

**Visit us at**  
**santemc-homecare.ca**



Homecare services in your area:

**514-630-2239**

**Email: Pierrefonds, Lac-Saint-Louis:**  
**guichetsapaodi.comtl@ssss.gouv.qc.ca**

**Email: Dorval, Lachine, LaSalle:**  
**guichetsapadll.comtl@ssss.gouv.qc.ca**

# **RISKS AND LIMITATIONS FOR SENIORS IN THEIR HOME ENVIRONMENT**

**santemc-homecare.ca**

**Centre intégré  
de santé et de  
services sociaux de  
la Montérégie-Centre**

**Québec**



*Financial contribution from*

Health  
Canada

Santé  
Canada

**Québec**



**If you have fallen in your home in the last year, are becoming more forgetful or need assistance for your regular activities, then your home environment could put you at risk for falls and other injuries.**

**Simple actions to reduce risks in your home:**

- Make sure handrails are safe and cover steps with a slip-resistant surface. Hold the handrail on your staircase when going up and down.
- Keep stairs, passageways and rooms frequently used, clear of clutter.
- Make sure outdoor walkways and steps are cleared of snow and ice in the winter.
- Do not leave objects or cords lying on the floor where they could trip you.
- Remove small carpets.
- Do not leave anything unsupervised on top or inside of your stove.
- Store food according to instructions.
- Bring outdated medication back to the pharmacy.
- Avoid placing anything near or up against electric baseboards.
- Check your chimney annually and change the batteries in your smoke detectors every six months.
- Wear shoes with non-slip soles that support your feet properly.
- Keep a telephone at hand in various rooms and an accessible list of emergency numbers.
- Use a non-slip bath mat in the bath tub. Have grab bars installed in the bathroom.



## EXAMPLES OF RISKS

- Hand rails for stairs in poor repair.
- Steps that are cluttered or covered with snow or ice in the winter.
- Carpets that slip or are wrinkled.
- Lack of bars and rubber bath mat in the tub or shower.
- Poor lighting.
- Expired food or medications.
- Pots left on lit burners on the stove.
- Someone who smokes near oxygen.



**Your local community health and social services are partners in ensuring your safety. Part of their role is to observe and make recommendations to make your home safer. They will make suggestions concerning different aids you can obtain and refer you to different resources for help with cleaning, making repairs, etc.**

The safety of health care service providers is also important. Before the first visit, the health care professional will inform you of the first steps you should take to ensure his or her safety, such as isolating your pets.

