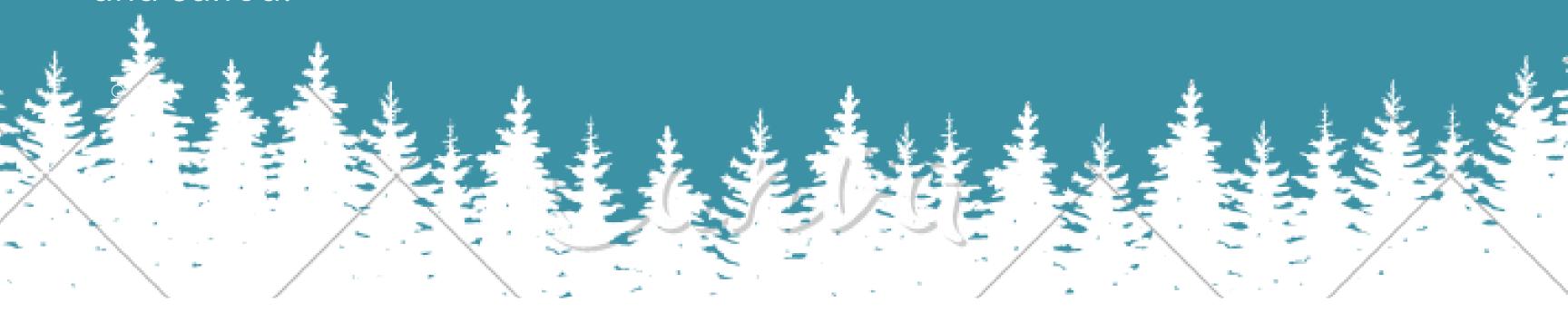
Winter Safety

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.



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
 - o 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