

## Bath Safety Tips to Prevent Falls

If you have a medical condition, mobility or equilibrium issues:

- ▶ De-clutter your space, making sure it is well lit.
- ▶ Try to keep all surfaces as dry as possible.
- ▶ Get a Grip! Have some grab bars where you need support.
- ▶ Use a tub rail or transfer bench to get into the tub.
- ▶ Use a bath chair or stool to sit on while bathing.
- ▶ Use a hand held shower with an extra long hose to wash.
- ▶ A bath mat can provide a large, slip-proof surface.
- ▶ Consider a toilet safety rail for added support (or a stand-alone model that folds to put away when others use the bathroom).

### Did You Know?

- ▶ Over 60% of falls occur at home - with the majority in the bathroom
- ▶ One-third of people 65+ fall every year.
- ▶ Falls are the most common cause of injuries and hospital admissions for people who are 65+.

Other recommendations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

<p><b>Bath Seat</b></p>  <p>w/ Back <input type="checkbox"/> w/o Back <input type="checkbox"/></p>	<p><b>Transfer Bench</b></p>  <p><input type="checkbox"/></p>	<p><b>Bath Stool</b></p>  <p><input type="checkbox"/></p>	<p><b>Reclining Bath Lift</b></p>  <p><input type="checkbox"/></p>
<p><b>Bath Mat</b></p>  <p><input type="checkbox"/></p>	<p><b>Tub Rail</b></p>  <p><input type="checkbox"/></p>	<p><b>Hand-Held Shower Spray</b></p>  <p><input type="checkbox"/></p>	<p><b>Adjustable Wall Bar Shower Set</b></p>  <p><input type="checkbox"/></p>
<p><b>Toilet Seat Elevator</b></p>  <p>w/ Arms <input type="checkbox"/> w/o Arms <input type="checkbox"/></p>	<p><b>Raised Toilet Seat</b></p>  <p>2" w/ Lid <input type="checkbox"/> 2" w/o Lid <input type="checkbox"/> 4" w/ Lid <input type="checkbox"/> 4" w/o Lid <input type="checkbox"/></p>	<p><b>Raised Toilet Seat w/ Removable Arms</b></p>  <p><input type="checkbox"/></p>	<p><b>Toilet Safety Frame</b></p>  <p><input type="checkbox"/></p>

# Mobility Safety and Comfort Tips!

If you're recovering from an injury or have mobility or equilibrium issues:

- ▶ Most mobility products now come in attractive colors.
- ▶ If you are traveling or need to go to the doctor or shopping, you can simply take a folding cane, lightweight walker or transport chair!
- ▶ Lightweight transport chairs are great for travel, plus save your spouse's or caregiver's backs wherever you go.
- ▶ It is NOT safe to use your rollators as transport chairs!

*In order to enhance your daily quality of life and provide a means for continued independence, you may need to consider using a cane, a walker, a rollator, a wheelchair or even a scooter (or a combination of these products.) These products will also help prevent falls and accidents.*

Other recommendations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Bedside Commode  
Standard w/ Drop Arm



Wheeled Commode



Wall Mounted Grab Bars  
(Requires Installation)



12" - 36" / \_\_\_\_\_   
L-shaped

Diapers, Pull-Ups,  
Underpads



Diapers   
Pull-ups   
Underpads

Electric Homecare  
Bed - Standard



Electric Homecare  
Bed - Deluxe



Therapeutic Pressure  
Relieving Mattress



Bed Assist Rail



Over Bed Table



Floor to Ceiling  
Superpole



w/ Superbar   
w/o Superbar

Patient Lifter



Furniture Risers



2" - 3"   
3" - 6"

# Patient Care Issues and Comfort Tips

Patients at home need to consider the related products for the bedroom and bathroom that will help them maintain their Independence, dignity and pride.

- ▶ With every bed purchase or rental, look at other products that help to improve patient's daily quality of life:
  - Bedside Commode
  - Patient Lift or Trapeze Bar
  - Bed Assist Rail or Handle
  - Overbed Table
  - Bath Lift
- ▶ Urinals, bedpans and sitz baths are disposable products; replace periodically to avoid contamination or infection.

*Homecare is the fastest growing healthcare segment in Canada. Why? Most seniors prefer to stay in the comfort of their homes vs. going to live in institutions.*

Other recommendations: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Power Lift and Recline Chair



Reacher



Folding Walker



Adult   
 Junior

Walker wheels and ski glides



Ski glides   
 Fixed   
 Swivel

Walking Cane



Straight   
 Offset   
 Quad

Lightweight Transport Chair



19"   
 17"

Bariatric Transport Chair



Basic Wheelchair



Trillium Type 2 Rollator



Nexus III Rollator



S/L   
 Low   
 Std

Xpresso Lite Rollator



Mini   
 Regular   
 Tall

Travel Scooter





# Home Access Tips

Look for obstacles in and around your home which you would like to eliminate and provide a safer environment. We can help provide solutions to regain your independence in your own home.

- ▶ Can you get in and out of your house easily in case of emergency?
- ▶ Do you have difficulty going up or down your stairs safely?
- ▶ Are you worried about slipping in your bathtub?
- ▶ Is there any part of your home that you can't use as a result of your limited mobility?
- ▶ There are many products and services available to allow you to live independently. Let us help find the proper solution with a no cost home assessment.

**Did You Know?**

1. Seniors in Canada make up the largest growing age group.
2. Canadians 65+ = 15% of the population.
3. Investing in home safety equipment keeps you at home, not in a home.

Other recommendations: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Luxury Scooter



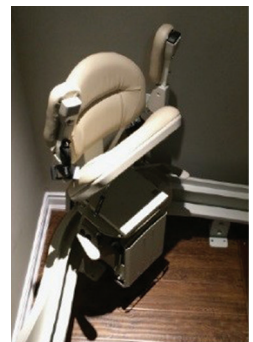

Porchlift




Straight Stairlift




Curved Stairlift



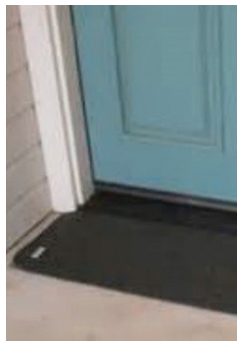

Accessible Renovations




Door Opener




Threshold Ramps



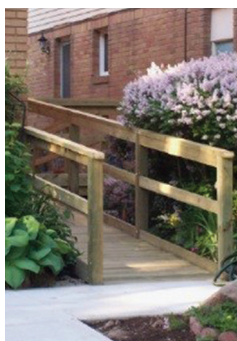

Portable Ramps




Aluminum Ramps




Wooden Ramps




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