first-come, first-served basis. To learn more and register for the next session, you are encouraged to **call (506) 458-7034** or **visit www.zoomersinfo.ca/en/participants** today.

HEALTH CARE CLINICS

Access to qualified professionals can make aging in place easier. With the right support close to home, your health concerns can be addressed early, helping you stay independent, safe, and well in your own community.

Queens North Community Health Centre

The Centre offers both scheduled and walk-in appointments with physicians and nurse practitioners, as well as access to a wide array of diagnostic and supportive services delivered by an interdisciplinary health care team (i.e. blood draw, Xrays, etc.).

This team includes physiotherapists, occupational therapists, social workers, and dietitians who work together to provide compassionate, patient-centered care. You can even refer yourself to therapeutic services by calling to book an appointment at your earliest convenience.



1100 Pleasant Drive
Minto, NB

To book, change or cancel an appointment with a physician, nurse practitioner, physiotherapist, occupational therapist, respiratory therapist, dietician, or social worker please contact the main reception at **(506) 327-7800**.

Chipman Health Centre

The Chipman Health Centre brings together a dedicated team of physicians, nurses, social workers, and registered dieticians to offer primary health care services.

The centre also offers therapeutic services such as clinical nutrition and social work, but please keep in mind that **all visits are by appointment only**.

9 Civic Court
Chipman, N.B.

TO BOOK, CHANGE, OR CANCEL AN APPOINTMENT: **(506) 339-7650**

Pharmacy

Pharmacists play a key role in helping older adults stay safe from falls by reviewing both prescription and over-the-counter medications. They can identify drugs that may cause dizziness, drowsiness, or sudden drops in blood pressure. Pharmacists also provide important information to patients about medication-related risks and adjust treatments when needed to keep older adults safer and steadier on their feet.

Shoppers Drug Mart

The pharmacy team is here to help you get your vaccinations, manage your medications, answer your questions, and provide the advice to help you take care of your health. For more information, or to book an appointment, please contact or visit one the the two available locations.

234 Main Street
Minto, NB
(506) 327-3396

263 Main Street
Chipman, NB
(506) 339-6686

Optometry

As we get older, spotting everyday hazards becomes essential for staying safe and avoiding falls. Even minor vision problems can throw off your balance and make moving around more challenging. Regular eye exams are a simple but powerful way to catch issues early and protect your sight. Optometrists play a key role in keeping your eyes healthy, helping prevent vision loss by identifying and managing conditions like cataracts, glaucoma, and macular degeneration.

Minto Optometry Clinic

The Minto Optometry Clinic offers Full Service Eye Care & High Quality Eyewear. You can visit the clinic on Mondays and Wednesdays from 9:00 am to 5:00 pm.

253 Logue Road
Minto, NB
(506) 327-6345

Dentistry

Maintaining strong bones and good nutrition starts with a balanced, nutrient-rich diet, but dental issues can get in the way. Cavities, gum disease, or poorly fitting dentures can make it harder to enjoy certain foods. Regular visits to your dentist help catch and address these problems, keeping your teeth and gums healthy. When your mouth feels good, you can enjoy a wider variety of foods, giving your body the vitamins and minerals it needs to stay strong, energized, and independent as you age.

Minto Dental Clinic
The Minto Dental Clinic recognizes the strong connection between oral health and general well-being. The Clinic is accepting new patients as well as the new Government Plan. For more information, or to schedule an appointment, call **(506) 327-3980**.

446 Pleasant Drive
Minto, NB

Massage Therapy

Through various massage techniques, therapists can relieve everyday aches and stress, while also supporting the recovery of physical injuries. Regular sessions can loosen stiffness, improve mobility, ease tension, and even promote better sleep. For those with a more sedentary lifestyle, massage therapy is especially valuable since it boosts circulation, and helps reduce pain and inflammation.

Note:
Treatments are eligible for insurance reimbursement, and direct billing to most major insurance companies is available upon request.

Sole to Soul
112 Main Street
Minto, NB
(506) 327-5008

Relief Massage Therapy
60 Main Street
Chipman, NB
(506) 339-5640

SUPPORT SERVICES

Support services play an essential role in helping older adults maintain their independence, safety, and quality of life as their needs change. They provide indispensable assistance to ensure they remain engaged and supported in their daily lives.

Extra-Mural Program (EMP)

The Extra-Mural Program provides government-funded home healthcare to eligible New Brunswickers of all ages. This includes visits from licensed nurses, physiotherapists, occupational therapists, social workers, and dietitians to address your personal care needs by offering services such as chronic health management, home oxygen therapy, and **comprehensive home safety assessments**.

The most efficient way to submit a request for services, is by completing the Online Referral/Request for Service Form. It can be submitted by an individual, family, substitute decision maker or any health care provider.



It's important to remember that the Extra-Mural Program is **NOT** a homemaker service. This means it does not provide assistance with household tasks. If you're looking for that type of support, please refer to the other listings in this section. For more detailed information or to request EMP services, please **call 211**, **visit ExtraMuralNB.ca** or contact the EMP Care Coordination Center directly at **1-844-982-7367**.

Long-Term Care Program

If you are 65 or older and want support to continue living safely at home, the New Brunswick Department of Social Development offers the Long-Term Care (LTC) Program. This program not only makes it easier to access licensed residential services, such as a nursing home or special care facility if needed, but it can also help you find home support services tailored to your needs.

These services may include foot care, housekeeping assistance, and home-delivered meals (Meals on Wheels). Clients may also be eligible for a personal emergency response system (e.g., Lifeline) or a remote monitoring system (e.g., Carelink). Additionally, the program provides support for caregivers. If you are eligible, you may receive financial assistance to cover part of the cost of these services.

To learn more about the Long-Term Care Program or to begin the application process, please **visit socialsupportsnb.ca/ltc**, **phone 1-833-733-7835**, or **call 211**.

Live Well/Bien Vivre Program

Live Well | Bien Vivre is a proven, evidence-based program designed to help people take charge of their health, their way. Professional Health Coaching services are offered at no cost, in both English and French, to all New Brunswick residents aged 19 and older.

Health Coaches work collaboratively with individuals to establish meaningful health and wellness goals and to develop personalized action plans that reflect each person's needs and circumstances. The program maintains strong partnerships with community health professionals and organizations to facilitate coordinated care and ensure access to appropriate local resources and supports.

Live Well Bien Vivre

Live Well | Bien Vivre Health Coaches are committed to strengthening community connections and enhancing access to health promotion services. Individuals may self-refer, as no referral from a health care provider is required. Live Well | Bien Vivre Health Coaches will meet you where you feel comfortable, within local health or community settings, or virtually from the comfort of your home.

For additional information or to schedule an appointment, please **call 1-800-663-3600.**

Meals on Wheels

Operated by Minto Services to Seniors, the Meals on Wheels program offers nutritious, wholesome meals that are brought right to the homes of individuals who may find meal preparation challenging, helping them stay healthy and independent.

Just as important, each visit provides friendly social interaction and informal wellness checks, ensuring no one feels alone. To learn more or to sign up, please **call (506) 327-6406**.



Foot Care

Healthy feet make it easier to walk, move comfortably, and avoid falls. A foot care nurse can even visit you right at home to trim toenails and check for things like redness, swelling, cuts, or blisters. This kind of care is especially important if you have diabetes, since small problems with your feet can become serious if they're not noticed early.

Susan Slater
(506) 339-6958

Amanda Fila
(506) 897-3710

Home Support Services

Home Support Services are designed to bring support right to your doorstep. Depending on the agency, you may be able to get help with things like cooking meals, light housekeeping, laundry, and personal grooming (like bathing or shaving). It's support that helps you focus less on chores and more on enjoying your day.

Triple C Homecare
Triple C Homecare offers services which include personal care, assistance with errands, light housekeeping, laundry, and meal preparation support. Triple C Homecare also provides meaningful social and emotional support, ensuring that every client feels valued and connected. For more information, **visit triplechomecare.ca** or **call (506) 472-6693**.

Minto Services to Seniors Inc.
Minto Services to Seniors Inc. offers a comprehensive range of supports which includes individualized assistance with daily living activities such as light housekeeping, and personal care. For more information, please **call (506) 327-6406**.

Chipman Outreach Inc.
Chipman Outreach Inc. is committed to providing personal care, such as assistance with daily activities; homemaking assistance, including light cleaning and laundry; and caregiver respite. For more information, **call (506) 339-5639**.

SAFETY AT HOME

Keeping your home safe is key to preventing falls and staying independent as you age. Even simple improvements can make a big difference.

Home Safety Checklist

Keeping your home safe is easier than you think! The Home Safety Checklist is a handy tool that helps you spot potential fall hazards in every room, from loose rugs and dim lighting to slippery tubs and cluttered walkways. As you work through the checklist, use the Personal Action Plan to jot down anything that needs attention.

However, older adults at higher risk of falls should consult a qualified professional to complete a more comprehensive home safety assessment such as the one offered by the Extra Mural Program (for more information, see page 18).



To download your copy of the Home Safety Checklist, **visit www.FindingBalanceNB.ca**. or stop by your local library for a printed copy.

For help to find a contractor for your renovations, visit your local **Home Hardware Building Center**.

140 Main Street
Minto, NB
(506) 327-3308

11 Industrial Park Road
Chipman, NB
(506) 339-5822

Home Modification Programs

New Brunswick Seniors' Home Renovation Tax Credit

This refundable personal income tax credit is designed to help older adults aged 65 and older, as well as family members living with them, cover the costs of home renovations that enhance safety and accessibility. Importantly, this credit is available to older adults at all income levels, and there are no income restrictions for claiming up to $10,000 in eligible home improvements,

Homeowner Repair Program for Seniors

This program offers financial assistance for home repairs and modifications such as widening doorways and making bathrooms more accessible. To be eligible for a forgivable loan of up to $5,000 for minor adaptations to facilitate independent living, older adults must have a total household income of 50K or less, be the owner of the home and live in it.

For more information or to find out if you qualify for a home modification program, **call 2-1-1.**

Personal Emergency Response Systems

Personal emergency response systems provide increased peace of mind by connecting you with professionals at the push of a button. Many devices can automatically share your real-time GPS location and send alerts via text or email to people of your choice. Some even include automatic fall detection, allowing emergency assistance to be triggered even if you cannot reach the button. In the event of a fall, an operator is immediately notified and can quickly contact emergency services and/or your designated contacts to provide the necessary help.

TELUS Health Medical Alert

The devices offered allow you to continue your daily activities with peace of mind, knowing help is available at the push of a button, whether at home or on the go, within a 600-foot radius of the included base station. For more information, Google "telus living well", or **call 1-888-505-8008**.

Lifeline

Lifeline is a simple and reliable personal teleassistance service that ensures help is always within reach, even if you cannot speak. With a single press of your help button, worn comfortably on your wrist or as a pendant, you will be instantly connected to a qualified personal response agent who will ensure you receive help quickly. For more information, please **visit Lifeline.ca** or **call 1-866-349-1389**.

Caretrak

Caretrak is a portable medical alert pendant that provides immediate access to assistance when needed, both inside and outside the home. It promotes independence by offering a direct connection to a designated contact or a 24/7 emergency response center. For more information, **visit Caretrak.ca** or call the available toll-free number at **1-855-333-3381**.

Remote Monitoring Systems

Care Link Advantage

The Care Link Advantage system offers peace of mind for both clients and their loved ones through smart, reliable technology that keeps everyone connected and informed. In addition to emergency medical pendants, clients can benefit from having strategically placed motion detectors and smart sensors throughout the home such as bed sensors, pressure mats, and door sensors designed to identify early signs of potential health concerns. For more information, please **visit CareLinkAdvantage.ca** or **call (866) 876-7401**.

WHAT TO DO IF I FALL WHEN ALONE?

While everyone should take steps to prevent falls, it is also important to know what to do if a fall occurs when you are alone.

Before Trying to Get Up

- Catch your breath. Take your time. Remain calm.
- Complete a head-to-toe scan of your body. Do you see any injuries? Feel any discomfort?
- If you are injured, feel discomfort, or are unable to get up:
    - Call out for help. Make any noise to attract attention.
    - Use an emergency call device or a telephone to ask for help.
    - Wait for assistance to arrive. In the meantime, place yourself in the most comfortable position you can. Try to remain warm and calm.
- If you are **NOT** injured, refer to the section "How to Get Up from a Fall"

How to Get Up from a Fall

Remember to stay calm.

Take as much time as you need in between steps



1. Lie on your side and lift yourself onto your elbows or hands.
2. Pull yourself toward a chair or another sturdy object.
3. From a kneeling position, place both hands on the chair or object.
4. Place your stronger leg in front, holding on to the chair or object..
5. Push up with your arms and legs to stand up.
6. Carefully pivot your bottom around and sit down.

After Getting Up

- Never underestimate the seriousness of a fall and the potential harm it may have caused. It's always better to mention your fall(s) when visiting your primary care provider. They can assess the situation and see if it's linked to medication or other fall risk factors.
- Fall-related injuries are not always immediately noticeable. Some issues may only appear after a few hours or days.
- Consult with family, friends, caregivers, health care providers and other health care professionals for the development of a personal care plan to help prevent another fall.

FALL PREVENTION RESOURCES

Finding Balance NB

Trauma NB is dedicated to making fall prevention easier and more accessible for everyone. To support this effort, the Finding Balance NB website offers a wide range of practical resources.

This includes posters, fact sheets, and toolkits to help inform and guide you when taking measures to avoid falls by Understanding Your Fall Risk, Watching Your Step, and Taking Care of Your Health. For more information, **visit www.FindingBalanceNB.ca** or visit your local library.



Understanding Your Fall Risk



Watching Your Step



Taking Care of Your Health

Staying Independent Checklist

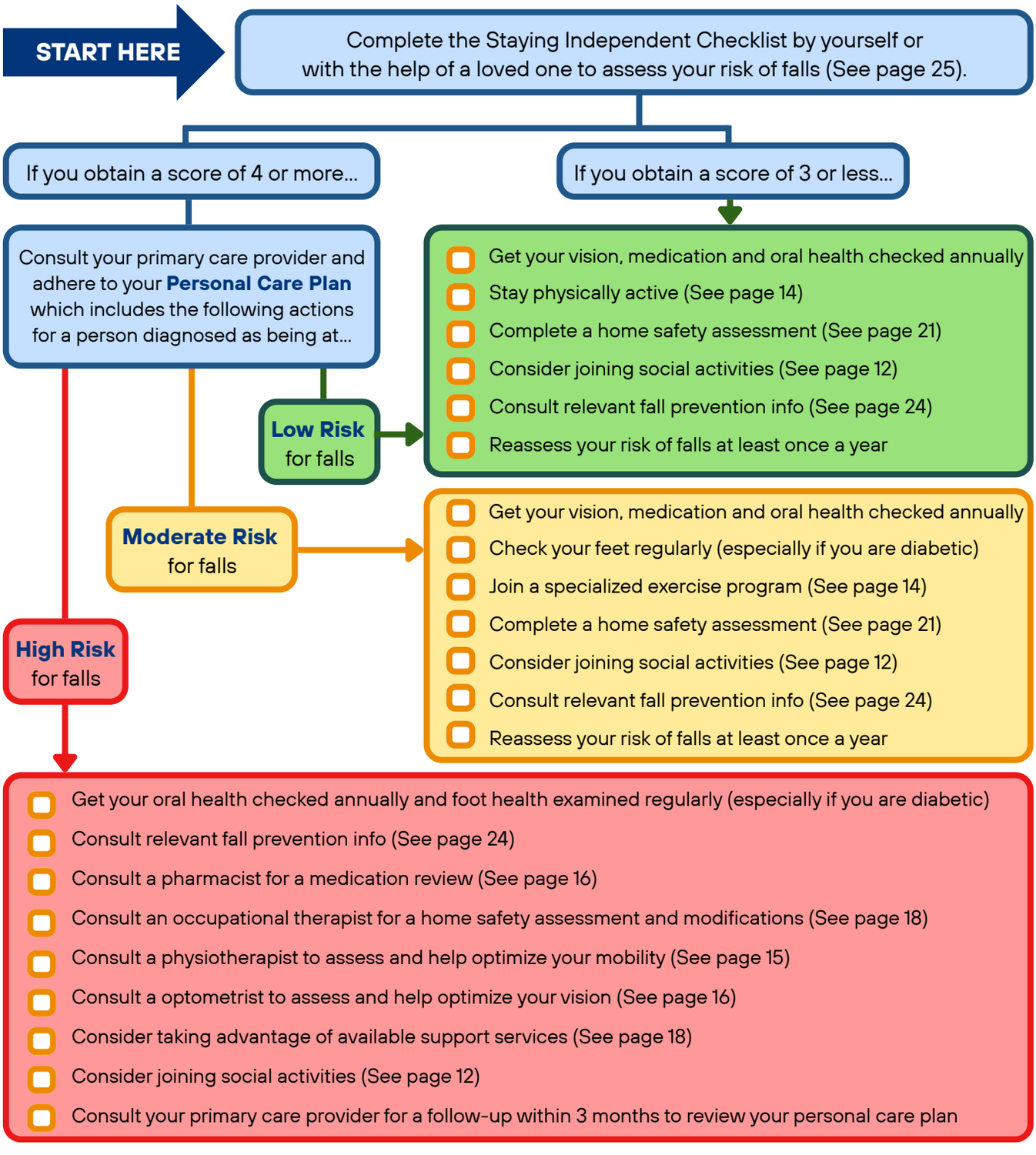
Regularly using this checklist can help you identify areas where you may need support to stay independent and reduce your risk of falls. Discuss any concerns with your primary care provider at least once a year.

Circle "Yes" or "No" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past 6 months.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding on to furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	Strengthening your leg muscles can reduce your risk of falling and being injured.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total _____		Answer the statements above then add up the number of points for each "Yes" answer. If you scored **4 points or more**, you may be at risk for falling. Remember to bring this checklist to your primary care provider to discuss your risk factors.	

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk assessment tool. (Rubenstein et al. J Safety Res; vol. 42, n°6, 2011, p. 493-499). Adapted with permission of the authors.

FALL PREVENTION DECISION TREE

We encourage you to use this Decision Tree as a simple, practical guide to help reduce your risk of falls. While you are waiting for your appointment with your primary care provider, you can begin taking action right away by following the steps in the **Personal Action Plan** (see page 27). Even small, proactive changes today can make a big difference in preventing falls and keeping your independence as you age.



PERSONAL ACTION PLAN

Now that you've reviewed this toolkit, we invite you to put your ideas into action. Please use this Personal Action Plan to help you get started. Consider how you will integrate the following tips and steps into your daily routine and lifestyle. If you're unsure, consider consulting a health care provider or another qualified expert for guidance.

- [ ] Complete the Staying Independent Checklist at least once a year (see page 26).
- [ ] Follow-up with your primary care provider to inform them of any previous falls or concerns.
- [ ] Complete a home safety assessment at least once a year.
- [ ] Fix and remove fall hazards in your home.
- [ ] Do at least 2.5 hours of moderate aerobic activity each week (sessions of 10 min. or more).
- [ ] Add muscle and bone strengthening activities at least twice a week.
- [ ] Consult a health professional if unsure about what activity is most appropriate for you.
- [ ] Reduce your recreational screen time to no more than 3 hours per day.
- [ ] Get good-quality sleep on a regular basis, with consistent bed and wake-up times.
- [ ] Review your medication with your primary care provider or pharmacist at least once a year.
- [ ] Get an annual eye exam.
- [ ] Have your hearing checked.
- [ ] Consult a podiatrist for foot issues and/or foot pain.
- [ ] Consult a dentist for an oral health assessment at least once a year.
- [ ] Maintain a healthy diet and stay hydrated.
- [ ] Wear supportive footwear inside and outside of the home.
- [ ] Do brain-stimulating activities.
- [ ] Stay socially connected. Consider participating in community activities.

We wish you well on your Actively Aging journey!

Notes

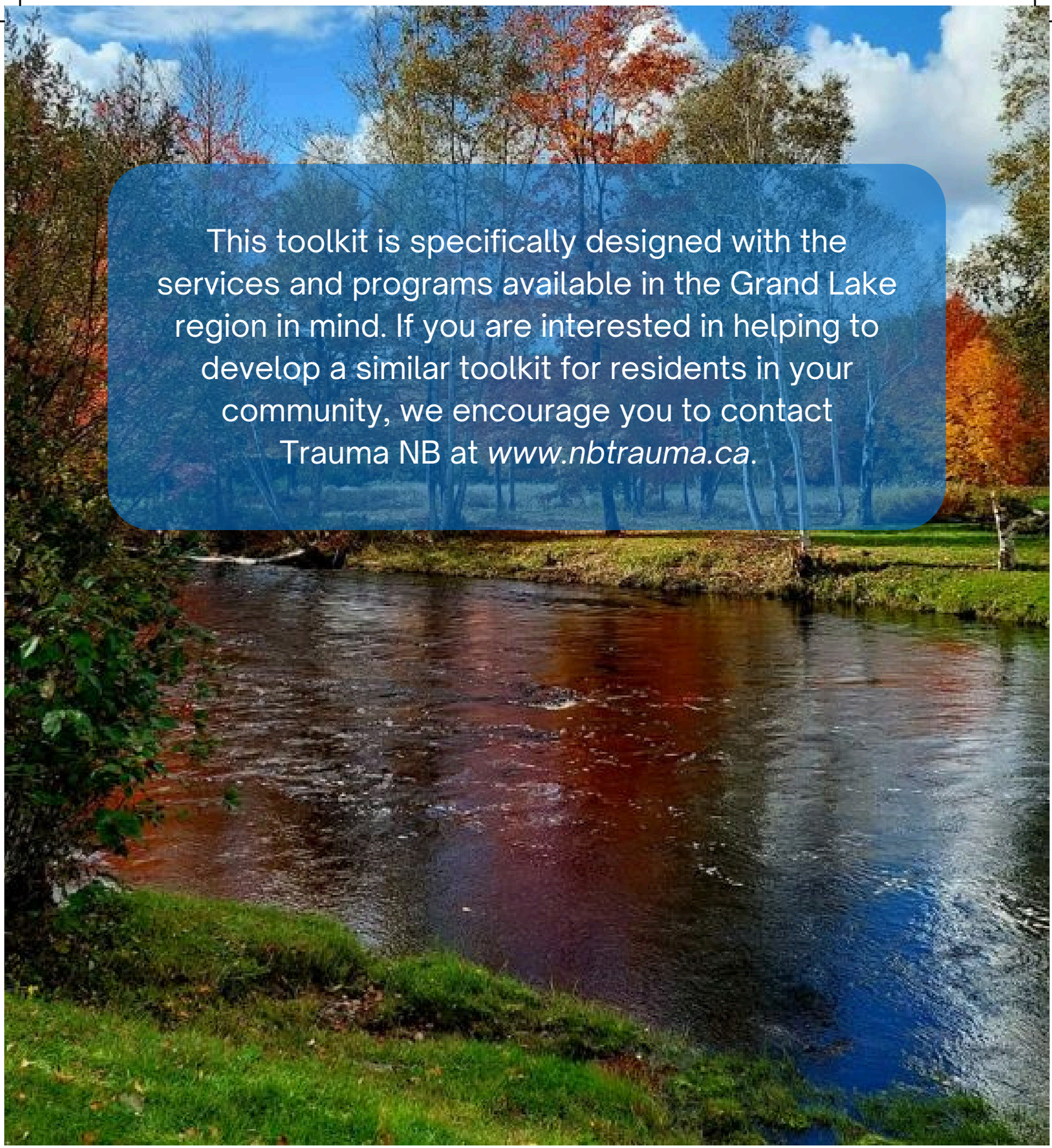
Share Your Feedback

If you are over the age of 65 and had a chance to explore this toolkit, please take a few minutes to tell us what you think.

Your feedback can help us improve this toolkit and make it even more useful for you and others.

SCAN HERE TO BEGIN THE ONLINE SURVEY





This toolkit is specifically designed with the services and programs available in the Grand Lake region in mind. If you are interested in helping to develop a similar toolkit for residents in your community, we encourage you to contact Trauma NB at *www.nbtrauma.ca*.

Trauma NB

MUNICIPALITY OF GRAND LAKE

New Nouveau Brunswick CANADA

RÉSEAU DE SANTÉ Horizon HEALTH NETWORK