



Ageing Well Together Falls Prevention

DON'T FALL FOR CHRISTMAS!

Some thoughtful gift ideas for seniors that can help prevent a fall this winter season

Gifts for the home:

- battery operated emergency lights that will activate during a power outage
- plug-in night lights for bathrooms and hallways around the home
- fluorescent tape to mark the edges of steps, thresholds, and other potential trip areas both inside and out
- rubber backed non-slip mats to replace those dangerous scatter rugs
- grab bars for the bathtub, shower, by the toilet, and beside steps
- sturdy railing by all stairways inside and out
- bath chair to make getting into and out of the tub safer
- non-slip mats for inside and outside the tub and shower area
- cordless phone to be kept on or near user
- ice melting compound, kitty litter or sand for outside walks and steps
- sensor lights for outside entry areas
- laundry cart with wheels
- garage door opener

Gifts for your loved one:

- small flashlights for pockets, bedside, beside TV - for power outages
- key chain flashlight to help find the keyhole on their car or home on dark days
- long handled shoehorn to reduce the chance of bending over and losing balance
- long handled reachers for reaching things in high places, instead of climbing
- a sturdy step stool with handrail
- new sneakers for all day indoor use
- 'icers' to fit over outside boots for winter days
- an interesting cane to encourage use around the home
- a metal tipped cane for outside use on icy days
- gift certificate for snow removal, home repair or yard work services
- a set of pre-paid taxi vouchers or coupons for use on snowy or icy days
- a personal emergency response system (e.g. "Lifeline" or "In Touch")
- certificate for exercise program suited to individual's fitness level and age

Don't Fall For Christmas was originally developed by
the Colchester-East Hants Preventing Falls Coalition