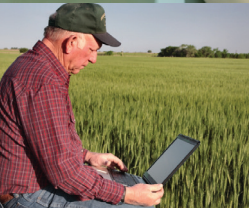




Steady and Strong- A Falls Prevention Group

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6 *Warning Signs of Falls*

If you are over 65 years of age:

- ☐ **Previous Falls:** One fall in the past 6 months
- ☐ **Fear of Falling:** Afraid that you will fall
- ☐ **Medications/Drugs:** Using sedatives, fluid pills, recreational drugs, blood pressure pills or more than 4 medications
- ☐ **Balance and Mobility:** Any problems with balance or unable to raise from a chair
- ☐ **Medical Conditions:** For example, Stroke or Parkinson's disease, osteoporosis, arthritis, dementia or Alzheimer's disease
- ☐ **Vision Problems:** Blurred/double vision, difficulty seeing steps or walking in dim light

If you have checked two of the warning signs you are at an increased risk for falling.

For further screening and information contact a health care provider or CCAC at
310-CCAC (2222)



Ontario

South West Local Health
Integration Network

Réseau local d'intégration
des services de santé
du Sud-Ouest

**Finding
Balance**

www.findingbalanceontario.ca



Top 10 Tips to Reduce Your Chance of Having a Fall

1. Slow down and take time to be safe.
2. Be physically active for a total of 30 to 60 minutes most days.
3. Have your vision and hearing checked regularly.
4. Discuss your medication & supplements with your doctor or pharmacist.
5. Eat a healthy balanced diet, drink plenty of water & limit your alcohol.
6. When walking outside, be aware of your surroundings and watch where you step.
7. Use safety equipment such as canes, walkers, grab bars & rubber bath mats.
8. Wear non-slip shoes, boots & slippers that fit well & seek treatment for foot problems.
9. Use a night-light and keep a flashlight by your bed.
10. Complete a home safety checklist available online or through your healthcare provider.

For more tips and information,
call or visit
211 Ontario or visit
www.findingbalanceontario.ca

STAYING INDEPENDENT

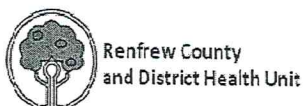
Falls are the main reason
why older people lose their
independence.



Are you at risk?

For more information on
exercise and falls prevention
programs contact Champlain
CCAC at 613 310-2222 or
Champlainhealthline.ca

This initiative is sponsored by the Champlain Local
Health Integration Network and the 4 regional
health units.



Check Your Risk for Falling

Please circle "Yes" or "No" for each statement below.

Why it matters

Yes (2)	No (0)	I have fallen in the last 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 onto 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.	This is a sign of weak leg muscles, a major reason for falling.
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 medicine 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 _____		Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor or health care practitioner.	

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

NOTES

Primary Care Providers: For more information about the Champlain Falls Prevention Strategy, the Staying Independent Checklist, and the clinical algorithm go to: stopfalls.ca



Occupational Therapy **TOOLKIT**

Be Safe in the Community

What do I need to know?

Whether you are walking around the park to stay active or just going to the store, falls can happen outdoors. Fall hazards in the community are unpredictable. You don't have any control over the hazards other people may leave in your path, whether a building is maintained properly, if there are safety features available (handrails, grab bars, curb cuts, and ramps), or if the lighting is adequate. So it is important to be careful outside of your home to prevent slips, trips and falls.

What can I do to reduce my fall risk?

Take your time, slow down, be aware of your environment and look about 6 steps ahead to give you time to adjust your steps to avoid potential hazards.

Watch for obstacles in your path such as boxes, bags of trash, doormats, door thresholds, uneven pavement, sidewalk cracks, tree roots.

Avoid walking in crowded places. Shop during non-peak hours.

Be extra careful during and after stormy weather. Rain, snow, and ice can make any surface slippery.

Use caution on stairs. Hold onto the handrail and be aware that the step height may be higher or lower than normal.

Use your cane or walker in the community, if recommended. A walking aide will remind others to be more careful and considerate of you.

Keep a flashlight with you to illuminate your path at night or when in dark places such as a restaurant or movie theatre.

Call ahead to inquire about the availability of adapted bathrooms, ramps and bright lighting.

When visiting other people's homes, ask for a guided tour so you can alert yourself to flooring changes, steps and the location of the bathroom.

While riding public transportation such as buses and trains it is important to plan ahead: have your ticket or money ready when you board; travel at not peak times; ask the driver to not take off until you are seated; take the first seat – up front if possible; keep a hand free to hold on; don't get out of your seat or change seats when the bus is moving; when you get off the bus pause, and go in the direction the bus is traveling.

Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:

- Cross-country skiing
- Swimming

Being active for at least **150 minutes per week** can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

Pick a time. Pick a place. Make a plan and move more!

- ☑ Join a community urban poling or mall walking group.
- ☑ Go for a brisk walk around the block after lunch.
- ☑ Take a dance class in the afternoon.
- ☑ Train for and participate in a run or walk for charity!

- ☑ Take up a favourite sport again.
- ☑ Be active with the family! Plan to have "active reunions".
- ☑ Go for a nature hike on the weekend.
- ☑ Take the dog for a walk after dinner.

***Now is the time. Walk, run,
or wheel, and embrace life.***



www.csep.ca/guidelines



Flexibility Exercises

Stretching exercises are important to give you more freedom of movement when doing everyday activities such as walking, getting dressed and reaching objects on a shelf.

How Much Stretching Should I Do?

Do each exercise 3 to 5 times during a session.

Safety Tips

- Talk with your doctor if you are unsure about a particular exercise. For example, if you've had hip or back surgery.
- Always warm up before stretching exercises. Do a few minutes of easy walking first.
- Remember to breathe normally while holding a stretch.
- Stretching may feel slightly uncomfortable; for example, a mild pulling feeling is normal but you are stretching too far if you feel sharp or stabbing pain.
- Never "bounce" into a stretch. Jerking into position can cause muscles to tighten, possibly causing injury. Slowly move as far as possible without pain, and hold the stretch for 10 seconds.
- Avoid "locking" your joints. Straighten your arms and legs when you stretch them, but don't hold them tightly in a straight position. Your joints should always be slightly bent while stretching.

Neck Stretch



1. Slowly turn your head to the right until you feel a slight stretch. Be careful not to tip or tilt your head forward or backward. Hold the position for 10 seconds.
2. Repeat on the left
3. Bring your right ear down toward your right shoulder. Hold position for 10 seconds.
4. Repeat on left.

Shoulder Stretch



1. Lift your arms, bend your elbows and place your hands behind your head
2. Do not flex your neck forward
3. Keep your elbows as wide as you can
4. Stop when you feel a stretch or slight discomfort, and stop immediately if you feel sharp pain.
5. Hold position for 10 seconds.
6. Lower your arms and reach to place your hands behind your back.
7. Stop when you feel a slight stretch.
8. Hold position for 10 seconds.

Chest Stretch



1. Hold arms to your sides at shoulder height, with palms facing forward.
2. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
3. Hold the position for 10 seconds.

Back Stretch



1. **DO NOT do this exercise if you have osteoporosis**
2. Sit up toward the front of a chair with armrests. Stay as straight as possible.
3. Lift your left hand and hold on to the left arm of the chair. Place your right hand on the outside of your left thigh.
4. Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Hold for 10 seconds and then slowly return to face forward.
5. Repeat on the right side.

Hip Stretch



1. **If you have had recent hip surgery, do not do this exercise.**
2. Cross your right ankle onto your left knee. If you are unable to bring your leg onto your knee, simply cross your feet at the ankles.
3. Gently press down on your knee until a stretch is felt. Hold for 10 seconds
4. Repeat with your left leg.

Calf and Hamstring Stretch



1. Sit securely toward the edge of your chair.
2. Stretch your right leg out in front of you.
3. **Keeping your back straight, hinge at your hip** and bend forward toward your knee. Hold the position for 10 seconds.
4. Repeat with left leg.



Occupational Therapy TOOLKIT

Create a Safe Home

What do I need to know?

Your home could put you at risk for a fall. More than 75% of all falls occur in or around the home. The three major problem areas in the home are the steps/stairs, the bathroom and the bedroom.

The most common hazard for falls is tripping over objects on the floor or ground. Other factors include poor lighting, slippery surfaces (floor, tub), lack of grab bars and unsteady furniture.

What can I do to reduce my fall risk?

Conduct a walk-through of your home and property to identify possible problems that may lead to slips, trips or fall. With a few changes, you can decrease your risk of falling. Changes may include:

- Adding support features
 - Grab bars in the bathroom
 - Handrails on the stairs
 - Additional lighting inside and outside
 - Non-slip mats in the tub or shower
- Using adaptive equipment
 - Shower chair for bathing
 - Reacher
 - Bed and chair risers
- Removing hazards from the floor, pathways and stairs
 - Removing throw rugs
 - Moving phone/lamp cords out of pathways
 - Rearranging furniture
 - Removing hazards from sidewalks (leaves, moss, ice).
 - Repairing holes in sidewalks, wrinkles in carpet
- Moving and doing activities more cautiously
 - Hold onto handrails and grab bars.
 - Don't rush, slow down and pick up your feet
 - Avoid climbing on chair or unsteady stepladders.
 - Hold on to something steady when reaching for the floor
 - Turn on the lights before entering a room, use nightlights.
 - Remove your reading glasses before walking or using the stairs.
 - Don't leave items in the floor (shoes, newspaper, books, blankets, pillows, phone cords, bed spreads, dirty clothes, pet toys, trash).

Home safety self-assessment should be ongoing and particularly important after a change in yourself (recent illness, new shoes, new pain that affects your mobility) or a change in your environment (move, have visitors, new furniture).



Reduce the Risk on the Stairs

- Keep stairways well lit
- Have hand rails installed/ensure well secured
- Avoid clutter/items/debris
- Ensure no loose edges on carpeted stairs
- Avoid scatter rugs at the bottom of the staircase
- Avoid rushing up/down the stairs
- Avoid carrying items up and down the stairs or limit the size of the items being carried so that you can see your feet as you navigate the steps

Reduce the Risk in the Bathroom

- Use of rubber mat/shower mat/non-skid decals/stickers
- Install/use grab bars beside toilet, outside/inside the of shower
- Use raised toilet seat/toilet surrounds (avoid using the toilet, toilet paper roll, towel bar and vanity to assist)
- Use a bath chair or bath transfer bench
- Wipe up water to avoid slipping

Reduce the Risk in the Bedroom

- Ensure a clear path from bedroom to bathroom
- Have a cordless /cellphone and lighting near the bed
- Ensure that there are lights in hallway/bathroom
- Avoid clutter and unnecessary furniture
- Use of a bed rail if difficulty standing up
- Use your walker/cane to use the washroom

Reduce the Risk in the Kitchen

- Re-organise to have items that are used often close to you.
- Use a step stool with a handle or ask for help for items that are too high
- Avoid floor wax and slippery floor surfaces
- Avoid reaching items that are too high
- Remove scatter rugs
- If you tire easy-- sit to do your work

Reduce the Risk in the Living Room

- Remove scatter mats/floor rugs
- Ensure walking paths are clutter/debris free
- Avoid excessive amount of furniture
- Ensure extension cords are tucked away
- Ensure that the room is well lit especially at night

Reduce the Risk on the Outside of your Home

- Ensure all entrances are well lit
- Ensure all tools items are placed away from walk ways
- Clear snow/debris from stairs/walkways
- Ensure that areas are well maintained
- Install hand railings or grab bars at entrances



AIDS TO DAILY LIVING BASICS

BATHING

Tub Transfer Bench



Bath Seat



Tub Clamp on Rail



Grab Bars—Not Suction Mounted



TOILETING

Raised Toilet Seat (RTS)



Versa Frame



SLEEPING/BEDROOM

Bedrail



Floor to Ceiling Pole



DRESSING

Dressing Stick



Long Handled Shoe Horn



Sock Aid



Compression Stocking



Long Handle Sponge



Long Handle Nail Clippers





Occupational Therapy TOOLKIT

Daily Foot Care and Foot Safety

Foot Hygiene

Inspect your feet every day. Look at the top and bottom, sides and heels, toes and toenails and between each toe. Use a hand mirror to help you see all areas. If you cannot see to do this yourself, have another person inspect your feet. Check for redness, blisters, cuts, sores, cracks, change in temperature, swelling or loss of feeling. **If you notice any of these changes, contact your doctor.**

Wash all parts of your feet every day with a mild soap and warm water. Check the water temperature with your elbow. Use a soft white washcloth to clean your feet. Be sure to rinse all the soap off, because it can build up and dry out the skin.

Dry your feet with a soft towel by patting; dry thoroughly between the toes.

Choose a lotion that has lanolin but is alcohol-free. Use it on your feet and legs daily, but do not use it between your toes. Use un-medicated powder to keep the feet dry.

Make regular appointments to see a podiatrist for nail care, corns or calluses.

Never cut the cuticle, open blisters or try to free ingrown toenails.

Ask your physician to examine your feet at each visit.

Shoes

Wear shoes that fit properly and allow plenty of room for your toes. Avoid pointed or open-toed shoes and sandals. Do not use inserts or pads in your shoes without medical advice.

New shoes should be broken in gradually to minimize the risk of developing blisters and ulcers. Start by wearing them for 1 hour on the first day, increasing by 1 hour each day until you build up to a full day.

Inspect your shoes daily for cracks in the soles, wrinkles in the lining or objects inside your shoes that may injure your feet.

Take rest periods during the day when you can remove your shoes and elevate your legs.

Purchase shoes in the afternoon, when your feet are their largest due to swelling.



Occupational Therapy **TOOLKIT**

Daily Foot Care and Foot Safety

Socks

Do not wear shoes without socks.

Select seamless well fitting socks that wick away moisture. Change your socks every day.

Avoid constricting socks, garters or girdles.

Avoid socks that have holes, mends, seams or edges.

Protect Your Feet

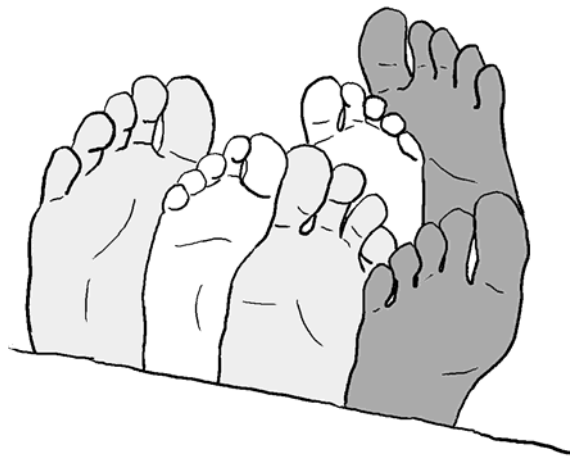
Never step into a tub or shower without checking the water temperature first.

Never walk barefooted at home or outside. Never walk on hot surfaces such as the beach or at swimming pools.

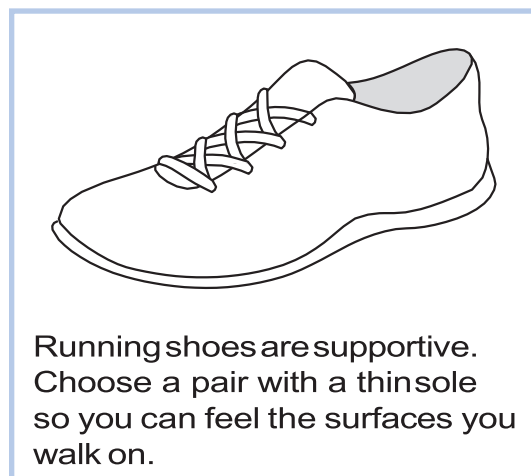
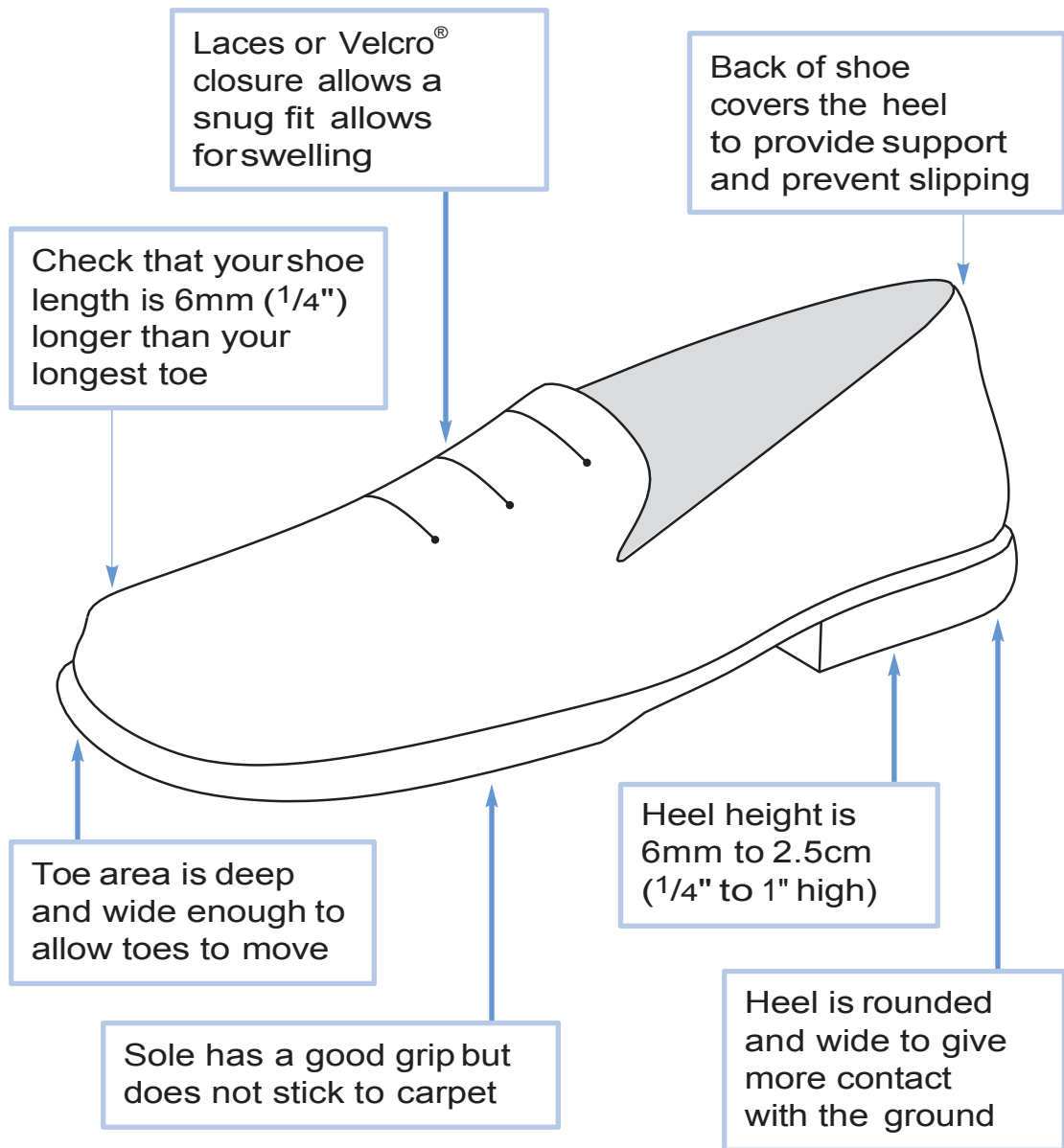
Never use hot water bottles, hot compresses, heating pads or lamps near your feet.

Loosen the blankets at the bottom of the bed to reduce pressure on your toes.

See your podiatrist at least once a year. More frequently if you develop problems or if your doctor recommends them.



What to look for in a supportive shoe:





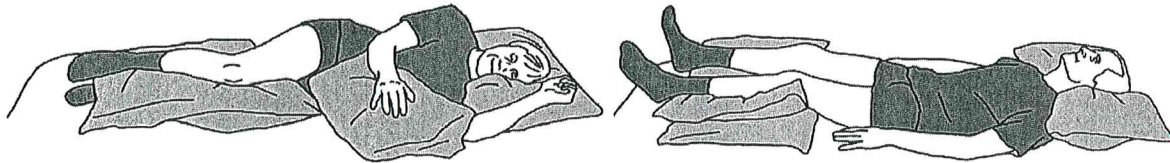
Occupational Therapy TOOLKIT

Good Posture

Be aware of your posture during daily activities. Good posture should be a part of all activities to minimize stress to your spine.

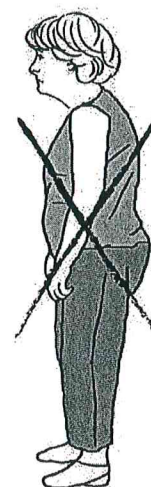
Sleeping

- Sleep on a firm mattress. A king or queen size bed allows freedom to change positions.
- Only sleep with one pillow under your head. If you need to elevate your head at night, use a foam wedge.
- When getting out of bed, log roll to one side and sit up, using your arms to help.
- The best position for sleeping is on your side with your knees slightly bent and a pillow placed in between.
- When lying on your back, place one or two pillows under your knees.



Standing

- Stand with knees slightly bent, stomach and buttock muscles tightened.
- When standing, keep activities at a comfortable height.
- Change position frequently.



1 of 2



Thames Valley

Family Health Team

Occupational Therapy **TOOLKIT**

Good Posture

Sitting

- Choose a chair that allows you to rest both feet flat on the floor
- Position your bottom towards the back of the chair. Use a lumbar support or a rolled up towel to support your lower back.
- Use the armrests to support the weight of your arms. This allows the neck and shoulders to relax.
- Stretch the top of your head towards the ceiling and tuck your chin slightly.
- Keep your upper back and neck comfortably straight.
- Avoid sitting for more than 30 minutes. Get up and change position.
- When you read or write at a desk, prop your books or papers up so your head doesn't have to tilt down.
- If you use a computer, position the monitor at or slightly below eye level.
- Use a headset or the phone speaker if you use the telephone often.
- If doing something, such as reading or knitting, put a pillow on your lap to raise the items closer to you. This will help keep your back straight.



KEEPING ON YOUR FEET

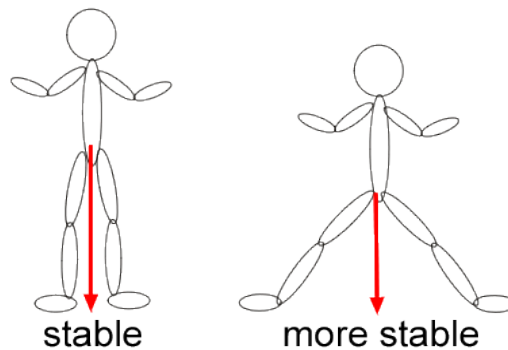
(Understanding how your body position affects your balance)

Balance

There are two main things you should understand about balance.

1. Base of Support—the point where your body meets the ground, usually your feet
2. Centre of Gravity—the point where your body's weight is concentrated, usually at the level of your stomach

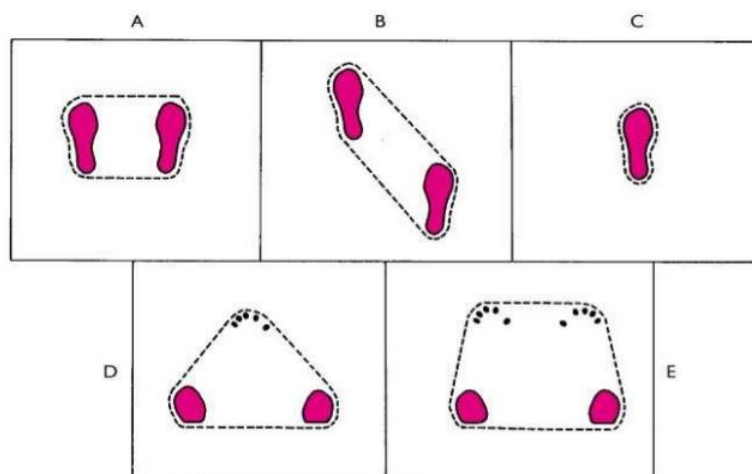
Your balance is best when your Centre of Gravity is over your Base of Support.



You can increase your stability (or how balanced you feel) by increasing your base of support. This can be done by widening the position of your feet on the ground or by using a mobility device, such as a cane or walker.

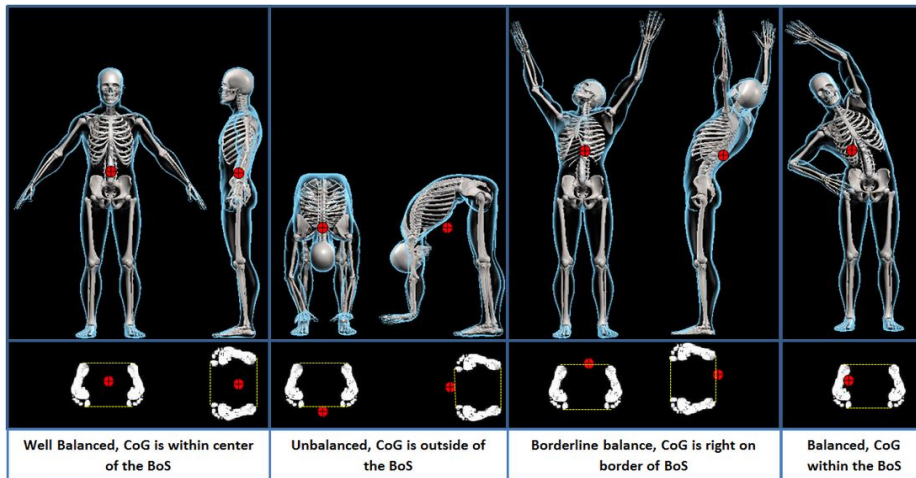
Likewise, reducing your base of support can make you feel less steady. For example, standing on one foot to step into the bathtub.

The following picture shows the changes to your base of support using a normal stance where your feet are hip width apart (A), where the feet are staggered (B), when standing on one foot (C), and when a walker is used (D-three wheeled walker, E-four wheeled walker)



Body Position and Balance

When you reach or bend, you change where your Centre of Gravity is in relation to your Base of Support. Usually, this causes the bulk of your body weight to be outside of your base and creates instability and a risk for falling.



Knowledge is Power

Now that you understand how your balance is affected by changes in body position, what are some changes you can make?

- Avoid reducing your base of support and when you need to stand on one foot (such as when you are stepping in or out of the tub), have something sturdy to hold on to. Grab bars are perfect supports in and around your bathtub.
- Try to avoid excessive bending. If you find yourself bending forward to retrieve things from the ground or to perform daily activities such as putting on socks and shoes, consider making the following changes:
 - use a reacher, which is a long handled device designed to grab items from the floor while you maintain an upright posture
 - bring your foot closer to you, such as resting on a stool, so that you don't have to bend as far
 - use a long handled shoe horn or a sock aid, both designed to reduce bending when putting on shoes and socks
- Leaning forward while reaching can be made safer by assuming a staggered position of your feet (see diagram on base of supports on previous page, staggered feet is letter B) and shifting your weight from the back leg to the front leg moving yourself closer to the object without reaching outside of your base of support.
- If you feel unsteady when you walk, especially outdoors where surfaces are often uneven and unpredictable, consider using a cane or a walker. Your family health team Occupational Therapist can help you determine what mobility device is right for you and can help determine if you qualify for some government funding towards a walker.

Choosing the Right Cane or Walker

Canes and walkers help people with pain, weakness, and balance problems walk more safely and comfortably. They also may help some people avoid falls. There are many types of canes, walkers, crutches and other assistive devices available, so it's very important to:

- work with a healthcare provider (physical therapist, doctor, nurse) to choose the correct type of walking aid for you
- have the cane or walker sized so it fits you correctly
- get help learning how to use it the right way

In most cases, canes and walkers are reimbursable through Medicare and other insurers.



For more information, download our free Tip Sheet on Falls Prevention available at [Healthinaging.org](https://www.healthinaging.org).

Which Should I Choose? If you feel you need a cane or walker, talk to your healthcare provider to make sure you get the device that is best for you. When deciding between a cane or walker, discuss the following points with your healthcare provider:

	Canes	Walkers
What is the main reason you need the device?	<ul style="list-style-type: none"> ■ Arthritis or pain, especially of the knees and hips, and on one side ■ Mild balance problems ■ Injuries to one foot or leg 	<ul style="list-style-type: none"> ■ Arthritis or pain, especially of the knees and hips, on both sides ■ Medium to bad balance and gait problems ■ General weakness or weakness of both legs
How much of your weight does the device need to support?	You can support up to 25% of your weight with a cane.	You can support up to 50% of your weight with some walkers.
Most common types	<ul style="list-style-type: none"> ■ Single point canes can help with early balance problems ■ Four point or "quad" canes add more stability and help even more with balance ■ Seat canes have small attached seats so you can take a rest while using them 	<ul style="list-style-type: none"> ■ Standard walkers need to be picked up to move forward ■ Front-wheeled walkers don't need to be picked up, so they take less energy to use ■ Rolling 4-wheeled walkers give support and come with or without seats and brakes

Canes

Other things to think about

- All canes must have a non-skid rubber tip
- Curved, rounded, or grip handles help with balance and to lower stress on your hand
- Canes are not as stable as walkers

Walkers

- Walkers should have rubber grips for your hands so they don't slip
- Front-wheeled walkers must have non-skid tips on the back legs
- Walkers cannot be used on stairs

How to Get a Proper Fit for Your Cane or Walker

The correct length of a cane or walker is measured from the wrist to the floor.

To measure:

- Wear your normal shoes.
- Let your arm hang loosely at your side.
- Ask someone else to measure the distance from your wrist to the floor.
 - This measurement should be about equal to the distance from the point where your leg bone fits into the hip socket to the floor.
- Have your cane or walker adjusted so that the tops of it is that same distance from the floor.
 - Aluminum canes and most walkers are adjusted by pushing in buttons on each side and sliding the tubing to the new length until the buttons lock in place.
 - Wood canes can be cut to size.
- Put your hand on the cane or walker handle. If the length is correct, you will notice a 20-degree to 30-degree bend in the elbow. (If your upper arm is at 12 o'clock, your hand points to 5 o'clock.)



If your cane or walker does not feel right, ask your physician or physical therapist to check the fit.

5 Steps to Safely Using Your Cane

- 1 Use the cane on the opposite side of your injury, pain, or weakness (unless your healthcare provider tells you not to).
- 2 Put all of your weight on your bad leg.
- 3 Move the cane and your bad leg a comfortable distance forward.
- 4 With your weight supported on both your cane and your bad leg, step through with your bad leg.
Place your cane firmly on the ground before you take a step. Do not place your cane too far ahead of you, or it could slip from under you.
- 5

5 Steps to Safely Using Your Walker

- 1 Stand with your toes halfway between the front and back tips or wheels. Roll or lift your walker a step's length ahead of you.
- 2 Place the walker firmly on the ground. Do not place your walker too far ahead of you, or it could slip from under you.
- 3 Lean slightly forward, and hold the arms of the walker for support.
- 4 Take a step.
- 5 Repeat the cycle: Place your walker firmly on the ground (or roll it ahead of you), then take a step.

Get Non-Skid Rubber Tips for Your Cane or Walker

Non-skid rubber tips help keep you from slipping. Check tips often and change them if they look worn. These tips are available through your local pharmacy or medical supply store.

Tennis balls cut and placed on the rubber tips can be helpful for ease of movement on carpeted surfaces.



Safe Winter Walking Resource Information

Top Tips for Winter Walking:

- Be prepared with warm clothing and non-slip footwear.
- Have your eyes checked yearly. Give your eyes time to adjust to the change in light going from outdoors to indoors.
- Be aware of and take extra precaution when walking over ice, wet leaves, rain, and snow. Try to walk on clear paths, ask for help, or choose a different route.

Physical activity is an important part of healthy aging. Walking is just one winter activity to get you moving! Regular physical activity during the winter months could include walking, snow shoeing, or shoveling. Get creative and have fun this winter! It is important to be prepared for winter walking conditions.

Many things can impact your safety while you walk including footwear, balance, medication, distractions, and environmental factors such as temperature and snowfall.

Before walking:

- Monitor the forecast and plan ahead. Dress in layers so you are prepared for changing winter weather. Stay warm by wearing a hat, scarf, and gloves.
- Wear bright or reflective gear so you can be seen by drivers, cyclists, and other walkers.
- If walking alone, bring a cell phone with you. Let someone know where you will walk and how long you intend to walk for
- Choose warm, stable footwear -- look for well-insulated and lightweight footwear with a non-slip tread sole.
- Consider a cane or walking poles, use ice grippers on footwear and assistive devices when outside.

During your walk:

- Be aware of your surroundings and scan for hazards. Black ice is often not visible to the eye.
- Watch for ice, cracks, and uneven or changing surfaces. Walk on designated, and clear paths.
- Try walking with a friend. Take your time and ask for help if needed.
- Keep your hands out of your pockets to help stay balanced.
- Give time to let your eyes adjust when going from outdoors to indoors or vice versa.

After you walk:

- Assess how you feel. If you are sore, switch to shorter walks and gradually increase your walking time.
- Enjoy a glass of water. Dehydration can make you dizzy, which increases the risk of falling. Drink 6-8 glasses of water each day to stay hydrated.

Helpful Tips:

- Keep your doctor informed of your physical activity level. Medication could increase your risk of falling!
- If you find yourself walking on ice, move slowly and think about your next move.
- Keep knees loose and shorten your strides.
- Wet leaves, rain, and snow drifts can be as risky as ice.
- Once it gets dark outside, you may not be able to see dangers as easily - and dangers such as cars may not be able to see you. Be aware.
- Take extra care when stepping off the last step of stairs. This is a common place for a fall. Use the hand rail when available for extra support.

Enjoy winter walking and be safe!

This resource was developed as a collective effort by the Southwest Region (Ontario) Falls Prevention Network (SWRFPN) and may be reproduced for other winter walking fall prevention resources.



Resources

Canada Safety Council: Canada's Voice and Resource for Safety. Safety Tips for Winter Walking.
<https://canadasafetycouncil.org/senior-safety/safety-tips-winter-walking>

My Health. Alberta.ca. Winter Walking Tips: Lower Your Risk of Falling.
<https://myhealth.alberta.ca/Alberta/Pages/winter-walking-tips.aspx>

Board of Health. Preventing Injuries from Wintertime Slips and Falls in Toronto. City of Toronto: Board of Health; 2016 Oct. Report No: PW17.14

University of Calgary. Risk - Environmental Health and Safety. Safe Winter Walking.
<https://www.ucalgary.ca/safety/home/report-accident-incident-oars/safe-winter-walking>

PEO Canada. 9 Winter Safety Tips You Didn't Know.
<http://www.peocanada.com/peo-blog/9-winter-safety-tips-you-didnt-know/>



MEDICATIONS AND FALL RISK

While medications are important to our overall health, there are some things you should be aware of that reduce the risk that medication will contribute to a fall:

- Ask your pharmacist or doctor before taking any over-the-counter medications or herbal remedies with prescription medications.
- Never borrow medication or lend medications to others.
- Take your medications as prescribed by your doctor (dose and time of day). Follow the directions. Ask your pharmacist if you are unclear about how to take something.
- Return unused or expired medications to your pharmacist for proper disposal.
- Ask your pharmacist about side effects and drug interactions before taking any medication. Tell your doctor if you are experiencing side effects.
- Use the same pharmacy all the time.
- Have your medications reviewed by your pharmacist. Have them reviewed at least once a year and whenever any medication is added, changed, or stopped.
- Ask your doctor or pharmacist if you should avoid alcohol.
- Keep a list of your medications in your wallet and on the fridge.
- Learn relaxation techniques or try massage therapy or acupuncture to reduce tension and ease pain.

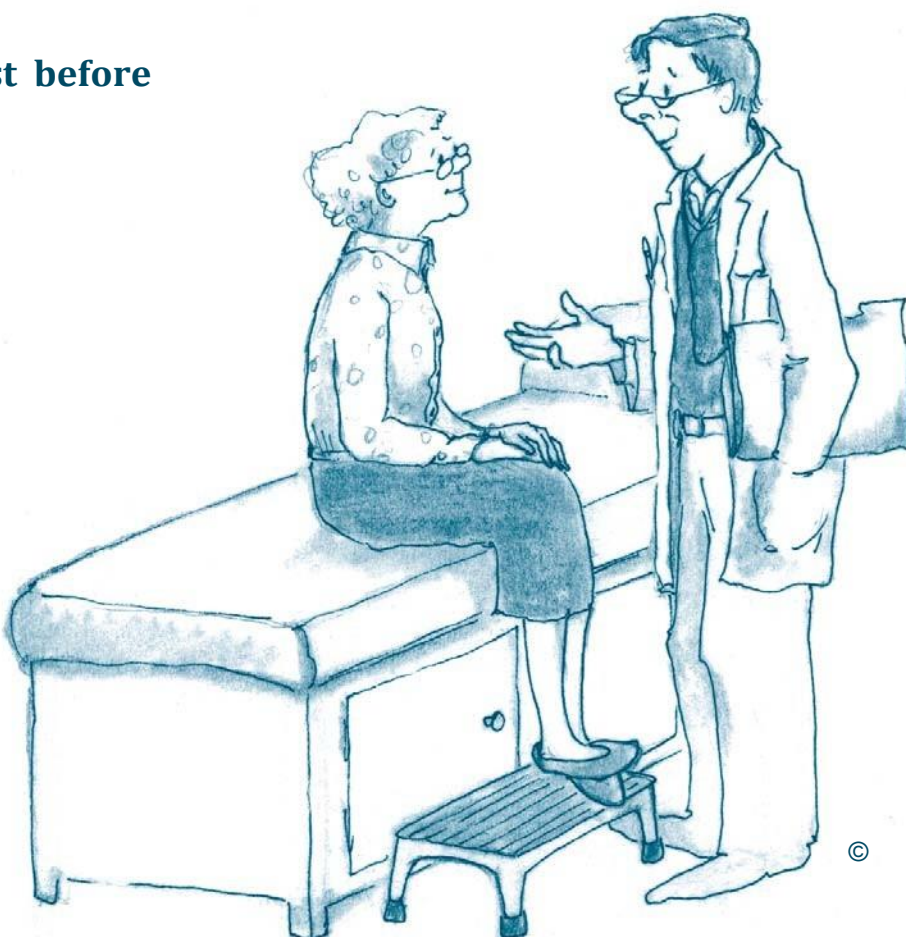
When to see a **doctor**

Whether you're the victim or the witness of a fall, never underestimate its seriousness. Even if it appears no harm was done, there could be after-effects.

Here are some of the reasons for **seeing a doctor**:

- **loss of consciousness just before or after the fall**
- **injuries**
- **a strong or lingering pain**
- **dizziness**
- **nausea**
- **overall weakness**
- **headaches**
- **vision problems**

Symptoms may appear in the days that follow a fall. If you fall, take note of your condition. If you witness a fall, take note of the person's condition.



In some cases, a fall may be the sign of an illness, or it may be caused by medication. It's always better to mention falls to your doctor. He or she can then assess the situation and see if the fall is linked to an illness, prescribed medication or over-the-counter drugs.



Postural hypotension—or orthostatic hypotension—is when your blood pressure drops when you go from lying down to sitting up, or from sitting to standing.

When your blood pressure drops, less blood can go to your organs and muscles. This can make you more likely to fall.



Postural Hypotension

What it is & How to Manage it



For information about fall prevention, visit go.usa.gov/xN9XA

For more information about hypotension, visit www.mayoclinic.com
www.webmd.com



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

2017

STEADI

Stopping Elderly Accidents,
Deaths & Injuries

What are the symptoms?

Although many people with postural hypotension have no symptoms, others do.

These symptoms can differ from person to person, and may include:

- Dizziness or lightheadedness
- Feeling about to faint, passing out, or falling
- Headaches, blurry or tunnel vision
- Feeling vague or muddled
- Feeling pressure across the back of your shoulders or neck
- Feeling nauseous, or hot and clammy
- Weakness or fatigue



When might symptoms happen?

- When standing or sitting up suddenly
- In the morning when blood pressure is naturally lower
- After a large meal or alcohol
- During exercise
- When straining on the toilet
- When you are ill
- If you become anxious or panicky

What causes postural hypotension?

Postural hypotension can be caused by or linked to:

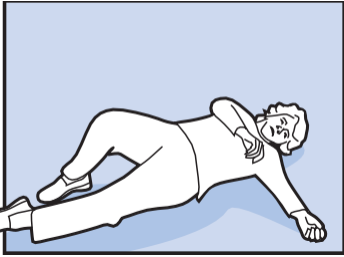
- High blood pressure
- Diabetes, heart failure, atherosclerosis, or hardening of the arteries
- Taking some diuretics, antidepressants, or medicines to lower blood pressure
- Neurological conditions like Parkinson's disease and some types of dementia
- Dehydration
- Vitamin B12 deficiency or anemia
- Alcoholism
- Prolonged bed rest

What can I do to manage my postural hypotension?

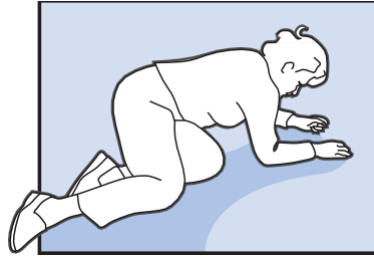
- Tell your healthcare provider about any symptoms.
- Ask if any of your medicines should be reduced or stopped.
- Get out of bed slowly. First sit up, sit on the side of the bed, then stand up.
- Take your time when changing position, such as when getting up from a chair.
- Try to sit down when washing, showering, dressing, or working in the kitchen.
- Exercise gently before getting up (move your feet up and down and clench and unclench your hands) or after standing (march in place).
- Make sure you have something to hold on to when you stand up.
- Do not walk if you feel dizzy.
- Drink 6-8 glasses of water or low-calorie drinks each day—unless you have been told to limit your fluid intake.
- Avoid taking very hot baths or showers.
- Try sleeping with extra pillows to raise your head.

How to Get Up From the Floor by Yourself

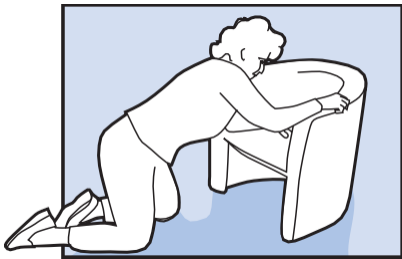
- Keep calm.
- Check your body.
- If you are injured, call for help. Stay warm.
- If you are not hurt, look for a sturdy piece of furniture, like a chair.



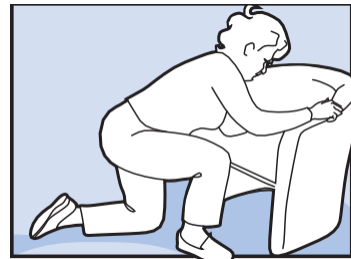
1) Roll onto your side.



2) Crawl over to a chair or sturdy furniture.



3) From a kneeling position, put your arms up onto the seat of the chair.



4) Bring one knee forward and put that foot on the floor.



5) Push up with your arms and legs, pivot your bottom around.

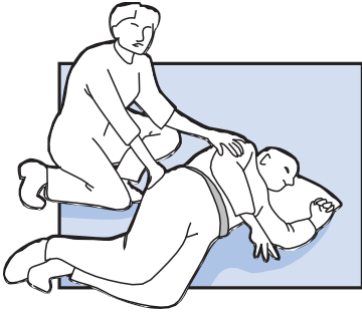


6) Sit down. Rest before trying to move.

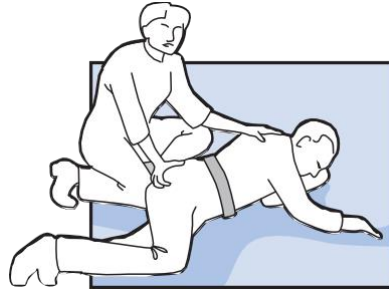
Let your healthcare provider know after you have a fall.

How to Safely Help Someone to Get Up

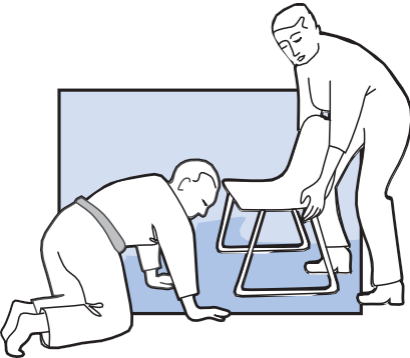
- Do not hurry. Do not try to get the person up right away.
- Calm the person and yourself.
- Check for injuries. If they are badly injured, call 911. While waiting for help, keep them warm and comfortable.
- If the person thinks they can get up, get two sturdy chairs. Place one near their head and one near their feet.



- 1) It is important that the fallen person does the work.



- 2) The helper should only guide lightly, helping the person to roll on their side.



- 3) Help the person to kneel. Place one chair in front of the person.



- 4) Ask the person to lean on the seat of the chair and bring one leg forward. Put that foot on the floor.



- 5) Place a second chair behind the person. Ask them to push up with their arms and legs, then sit back in the chair behind. Guide them into the seat. Do not lift them.

Always call the person's healthcare provider to let them know about the fall.

If the person who has fallen is a resident in care, ask staff for help.



EQUIPMENT VENDOR LIST—PANDEMIC VERSION

Some vendors have moved to appointment only and expect screening either over the phone or at the door.

**** It is recommended that you call ahead to the vendor to confirm hours and how they are conducting visits. ****

LONDON AREA

Assurance Home Health	3- 655 Wellington Rd., London,	519-601-4155
Coulter's Pharmacy and Home Health Care	1709 Dundas St. E, London	519-451- 0750
Dura Med Mobility Products	207 Adelaide St. S, London	519- 686- 3888
Farr Mobility	133- 4026 Meadowbrook Dr., London	519-203-3277
Function at Home Inc.	617 Consortium Crt., London	226-663-1395
London Medical Pharmacy	113- 1135 Adelaide St. N, London	519-434-5333
Melekare	170 Hamilton Rd., London	519-518-6353
Mobility 1st Ltd.	1161 Florence St., London,	519-204-0109
Motion	921 Leathorne St., London	519-685-0400
Precision Home Medical Equipment	13A- 390 Springbank Dr., London	519-657-1032
Silver Cross London	106- 1674 Hyde Park Rd., London	519-471-6938
Wellness & Mobility Inc	103- 1055 Fanshawe Park Rd. W, London	519-430-3090
Wellwise by Shopper's Drug Mart	301 Oxford St. W., London	519-434-3326
Wellwise by Shopper's Drug Mart	641 Commissioners Rd. E., London	519-685-9150
Xperience Home Health Care	139 Adelaide St. S. London	519-681-2153
Yurek Pharmacy and Home Healthcare	555 Wellington Rd. S., London,	Pharmacy: 519-963-1142 Home Health: 519-637-3003
Equipment Loan		
London Valley Consistory Club	29 Tweedsmuir Ave., London, ON Open 9 -12 Tues. and Thurs.	519-455-0433

STRATHROY AREA

Bossons Guardian Pharmacy	35 Front Street West Strathroy, ON N7G 1X5	519-245-3810
Custom Mobility	22471 Adelaide Road, Mount Brydges	519-264-3316

ST. THOMAS AREA

Custom Mobility	22471 Adelaide Road, Mount Brydges	519-264-3316
Yurek Pharmacy and Home Healthcare	31 Laing Blvd. St Thomas	519-637-3003

WOODSTOCK, INGERSOLL AND TILLSONBURG AREA

Action Medical Woodstock	225 Main Street Woodstock, ON	519-533-0376
Action Healthcare	684 Ontario Street, Stratford, ON	519-271-6700
Action Healthcare	22 Wellington Street North, St. Mary's, ON	519-284-4348
Exeter Guardian Pharmacy	38- 44 Thames Road E, Exeter, ON	519-235-570
Grand Medical Supply	8 Washington Grand Avenue Tillsonburg, ON	519-842-8949
Ontario Home Health	221 Huron Street, Stratford, ON	519-273-5770
Equipment Loan		
Ingersoll Services for Seniors Equipment Loan Cupboard	250 Ingersoll Street, South Ingersoll, ON	519-485-2269

NOTE:

Some ADL equipment may also be available at hardware stores such as Lowes, Rona, Home Depot



Personal Safety Alarms

Alarms are generally comprised of two parts. The *communicator* connects into the telephone jack, electrical outlet or wireless phone. The *personal help button* is worn around the neck, on the wrist or clipped on to clothing/belt. The alarm may be sent to a response centre, to a relative/friend or to 911.

Company	Services	Costs	Contact Information
Connect Care	<ul style="list-style-type: none">no equipment to buy; cancel without penalty; standard fee includes equipment, monitoring and maintenancehelp button: pendant or wristband; both can be used in shower/bathoption: auto alert pendant will send a signal automatically 30 seconds after a fall if you are unable to press the buttonHome Safe: basic service with wrist band or neck pendant; auto alert service with neck pendant onlyGo Safe (GPS Service) with auto alert neck pendant only; auto alert service has sensors that detect falls and automatically call for help; has 2-way voice communication	Installation fee: \$50.00 \$41.50 Home safe basic (landline) \$50.00 Home safe basic (wireless) \$56.00 Home safe auto alert (landline) \$65.00 Home safe auto alert (wireless) \$75.00 Go safe (landline) 480.00 Go safe (wireless)	Email: ConnectCare@sjhc.london.on.ca Tel: 519-685-4550 Toll free 1-888-298-6116. www.connectcare.ca
Phillips LifeLine	<ul style="list-style-type: none">Connectcare uses Lifeline's service (same devices, technology, response associates as above).no long-term contractHome Safe: basic service with wrist band or neck pendant; auto alert service with neck pendant only	Initiation fee: \$89.95 Initial equipment cost of \$149.00 Basic service: \$36/month Autoalert: \$52/month	Tel: 519-836-6420 Toll free: 1-866-784-1992 Website: http://www.lifeline.ca/content/English

	<ul style="list-style-type: none"> Go Safe (GPS Service) with auto alert neck pendant only; auto alert service has sensors that detect falls and automatically call for help; has 2-way voice communication Option: Lifeline with wandering service Option: Medication dispensing service Senior Check in service; calls are live from Canadian Response Centre 	Go Safe: \$75 /month can determine number of calls; \$1.50 per call plus \$15.00 set up fee	
AlarmCare	<ul style="list-style-type: none"> 24 hour Alarm Monitoring System, which consists of a 2-Way Voice communicator unit and a lightweight waterproof personal pendant (help button) Range: within and around your house (depending on layout/size). Installers can assess this. "On the Go" GPS unit 	Free installation for basic in areas that Alarm Force currently services (outside area \$69 fee) \$100 installation fee for GPS \$28/month for basic \$58/month for GPS	Toll free: 1-833-251-3208 Website: http://www.myalarmcare.com
Help Call	<ul style="list-style-type: none"> help button is waterproof (can be used in shower/bath) iAlert with falls detection (pendant, clip-on or brooch) many additional alert options such as cooktop stove sensor, wandering sensor, medication reminders 	Installation fee: 24.95 Basic service: \$34.95/month iAlert (falls detection): \$46.95/month	Tel: 519-941-5712 Toll free: 1-866-839-0334 Website: www.helpcall.ca Email: info@helpcall.ca
Medical Alert Alarm Systems	<ul style="list-style-type: none"> system comes with two way voice console and optional accessories pendant or wrist help button; either is waterproof (can be worn in bath or shower) range: up to 1000 feet (in/around home) Home and Away system with GPS and fall detection 	Two Way Voice Console Refundable Deposit \$200 Basic service: \$39.95 monthly Additional costs for GPS system	Website: http://medical-alert.ca Toll: 1-888-649-2030
Guardian Alert 911	<ul style="list-style-type: none"> includes a base station that plugs into the phone jack, a pendant which is worn by the user, a lanyard, a belt clip, and a AAA battery. Pendant: 600 ft range, splash resistant 	\$149.95 No monthly fees Not a monitoring service, button connects you directly to 911	Tel: 1(800) 953-5211 ext. 2 Email: customerservice@distinctivestores.com Website: https://www.guardianalert-911.com

VTECH CareLine Phone System	3 Part System 1. Big Button Corded Phone base with 4 photo speed dials 2. Big Button Cordless handset with audio assist 3. Portable Safety Pendant with 2 speed dials (range similar to that of a cordless phone). Note: it is not water resistant/proof (CANNOT be used in shower or bath)	\$119.95 No contract, no monthly fees Not a monitoring service, button connects you directly to 911 Available at Shoppers Home Health Care and online at The Source	http://www.vtechphones.com/products/product_detail/1907
Direct Alert	<ul style="list-style-type: none"> no contract; no activation fee; no installation fee two-way live voice communication water proof buttons 600 foot range pendant alert with button, but also has a fall detection and GPS option. 	Initial equipment purchase of \$199.95 for Home and \$249.95 for GPS At home series (landline) \$19.95/month At home series (wireless) \$39.95/month At home fall detection \$29.95/month On the Go GPS and fall detection \$59.95/month	Tel:1-877-397-1767 https://directalert.ca/
CareAlert Canada Inc.	<ul style="list-style-type: none"> stores up to 5 phone numbers of your choice the last number can be 911 your call is answered by someone you know two-way communication capability basic alert system only 	one time cost of \$289 + HST no monthly monitoring fee	Tel: 1-800-661-5481 www.carealertproducts.com CareAlert Canada Inc. P.O. Box 45006 Mississauga, Ontario L5G 1C9
Galaxy Home and Away from Home System	<ul style="list-style-type: none"> has fall detection system, home and yard system or full GPS Option Canada Wide. 	Basic starts at \$30/month GPS option starts at \$45/month	Tel: 1-855-905-7414 www.galaxymedicalalert.com

LiveLife Personal Mobile Alarms	<ul style="list-style-type: none"> • Works where there is 3G, 4G and LTE mobile coverage (approximately 99% of Canada) • Calls up to 5 friends or family (can call 911) until someone answers. • Calls & texts Auto fall detection. Sends “fall alert” text with location & calls up to 5 contacts. • Has 2 way “hands-free” voice with high quality, easy to hear audio. • Includes breakaway lanyard and stylish wrist band (wear as a watch) 	Price includes programming & delivery. Comes ready to go out of the box. No monthly monitoring fees 12 month warranty 14 day money-back trial	Tel: 1-888-792-5862
Life Assure	<ul style="list-style-type: none"> • Classic Home: basic; no falls detection feature • Total Home: falls detection service • Premium Mobile: falls detection capability and GPS system 	No contract No activation fee Direct shipping to you Classic Home: \$31.00 per month Total Home: \$45.00 per month Premium Mobile: \$69.00 per month	Tel: 1-888-865-4978

**This list is complete to the best of our knowledge, but some companies may have been accidentally excluded.

COMMUNITY PA RESOURCES IN ELGIN COUNTY (St. Thomas)

DANCE

St. Thomas Senior's Recreation Centre	Line dancing	Day pass \$6.50 6 Month : \$184.00	(519) 633-2850
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TAI CHI / YOGA / PILATES

St. Thomas Senior's Recreation Centre	Tai Chi Yoga	Day pass \$6.50 6 Month : \$184.00	-519- 633-2850 http:// stthomasseniorscentre.co m/
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GROUP FITNESS OPPORTUNITIES

St. Thomas Senior's Recreation Centre	"Let's keep fit" Somatics	Day pass \$6.50 6 Month : \$184.00	519-633-2850
<i>*check website</i>	VON exercise classes	FREE	519-637-6408

OTHER

St. Thomas Senior's Recreation Centre	Pickleball	Day pass \$6.50 6 Month : \$184.00	(519) 633-2850 http:// stthomasseniorscentre.co m/
Joe Thornton Community Centre	50+ Hockey	\$363.90 to join	519-633-7112



WALKING

Joe Thornton community centre	Walking track	Open 8am - 8pm <i>"Walking track log"</i> <i>available</i>	519-633-7112
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YMCA PROGRAMS

YMCA St. Thomas - Elgin	Yoga Balance Cycle Aquafit Group fitness	55+ price - \$24.35 <i>**bi-weekly?</i> Membership services — 519-631-2418 x 0	519-631-2418
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POOLS

Jaycee's Pool (outdoors)	Outdoor public swim Friday - Saturday	Seniors: \$3.00	-519-633-7112
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SKATING RINKS

Joe Thornton Community Centre	Public skating <i>*only runs until end of March</i>	Sundays 1:15pm-2:35 pm \$3.50 drop in (exact change)	519-633-7112
St. Thomas Memorial Community Centre	Public skating	Call for information	519-631-4015



CITY OF LONDON RECREATION

<p><u>May include:</u> Yoga / Tai Chi Cardio Strength Zumba Line Dance Core</p>	The East London Library	11.60\$ / year	519-661-2489 ext. 4756
	Beacock Public Library		
	The Berkshire Club		
	Boyle Memorial Community Centre		
	Chalmers Presbyterian Church		
	Medway Community Centre		
	Trinity on Hale United Church Community Centre		
	Westminster Park Community Church		
		Financial assistance available	City of London spectrum: http://spectrum.epubs.flippagepublishing.com/publication

SPORT - PICKLEBALL

London Pickleball Club (tournament & drop-ins)	Check website for sites to play	Drop-in: \$2-\$5 *refer to website	londonpickleball.wixsite.com
			londonpickleball.wixsite.com
FUN Pickleball	Glen Cairn Public School gym	Class : \$20 Game: \$5	http://www.funpickleball.ca/



DANCE

Horton Street Seniors Centre	Line dancing	Based on annual income	519-434-9114 www.bgclondon.ca/seniors-programs
Huff n Puff Seniors Fitness Association	Tap dancing Line dancing	40\$ — basic annual fee 75\$ — surcharge activities	519-661-5854 huffnpuff.sfa@gmail.com
Hamilton Road Senior's and Community Centre	Line Dancing	For one centre: \$53.21/ year	519-661-5758 http://www.london.ca/residents/Seniors/Hamilton-Road-Seniors
Kiwani Senior's Community Centre	Line Dancing	For both centres: \$67.61 / year	519-661-5740 www.london.ca/residents/Seniors/Kiwanis-Seniors-Centre

TAI CHI / YOGA

Horton Street Seniors Centre	Yoga Tai-Chi	Based on annual household income	519-434-9114 www.bgclondon.ca/seniors-programs
Huff n Puff Seniors Fitness Association	Yoga	40\$ — basic annual fee 75\$ — surcharge activities	519-661-5854 www.huffnpuffsfa.com
London Inter-Community Health Centre	Tai Chi	FREE	519-660-0875 ext. 275 lihc.on.ca/programs/seniors-tai-chi/
Canadian Centre for Activity and Aging	Yoga	Wednesdays 12pm-1pm Price: check website	519-661-1603 www.uwo.ca/ccaa/



GROUP FITNESS

Horton Street Seniors Centre	Seniors Fitness Aquatics Classes	Based on annual household income	519-434-9114 www.bgclondon.ca/seniors-programs
Huff n Puff Seniors Fitness Association	Sports Aerobics Aquatics	40\$ — basic annual fee 75\$ — surcharge activities	519-661-5854 www.huffnpuffsfa.com
Canadian Centre for Activity and Aging	Dynamic fitness Strength training	Check website for class times	519-661-1603 www.uwo.ca/ccaa/
Victorian Order of Nurses (VON) Programs	Group exercise		519-659-2273 1-866-559-5532 www.vonme.ca

POOLS / AQUATICS

<http://www.london.ca/residents/Recreation/Aquatics/Pages>

Canada Games Aquatic Centre	<u>May include:</u> Lane swimming Leisure swimming AquaFit classes	Drop in - 4\$	519-661-4455
Carling Heights Optimist Community Centre		10 visits - 37\$	519-661-2525
South London Community Pool		20 visits - 74\$	519-661-0920
Stoney Creek Community Centre		3 months - 132\$	519-667-4400



SENIOR CENTRES

Kiwani's Senior Community Centre	Tai Chi / Yoga Line Dancing Group Fitness	For one centre: \$53.21/ year	519-661-5740 www.london.ca/residents/Seniors/Kiwanis-Seniors-Centre
Hamilton Road Senior's and Community Centre		For both centres: \$67.61 / year	519-661-5758 http://www.london.ca/residents/Seniors/Hamilton-Road-Seniors

YMCA PROGRAMS

Bostwick Community Centre	<u>May include:</u> Aquatics Classes 55+ programs Group fitness	FREE on Thursdays from open to 2pm	519.907.3300
Middlesex Wellness Centre			519.601.7033
Stoney Creek Community Centre		Prices otherwise vary	519.667.4400
Centre Branch			519.667.3300
Bob Hayward			519.451.2395

CANADIAN CENTRE FOR ACTIVITY AND AGING

Western University	Combined / dynamic fitness Strength training, Yoga	Refer to website	519-661-1603 1-866-661-1603 https://www.uwo.ca/ccaa/
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SKATING RINKS

INDOOR RINKS	For Rental info: 519-661-5575	Argyle Arena	519-661-4419
		Carling Arena	519-661-5774
		FarquHarson Arena	519-661-5575
		Silverwood Arena	519-661-4425
	Seniors: (55+) \$3.50	Stronach Arena	519-661-4426
	Adult: (18-54) \$4.25	Bostwick Community Centre	519-661-5575
	20-skate pass: Seniors: \$54.24	Kinsmen Arena	519-661-5777
		Lambeth Arena	519-652-5161
		Medway Arena	519-661-4421
		Earl Nichols Arena	519-661-4422
		Oakridge Arena	519-661-4424
OUTDOOR RINKS	FREE	- Covent Garden Market - Victoria Park Public Skating	



WALKING

Walking Groups	Wortley Walkers	FREE	meetup.com
	London Relaxed Hikers	FREE	meetup.com
	Westmount Walkers		
Walking Loop (Indoor)	Bostwick Community Centre	FREE	519-661-5575
	BMO Centre	FREE Mon - Wed - Fri	226-289-2838
	North London Community Centre		519-661-5575
	Stoney Creek Community Centre		519-667-4400 www.london.ca
Walking programs	Horton Street Seniors Centre	Based on annual income	519-434-9115
	Huff n Puff Seniors Fitness Centre	\$75	519-661-5854 huffnpuff.sfa@gmail.com
Malls	CF Masonville Place Cherryhill Village Westmount Mall London Mall	White Oaks Mall Argyle Mall Sherwood Forrest Northland Mall	**FREE



COMMUNITY PA RESOURCES IN MIDDLESEX COUNTY (Strathroy, Ailsa Craig, Ilderton, Mt Brydges)

DANCE

Strathroy Seniors Centre	Square dancing Line dancing	Offered through SWOSDA Price: unknown (?)	519-396-9877 swosda.ca
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TAI CHI / YOGA / PILATES

Strathroy and Area Senior's Centre	Tai Chi	Membership: 60\$ (year) 40\$ (6 months) 3\$ / class (non-members)	(519) 245-8950 www.sascc.ca
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GROUP FITNESS OPPORTUNITIES

Strathroy Seniors Centre	VON exercise classes	FREE	519- 245-3170 (VON) 519- 245-8950 (Centre)
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WALKING

Strathroy Conservation Area Trail	3km outdoor trail Open year-round	FREE	519-245-3710
Delaware Conservation Area Trails	2.5km outdoor trail Open year-round	FREE	519-354-7310
Ilderton Rail Trail	4km outdoor trail Open year-round	FREE	519-434-7321



YMCA

YMCA of Strathroy-Cadaroc <i>*Check website for specific schedule</i>	MAY Includes: Cycling Yoga Group fitness Skating Swimming Zumba	55+: Thursday's 6am - 2pm FREE Membership: <i>Financial assistance available</i>	519-245-6075
North Middlesex YMCA		55+: \$21.50 bi-weekly <i>Financial assistance available</i>	519-459-9622
Middlesex Centre YMCA		\$30.35 bi-weekly Financial assistance available	519-601-7033

SKATING

Gemini Sportsplex (Strathroy)	Public skating	FREE 11:00-11:50am (Tues/Thurs) for seniors	519-245-1105 x264
Ilderton Arena	Public Skate <i>Sundays 12:30-1:20 pm</i> 55+ Hockey <i>Thurs 9:00-10:20am</i>	55+: \$2.50 drop-in \$6 for hockey drop in	519-601-8022 ext. 101
Komoka Wellness Centre	Public Skate <i>Saturdays 1:00-1:50pm</i> 55+ Hockey <i>Mon/Wed 8:15-9:35am</i>	55+: \$2.50 \$6 for hockey drop in	519-601-8022 ext. 101



COMMUNITY PA RESOURCES IN OXFORD COUNTY (Woodstock)

WALKING

Southgate Centre	Nordic hiking Hiking	All - inclusive membership = \$145 Non-members: \$5 / fitness class	519-539-9817 www.southgatectr.com
Community Complex Walking Lane	Walking lane	FREE <i>During operating hours</i>	519-421-3484 www.cityofwoodstock.ca
Cowan Park Sportsplex	Walking track	1 week - \$16.95 1 month - \$ 28.25 3 months - \$73.45	519-539-1291 x 2740 www.cityofwoodstock.ca

DANCE

Southgate Centre	Ballroom Latin line dancing Zumba	All - inclusive membership = \$145 Non-members: \$5 / fitness class	519-539-9817 www.southgatectr.com
Thames Valley Dance Club	Square dancing		519-421-0414
Tilsonburg Senior's Centre	Line dancing	50+: \$35 / year	519-688-2520

YMCA

YMCA of Southwestern Ontario (Woodstock)	Tai Chi / Yoga Group Fitness Zumba	55+: \$27.25 + HST <i>26 bi-weekly payments per annual membership term.</i>	519-539-6181
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TAI CHI / YOGA / PILATES

Southgate Centre	Yoga Tai Chi	All - inclusive membership = \$145 Non-members: \$5 / fitness class	519-539-9817 www.southgatectr.com
Radiant Health Yoga	Yoga	2 week unlimited trial period -\$25	519-539-0654 https:// www.radianthealthyoga.ca/
Fung Loy Kok Institute of Taoism	Tai Chi	<i>Call for information</i>	1-519-421-9956 https://www.taoist.org/ seniors/

GROUP FITNESS

Southgate Centre	Weights Cardio Full Body	Membership = \$145 Non-members: \$5 / class	519-539-9817 www.southgatectr.com
Tilsonburg Senior's Centre	Yoga Group fitness Line dancing	50+ \$35 / year	519-688-2520
VON Oxford	VON fitness classes	55+ Free	519-539-1231



POOLS

Southside Aquatic Centre	Recreational Swimming Lane Swimming Aquatic fitness (deep and shallow offered) **visit website for times	60+ \$3.25 (drop-in) 60+ recreational swim: \$30 (1 month) \$75 (3 month) \$275 (1 year)	519-539-2382 ext. 2701
Southgate Centre	Pool for members	All - inclusive membership = \$145	519-539-9817 www.southgatectr.com

SKATING RINKS

Civic Centre arena	Public skating (<i>contact for public skating times</i>)	Call for information	519-421-3484
Woodstock Community Complex (Southwood Arena)	Public skating (<i>contact for public skating times</i>)	Call for information	519-421-3484
Embro-Zorra Community Centre	Public skating (<i>contact for public skating times</i>)	Call for information	519-485-2490 ext 7251

OTHER

Cowan Park Sportsplex	Drop-in sports programs <i>Pickleball</i> <i>Walking soccer</i>	Seniors: \$3.25 — single Book 10 — \$29.25	519-539-1291 ext. 2740
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