




Winter Safety

On average in Canada, there are approximately 9000 hospitalizations resulting from falls on the ice

More than 30% of seniors (65+) fall at least once per year

- Walk in designated areas.
 - *DO NOT take short cuts as they are likely not well maintained*
 - Wear a back pack.
 - *This will keep you closer to your centre of gravity. Limit carrying items in your hands as you will be unable to protect yourself in case of a fall*
 - Always wear winter appropriate footwear (even if going a very short distance).
 - *Shoes should have wide tread, low heel, non-skid soles and fit properly. Consider non-slip shoe grips/cleats*
 - Keep both hands free for balance.
 - *Avoid putting your hands in your pockets*
 - Carry a baggy of sand with you.
 - *Throw it out in front of you on surfaces that may be icy*
 - Take your time!
 - *Walk slow, hold onto handrails*
 - Watch out for ice!
 - *If you do walk on ice, slow down, keep your arms out at your sides, bend your knees a little and take tiny steps with your feet pointed outwards*
 - Add outdoor NON-slip stair treads to your front steps.
 - Ensure appropriate lighting outside your home and that walkways are clear and salted.
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Resources

- Grocery delivery services:
 - **Longos:** <https://www.longos.com/delivery-pass-plus>
 - **Instacart:** <https://www.instacart.ca>
 - **PC express:** <https://www.pcexpress.ca>
- Meal Delivery Services
 - **Meals on Wheels:** <https://chats.on.ca/in-home-services/meals-on-wheels/>
 - **Heart to Home:** <https://www.hearttohomemeals.ca/>
- Transportation services:
 - **Mobility on Request (York Region):** <https://www.yrt.ca/en/schedules-and-maps/mobility-on-request.aspx>
 - **Linx Accessible Transit(Simcoe):** <https://www.simcoe.ca/dpt/linx/accessible>
 - **I-ride (transportation through CHATS):** <https://chats.on.ca/transportation-services/community-transportation/>
 - **Taxi Services/Uber**
- Outdoor Maintenance Programs
 - **CHATS:** <https://chats.on.ca/home-safety-services/home-adaptation-maintenance-program/>
 - **Snow Angels:** <https://snowangelscanada.ca>
 - **Custodia:** <https://custodia.com/snow-removal-for-seniors-in-newmarket-custodia/>
- Ideas for safety equipment and gear for the winter:
 - **Outdoor stair treads:** Amazon
 - **Motion censored outdoor lights :** Amazon, Home Depot
 - **Railings :** Home Depot, Amazon
 - **Salt/Ice Melters:** Amazon, Canadian Tire, Walmart
 - **Walking poles:** Amazon, SportCheck
 - **Non Slip Shoe Grips/Ice Cleats:** Amazon, Winners, Walmart
 - **Winter Boots:** "Women's Around Town II OC Rotor Traction Winter Boots": Mark Work Warehouse



Book an appointment with **Occupational Therapy** today to assess balance, safety, falls prevention and to get connected with community resources

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