

Wellness Connections Passport

The Wellness Connections Program is designed for people over the age of 65 to learn about healthy changes and choices to age well and connect to local programs and services.

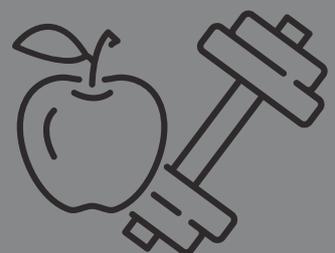
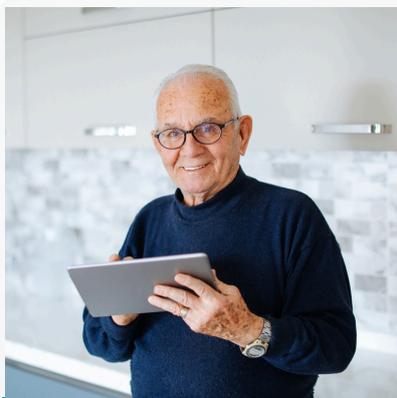


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How to Use This Booklet

WELCOME TO THE WELLNESS CONNECTIONS PROGRAM

This booklet was designed to give you important information about how to make healthy changes and choices to maintain overall health and wellbeing and avoid becoming frail.

As you work through the different topics you will find helpful tips and articles. You will have a chance to test your knowledge and set some easy goals to improve and maintain your health.

This booklet is designed to be easy to use and self-paced.

Support is also available. For more information or support with the Wellness Connections program please reach out to:

VISIT OUR SERVICE NAVIGATION PLATFORM



GET STARTED



Visit www.klhoht.ca/find-services or scan the QR code to access the service navigation platform and connect with local health service providers and programs.

Can't find what you're looking for? Give us a call at **705-934-1439** and speak to our Navigator who can help connect you to the right programs and services.

About **AVOID** Frailty

The Wellness Connections Program is designed based on the Canadian Frailty Network's AVOID frailty framework. AVOID is an acronym that stands for:

A	Activity
V	Vaccination
O	Optimizing Medications
I	Interaction
D	Diet and Nutrition



Sleep and Falls have also been included as they impact overall health and well-being. This booklet covers each of the AVOID topics.

WHAT IS FRAILTY?

Frailty can be defined as a condition often associated with aging, characterized by a decrease in physical strength, endurance, and overall physiological function. This condition makes individuals more vulnerable to health complications and reduces their ability to recover from illnesses or injuries.

Frailty is typically assessed through various criteria, such as unintentional weight loss, muscle weakness, slow walking speed, low physical activity, and a general sense of exhaustion. It is important to note that frailty is not solely determined by age but can also be influenced by lifestyle, genetics, and underlying health conditions.

Frailty is not a normal part of aging and in some cases can be reversed with the right interventions.

Use this booklet as a tool to help maintain optimal health and wellbeing. It is not meant to replace medical advice from your doctor.

Activity

The best way to stay mobile, strong and healthy is to do activities that strengthen your muscles, get your heart beating, and challenge your balance. It's never too late to start!

✓ IMPROVED MUSCLE STRENGTH AND ENDURANCE

Regular exercise helps build and maintain muscle mass, which is vital for performing daily activities such as walking, climbing stairs, and carrying groceries.

✓ ENHANCED BALANCE AND COORDINATION

Activities that focus on balance and coordination, such as tai chi or yoga, can reduce the risk of falls and improve stability

✓ BETTER CARDIOVASCULAR HEALTH

Aerobic exercises like walking, swimming, or cycling strengthen the heart and improve circulation, reducing the risk of heart disease and stroke.

✓ INCREASED FLEXIBILITY

Stretching exercises help maintain flexibility, making it easier to move and perform daily tasks without discomfort.

✓ MENTAL HEALTH BENEFITS

Physical activity releases endorphins, which can improve mood, reduce anxiety, and alleviate symptoms of depression.

✓ CHRONIC DISEASE PREVENTION

Regular exercise can help manage and prevent chronic conditions such as diabetes, hypertension, and osteoporosis.



Even adults in their 80s and 90s have been known to rebuild muscle strength with regular exercise. Activity and exercise can slow, and in some cases reverse frailty. Remember to also let your body recharge and repair with sleep. Sleep changes as we age, but older adults still need 7 to 8 hours per day. ¹

It is important that you talk with your doctor before starting any new physical activity or program.

¹ The AVOID Frailty campaign is an initiative of the Canadian Frailty Network, a pan-Canadian network committed to improving care for older adults living with frailty and their family and friend caregivers. AVOID Frailty is a trademark of the Canadian Frailty Network, used under license in Canada.

Helpful Tips for **Staying Active**

01

Start Slow and Build Up

If you're new to exercise or haven't been active for a while, start with low-intensity activities and gradually increase the duration and intensity. Even short, 10-minute sessions can be beneficial.

02

Incorporate Different Types of Exercise

Aim for a mix of aerobic, strength, balance, and flexibility exercises. This variety ensures a well-rounded fitness routine that addresses all aspects of physical health.

03

Set Realistic Goals

Set achievable goals that are specific, measurable, and time-bound. For example, aim to walk for 30 minutes, five days a week.

04

Make it Social

Exercise with friends, join a fitness class, or participate in community activities. Social interaction can make physical activity more enjoyable and motivating.

05

Listen to Your Body

Pay attention to how your body feels during and after exercise. It's important to challenge yourself, but not to the point of pain or injury. If you experience any unusual symptoms, consult a healthcare professional.

06

Stay Consistent

Consistency is key to reaping the benefits of physical activity. Find activities you enjoy and make them a regular part of your routine.

07

Use Available Resources

Many communities offer programs and resources for older adults, such as senior fitness classes, walking groups, and recreational activities. Take advantage of these opportunities to stay active.

Test Your **Activity Knowledge!**

1

How much physical activity do we need each week to maintain good health?

- A. 30 minutes
- B. 300 minutes
- C. 150 minutes
- D. 60 minutes

2

Physical activity can help you:

- A. Stay strong and mentally fit
- B. Reduce the risk of chronic disease
- C. Become less independent
- D. A and B

3

Adding physical activity to routine tasks such as pacing while talking on the phone is a great way to add more movement to your day.

- A. True
- B. False

4

You don't need to talk to your healthcare provider before beginning a new exercise program.

- A. True
- B. False

Vaccinations

As we age, our body's ability to fight off infection is reduced. Vaccines are safe and effective, and they greatly improve your ability to resist infectious disease and avoid illnesses that can cause hospitalization or lead to poorer health.

Adults over 65 years of age should get the high dose flu vaccine annually, as well as a shingles and pneumonia vaccine once as an adult over age 50. Also, check that your booster shots up are to date, including diphtheria, tetanus and pertussis.²

WHY VACCINATIONS MATTER

As we get older, our bodies change, and so do our health needs. Vaccinations can help you:

PREVENT SERIOUS ILLNESSES

Diseases like the flu, pneumonia, and shingles can be more severe in older adults.

AVOID COMPLICATIONS

Infections can lead to other health problems, such as heart attacks or strokes.

MAINTAIN INDEPENDENCE

Staying healthy helps you stay active and independent.

PROTECT LOVED ONES

Vaccines can also help prevent the spread of diseases to family and friends.



Immunization clinics are held at a variety of locations across Ontario, including:

- Public health units
- Community health centres
- Health care provider offices (e.g. doctor, nurse practitioner)
- Pharmacies

Routine Immunizations

As an adult you are eligible for the following free vaccines:

TETANUS, DIPHTHERIA, PERTUSSIS

once in adulthood, once in every pregnancy

TETANUS, DIPHTHERIA

every 10 years

PNEUMOCOCCAL

at 65 years of age

SHINGLES

two doses between 65 to 70 years of age

INFLUENZA (FLU)

Every fall

COVID-19

For most previously vaccinated individuals, the schedule is one dose per year

STAYING UP-TO-DATE WITH VACCINATIONS IS A KEY PART OF AGING WELL AND MAINTAINING YOUR HEALTH.

By protecting yourself against preventable diseases, you can enjoy a more active, independent, and fulfilling life. Remember, it's never too late to start taking steps to protect your health. Talk to your healthcare provider today about the vaccines you need.



If you need help finding a vaccination clinic near you, call the KLH-OHT at **705-934-1439** to speak with a Navigator to get connected.

Test Your Vaccination Knowledge!

1

Vaccines work by teaching your immune system to know what the real infection looks like.

- A. True
- B. False

2

Vaccines are just for children.

- A. True
- B. False

3

Vaccines are as important to your overall health as diet and exercise.

- A. True
- B. False

4

What does the “19” in “COVID-19” refer to?

- A. There are 19 variants of coronavirus
- B. There are 19 symptoms of coronavirus
- C. This is the 19th coronavirus pandemic
- D. The coronavirus and the disease it causes were identified in 2019

Optimizing Medication

1 out of 4 Canadian adults over the age of 65, take at least 10 different types of medications. Some medications may no longer be required, while other new medications may be needed. Have your health care provider review ALL your medications periodically, including prescriptions, over the counter drugs and even vitamins and supplements. If unchecked, multiple medicines may interact poorly and cause side effects which may lead to frailty – like poor nutrient absorption, confusion, dizziness and falls.³

MANAGING MULTIPLE MEDICATIONS

As we age, it's common to take multiple medications. This is known as polypharmacy. Here are some tips to manage multiple medications safely:

- ✓ **REGULAR REVIEWS**
Have your medications reviewed regularly by your doctor to ensure they are still necessary and effective.
- ✓ **SIMPLIFY YOUR REGIMEN**
Ask your doctor if it's possible to reduce the number of medications you take or switch to medications that require fewer doses.
- ✓ **STAY ORGANIZED**
Use a medication management system, such as a pill organizer or a medication app, to keep track of your medications.

Medications are a vital part of staying healthy and aging well. By following these tips and working closely with your healthcare team, you can use medications safely and effectively. Remember, your health is your most valuable asset—take good care of it!



Why medications matter

- Medications can help you:
- Manage chronic conditions like diabetes, high blood pressure, and arthritis.
 - Prevent illnesses, such as heart disease and stroke.
 - Improve your quality of life by reducing symptoms and discomfort.
 - Maintain your independence and ability to perform daily activities

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Medication Safety Tips

FOLLOW YOUR DOCTOR'S INSTRUCTIONS

Always take medications exactly as prescribed. Do not skip doses or stop taking medication without consulting your doctor.

KEEP A MEDICATION LIST

Write down all the medications you take, including over-the-counter drugs and supplements. Share this list with your healthcare providers.

USE A PILL ORGANIZER

A pill organizer can help you keep track of your medications and ensure you take them at the right times.

BE AWARE OF SIDE EFFECTS

Know the potential side effects of your medications and report any unusual symptoms to your doctor.

AVOID DRUG INTERACTIONS

Some medications can interact with each other, causing harmful effects. Always inform your doctor and pharmacist about all the medications you are taking.

STORE MEDICATIONS PROPERLY

Keep medications in a cool, dry place, away from children and pets. Some medications may need to be refrigerated.

CHECK EXPIRATION DATES

Do not use medications that are past their expiration date. Dispose of them safely.



Questions to Ask Your Doctor or Pharmacist

- What is the purpose of this medication?
- How and when should I take it?
- What should I do if I miss a dose?
- Are there any foods, drinks, or activities I should avoid while taking this medication?
- What are the possible side effects, and what should I do if they occur?
- Can this medication interact with my other medications?

Test Your Medication Knowledge!

1 All herbal supplements are safe because they are natural.

- A. True
- B. False

2 Medications can be stopped once I start feeling better.

- A. True
- B. False

3 Before taking prescription medicine, you should know which of the following?

- A. How much to take
- B. When to take it
- C. Which side effects to expect
- D. All of the above

4 How does aging affect the way your body reacts to medicines?

- A. Medicines aren't used by your body as effectively
- B. Kidneys take longer to rid your body of medicines
- C. Medicine stays in your body longer
- D. All of the above

Interaction

In older adults, loneliness and social isolation has been associated with a 45 per cent increased risk of death. Evidence also suggests that loneliness and social isolation can accelerate physiological aging and may lead to several other health problems, including high blood pressure, depression and dementia. Older adults with strong social relationships enjoy a better quality of life and often live longer! Social isolation is a physical isolation from others, while loneliness is a subjective, self-perceived feeling.

One can be among others, but still feel lonely. Conversely one can live alone, but never experience loneliness. Maintaining levels of social engagement that you are comfortable with as you age is very important – Join a club, take a class or volunteer in your community. Meaningful relationships can improve your health!⁴



Interesting facts about social interaction

Brain Health: Social interaction can help maintain brain health and may reduce the risk of dementia.

Immune System: Positive social interactions can boost the immune system, making it easier to fight off illnesses.

Stress Reduction: Engaging in social activities can lower levels of cortisol, the stress hormone, leading to better overall health.

BENEFITS OF SOCIAL INTERACTION

- ✓ **MENTAL HEALTH**
Regular social interaction can reduce the risk of depression and anxiety. It stimulates cognitive functions, helping to keep the mind sharp and engaged
- ✓ **EMOTIONAL WELL-BEING**
Having a support network provides emotional comfort and reduces stress. Sharing experiences and feelings with others can lead to a more positive outlook on life.
- ✓ **PHYSICAL HEALTH**
Socially active individuals often have better physical health. Engaging in group activities can encourage more physical movement and exercise.
- ✓ **LONGEVITY**
Studies have shown that individuals with strong social ties tend to live longer, healthier lives.

Tips for Staying **Socially Active**

JOIN CLUBS OR GROUPS

Participate in community centres, clubs, or groups that align with your interests, such as book clubs, gardening groups, or exercise classes.

VOLUNTEER

Volunteering is a great way to meet new people and give back to the community. It provides a sense of purpose and fulfillment.

STAY CONNECTED WITH FAMILY AND FRIENDS

Regularly schedule phone calls, video chats, or in-person visits with loved ones. Make an effort to stay in touch and share your life with them.

LEARN NEW SKILLS

Take up a new hobby or skill that involves group participation, such as dancing, painting, or cooking classes.

USE TECHNOLOGY

Utilize social media, email, and messaging apps to stay connected with friends and family, especially if they live far away. Check with your local library to see if they offer technology classes or individual support.



Note About Community Programs

There are many programs, services and volunteer opportunities available in your local community. To find out more or to find a program that matches your interest reach out to Community Care City of Kawartha Lakes.

Call **705-324-7323** or email AskUs@ccckl.ca for more information about available programs and services.

Test Your **Interaction Knowledge!**

1 Social Isolation can have an effect on our physical health.

- A. True
- B. False

2 Loneliness and isolation are the same.

- A. True
- B. False

3 Even if I am lonely, there is nothing I can do about it.

- A. True
- B. False

4 COVID-19 makes isolation and loneliness inevitable.

- A. True
- B. False

Diet and Nutrition

Food is medicine! As we age, we need more of certain nutrients like protein found in fish, eggs and other sources to keep muscles and bones strong. Vitamin D and calcium also support bone and muscle strength and may help prevent frailty. Eating enough good food and getting proper nutrition can reduce the risk of frailty and help you live well, longer! ⁵

BENEFITS OF GOOD NUTRITION

- ✓ **MAINTAINS MUSCLE MASS AND STRENGTH**
Adequate protein intake is crucial for preserving muscle mass and strength, which are vital for mobility and independence.
- ✓ **SUPPORTS BONE HEALTH**
Nutrients like calcium and vitamin D are essential for maintaining strong bones and reducing the risk of fractures.
- ✓ **BOOSTS IMMUNE FUNCTION**
A diet rich in fruits, vegetables, and whole grains provides antioxidants and other nutrients that support the immune system.
- ✓ **ENHANCE COGNITIVE FUNCTION**
Omega-3 fatty acids, found in fish and flaxseeds, are known to support brain health and may reduce the risk of cognitive decline.
- ✓ **PROMOTES DIGESTIVE HEALTH**
Fiber from whole grains, fruits, and vegetables aids in digestion and helps prevent constipation.



Important Nutrients for Older Adults

Protein: Essential for muscle repair and maintenance. Good sources include lean meats, fish, eggs, dairy products, beans, and legumes.

Calcium and Vitamin D: Important for bone health. Dairy products, leafy greens, and fortified foods are good sources.

Fiber: Aids in digestion and helps maintain a healthy weight. Found in whole grains, fruits, vegetables, and legumes.

Omega-3 Fatty Acids: Support heart and brain health. Found in fatty fish, flaxseeds, and walnuts.

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Tips for a **Healthy Diet**

EAT A VARIETY OF FOODS

Include a mix of fruits, vegetables, whole grains, lean proteins, and healthy fats in your diet to ensure you get a wide range of nutrients.

STAY HYDRATED

Drink plenty of water throughout the day. Dehydration can lead to confusion, urinary tract infections, and other health issues.

LIMIT PROCESSED FOODS

Reduce your intake of processed and sugary foods, which can contribute to weight gain and other health problems.

WATCH PORTION SIZES

Be mindful of portion sizes to avoid overeating. Using smaller plates can help control portions.

PLAN BALANCED MEALS

Aim to include a source of protein, a serving of vegetables, a portion of whole grains, and a healthy fat in each meal.

SNACK SMART

Choose healthy snacks like nuts, yogurt, or fruit instead of chips or sweets.



Healthy Diet Tips

Meal planning: Plan your meals and snacks ahead of time to ensure you have healthy options available.

Take a cooking class: Check with your local community for available programs.

Read labels: Check food labels for nutritional information to make informed choices.

Seek professional advice: Consult with a dietitian or nutritionist for personalized dietary advice.

Test Your Diet & Nutrition Knowledge!

1

Calcium and Vitamin D are essential to ensure bones stay healthy and strong as we age.

- A. True
- B. False

2

When choosing foods to eat most of your plate should be filled with:

- A. Fruits and vegetables
- B. Protein
- C. Grains
- D. Dessert

3

Which of the following foods is a source of calcium?

- A. Milk
- B. Broccoli
- C. Yogurt
- D. Spinach
- E. A and C
- F. All of the above

4

What is the benefit of consuming dietary fibre?

- A. It can lower cholesterol levels
- B. It keeps you fuller longer
- C. It leads to weight gain
- D. A and B
- E. All of the above

Sleep

Getting enough sleep is incredibly important for everyone. Good sleep helps keep our bodies and minds strong, which is essential for maintaining overall health and reducing frailty. When we sleep well, our bodies have the chance to repair themselves, our immune systems stay strong, and we have more energy to enjoy our daily activities. So, prioritizing a good night's sleep can make a big difference in staying healthy and feeling your best as you age.

BENEFITS OF QUALITY SLEEP

COGNITIVE FUNCTION

Adequate sleep is essential for maintaining cognitive abilities, including memory, attention, and problem-solving skills. Poor sleep can lead to confusion and memory lapses.

EMOTIONAL WELL-BEING

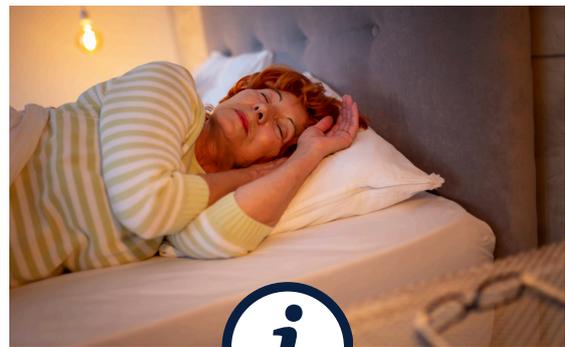
Good sleep helps regulate mood and reduce stress. Lack of sleep can contribute to feelings of irritability, anxiety, and depression.

PHYSICAL HEALTH

Quality sleep supports the body's repair processes, including muscle growth and tissue repair. It also helps regulate hormones that control appetite and metabolism.

IMMUNE SYSTEM

Sleep strengthens the immune system, making it easier to fend off illnesses and infections.



When to seek help

If you consistently have trouble sleeping or feel excessively tired during the day, it may be time to consult a healthcare provider. Sleep disorders can often be treated effectively, improving your quality of life and overall health.

Tips for Better Sleep

✓ ESTABLISH A ROUTINE

Go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock.

✓ CREATE A SLEEP-FRIENDLY ENVIRONMENT

Make your bedroom a sanctuary for sleep. Keep it cool, dark, and quiet. Consider using earplugs or a white noise machine if you are sensitive to noise.

✓ LIMIT SCREEN TIME

Avoid screens (TV, computer, smartphone) at least an hour before bedtime. The blue light emitted by screens can interfere with the production of melatonin, the hormone that regulates sleep.

✓ BE MINDFUL OF FOOD AND DRINK

Avoid large meals, caffeine, and alcohol close to bedtime. These can disrupt sleep or make it harder to fall asleep.

✓ STAY ACTIVE

Regular physical activity can help you fall asleep faster and enjoy deeper sleep. However, try to avoid vigorous exercise close to bedtime.

✓ RELAX BEFORE BED

Develop a pre-sleep routine to wind down. This could include reading a book, taking a warm bath, or practicing relaxation techniques like deep breathing or meditation.



Common Sleep Issues and Solutions

Insomnia: Difficulty falling or staying asleep. Try relaxation techniques, establish a bedtime routine, and avoid stimulants like caffeine.

Sleep Apnea: A condition where breathing repeatedly stops and starts during sleep. If you suspect sleep apnea, consult a healthcare provider for evaluation and treatment options.

Restless Leg Syndrome (RLS): An uncontrollable urge to move your legs, usually due to discomfort. Stretching, massage, and warm baths can help alleviate symptoms.

Test Your Sleep Knowledge!

1

Which of these will help promote better sleep?

- A. Exercising two hours before bedtime
- B. Reading or listening to music
- C. Changing bedtimes
- D. Having a late dinner

2

If you nap, you shouldn't sleep longer than:

- A. 20 minutes
- B. 45 minutes
- C. 1 hour
- D. 2 hours

3

Sleep deprivation or lack of sleep is associated with a number of health problems

- A. True
- B. False

4

What is sleep hygiene?

- A. A bath or shower before bed
- B. The promotion of regular sleep
- C. The practice of laundering bed linens
- D. Avoiding emotion before bed

Falls

Falls can be a common concern for older adults, but they are not an inevitable part of aging. Preventing falls is important because it helps maintain overall health and reduces the risk of frailty. Simple steps like keeping your home well-lit, using handrails, and staying active can make a big difference in staying safe and independent.

WHY FALL PREVENTION MATTERS

Falls can lead to serious injuries, such as broken bones or head injuries, which can affect your ability to live independently. Preventing falls helps you stay active, healthy, and confident. Plus, it can save you from the pain and inconvenience of a long recovery.

TIPS FOR PREVENTING FALLS

STAY ACTIVE

Regular exercise can improve your strength, balance, and coordination. Activities like walking, swimming, or tai chi are great options.

CHECK YOUR EYES AND EARS

Have your vision and hearing checked regularly. Wear glasses or hearing aids if needed.

REVIEW YOUR MEDICATIONS

Talk to your doctor or pharmacist about the medications you take. They can help you understand which ones might increase your risk of falling.

WEAR PROPER FOOTWEAR

Choose shoes that fit well and have non-slip soles. Avoid walking in socks or slippers that can cause you to slip.

USE ASSISTIVE DEVICES

If you need them, use canes, walkers, or other assistive devices to help you stay steady.



Common Causes of Falls

Balance and Gait Problems: As we age, our balance and the way we walk can change, making us more prone to falls.

Vision Issues: Poor eyesight can make it harder to see obstacles in your path.

Medications: Some medications can cause dizziness or drowsiness, increasing the risk of falling.

Home Hazards: Clutter, loose rugs, and poor lighting can create tripping hazards in your home.

Chronic Conditions: Health issues like arthritis, diabetes, or heart disease can affect your strength and balance.

Indoor Safety Checklist

BATHROOM

- Grab Bars:** Install grab bars near the toilet and in the shower or bathtub.
- Non-Slip Mats:** Use non-slip mats inside and outside the bathtub or shower.
- Raised Toilet Seat:** Consider a raised toilet seat for easier access.
- Shower Chair:** Use a shower chair if standing for long periods is difficult.

LIVING AREAS

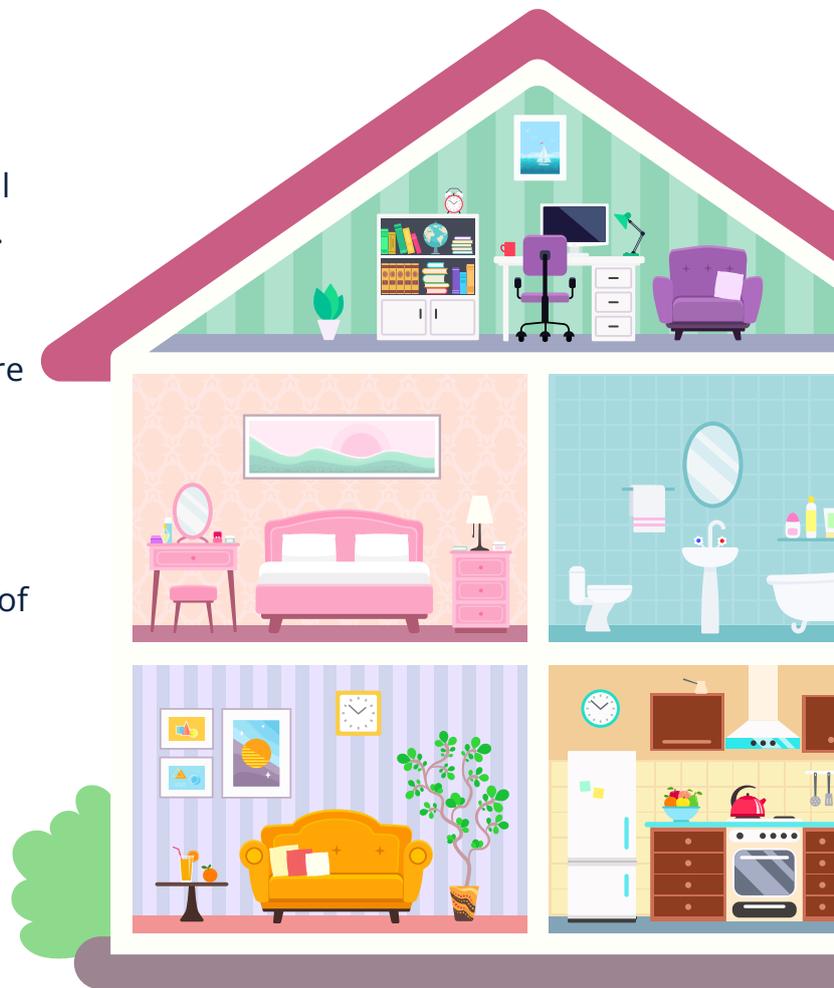
- Clear Pathways:** Remove clutter, electrical cords, and other obstacles from walkways.
- Secure Rugs:** Use non-slip mats or double-sided tape to keep rugs in place.
- Furniture Arrangement:** Arrange furniture to allow easy movement and avoid sharp corners.
- Lighting:** Ensure all areas are well-lit. Use nightlights in hallways and bathrooms.
- Handrails:** Install handrails on both sides of stairs and ensure they are secure.
- Non-Slip Flooring:** Consider non-slip flooring options, especially in high-traffic areas.

KITCHEN

- Easy Access:** Store frequently used items within easy reach to avoid using step stools.
- Non-Slip Mats:** Place non-slip mats in front of the sink and stove.
- Spill Cleanup:** Clean up spills immediately to prevent slipping.

BEDROOM

- Bed Height:** Ensure the bed is at a comfortable height for getting in and out.
- Nightlights:** Use nightlights to illuminate the path from the bed to the bathroom.
- Telephone:** Keep a telephone within reach of the bed in case of emergencies.



Outdoor Safety Checklist

ENTRANCES AND EXITS

- Handrails:** Install sturdy handrails on both sides of outdoor steps.
- Lighting:** Ensure entrances and pathways are well-lit.
- Non-Slip Surfaces:** Use non-slip paint or adhesive strips on outdoor steps and walkways.

PATHWAYS AND DRIVEWAYS

- Clear Debris:** Keep pathways and driveways clear of leaves, snow, and ice.
- Level Surfaces:** Repair cracks and uneven surfaces to prevent tripping.
- Non-Slip Mats:** Use non-slip mats at entryways to prevent slipping when entering the house.



GARDEN AND YARD

- Tools and Equipment:** Store garden tools and equipment safely out of walkways.
- Stable Furniture:** Ensure outdoor furniture is stable and in good condition.
- Lighting:** Use solar lights or motion-sensor lights to illuminate garden paths.



PREVENTING FALLS IS A KEY PART OF STAYING HEALTHY AND INDEPENDENT AS YOU AGE.

By taking a few simple steps, you can reduce your risk and enjoy a safer, more active life. Remember, it's never too late to start making changes that will help you stay steady and strong.

Test Your Falls Knowledge!

1

People who experience a fall, even if uninjured, are at risk to have another fall

- A. True
- B. False

2

Footwear characteristics have been shown to influence balance in older people. What makes an ideal shoe to help prevent falls?

- A. A firm back and cover with adjustable fastening, with good ankle support
- B. A soft leather sole, which gives both flexibility and grip
- C. Tight-fitting, made with a soft and cushioned material

3

You feel light-headed and dizzy when getting up in the morning. What should you do?

- A. Stay in bed and get some rest. Get up when you feel better
- B. Sit up in the bed for a couple of minutes before standing up, then take a few moments in a standing position before walking
- C. Get up quickly and walk around until you feel better

4

Which of the following tasks can help reduce falls in your home:

- A. Ensure you have proper lighting
- B. Remove throw rugs or scatter mats, or use a non-skid backing with flat edges
- C. Ask for help with tasks I feel I cannot do safely
- D. All of the above

Goal Setting

Setting goals can be a great way to improve your health and well-being, especially as we get older. One helpful method is using SMART goals, which stands for Specific, Measurable, Achievable, Relevant, and Time-bound. By setting SMART goals, you can create clear and realistic steps to stay active, eat well, and maintain your energy, helping to reduce frailty and improve your overall health.

✓ PHYSICAL ACTIVITY SMART GOALS EXAMPLES

- I will walk to the end of my driveway and back three times this week
- I will go for a walk with a friend for 15 minutes 2 times this week.
- I will be physically active for 20 minutes 2 times this week (e.g. brisk walking, jogging, bike riding, dancing, swimming).
- I will set a walking steps goal or chair exercise goal and meet it daily
- Tomorrow, I will find out about exercise classes in my area.
- By the end of this week, I will talk with my friend about exercising with me a couple of times a week.
- In the next two weeks, I will make sure I have the shoes and comfortable clothes I need to start walking for exercise.

REMEMBER: FIND SOMETHING YOU ENJOY DOING AND YOU WILL BE MORE LIKELY TO STICK TO IT- PLUS IT'S MORE FUN!



REAPING THE REWARDS OF EXERCISE DOESN'T HAVE TO INVOLVE STRENUOUS WORKOUTS OR TRIPS TO THE GYM.

You can gain benefits from adding more movement and activity to your life, even in small ways. No matter your age or physical condition, it's never too late to get your body moving, boost your health and outlook, and improve how well you age.

✓ **DIET AND NUTRITION SMART GOALS EXAMPLES**

- I will choose water instead of soda for meals.
- I will use less fat when cooking (like bake, broil, steam and stir-fry) this week.
- I will have a piece of fruit (banana, apple, orange) or a handful of nuts (almonds, walnuts) instead of having cookies or candies as a snack during the week.
- I will try a new recipe that uses a different kind of leafy green vegetable this week (spinach, Romaine lettuce, bok choy, Swiss chard, collards or kale).
- I will drink one extra glass of water each day.

REMEMBER: SETTING “SMART” HEALTHY EATING GOALS IS A GREAT WAY TO MAKE POSITIVE CHANGES. THERE ARE MANY GREAT WEBSITES WHERE YOU CAN FIND EASY, NUTRITIOUS RECIPES.

✓ **INTERACTION SMART GOALS EXAMPLES**

- I will schedule time each day to stay in touch with family, friends, and neighbours in person, by email, social media, voice call, or text.
- I will invite a friend for tea once this week.
- I will call my local community organization this week to inquire about having a friendly visitor.
- I will visit the local library to get assistance with my technology so I can connect with friends and family virtually.
- I will book a doctor’s appointment to discuss my ongoing feelings of loneliness and isolation.

REMEMBER: INCREASING SOCIAL SUPPORT HAS A GREAT BENEFIT TO YOUR OVERALL HEALTH. DON’T BE AFRAID TO LET SOMEONE KNOW IF YOU ARE HAVING FEELINGS OF ISOLATION OR LONELINESS. THERE ARE MANY OPTIONS IN YOUR COMMUNITY AS WELL AS WAYS TO CONNECT WITH TECHNOLOGY.

✓ **VACCINATION SMART GOALS EXAMPLES**

- I will update my vaccination record by the end of this week.
- I will call my doctor to make an appointment for any vaccines that I need.
- I will call my pharmacist to book an appointment to get a flu shot.

REMEMBER: DOCUMENTING SMART GOALS MAKES IT EASIER TO REACH YOUR GOALS

OPTIMIZING MEDICATIONS SMART GOALS EXAMPLES

- I will book an appointment with my doctor or pharmacist to review my medications this month.
- I will write down any side effects I experience with my medications for the next 14 days to discuss with my doctor or pharmacist.
- I will call my pharmacist to have my medications put into a blister pack to make it easier to take my medications correctly.

REMEMBER: SETTING SMART GOALS INCREASES YOUR CHANCES OF REACHING YOUR GOALS

SLEEP SMART GOALS EXAMPLES

- I will be in bed with the lights off and be ready to sleep for 8 hours over the next seven days.
- I will not eat large meals before bed every day for the next 7 days.
- I will walk for 10 minutes 3 times per week for the next 5 days.
- I will make an appointment with my pharmacist to review my medications to ensure they are not interfering with my sleep.
- I will turn off the T.V., phone or tablet 2 hours before I go to bed every day for the next 5 days.

REMEMBER: DO WHAT WORKS FOR YOU! SMALL CHANGES CAN ADD UP TO BIG RESULTS!

FALLS SMART GOALS EXAMPLES

- I will inquire with the Wellness Coordinator about local exercise and fall prevention classes this week.
- I will do 10 minute strength exercises 2 days per week for the next 30 days.
- I will walk for 10 minutes 3 times per week for the next 5 days.
- I will wear foot wear that has a good grip, are flat and fit securely.
- I will complete the home safety checklist provided in this booklet by the end of the week.

REMEMBER: PROGRESS OVER PERFECTION!



Use the SMART Goal Worksheets on the following pages to document goals you have set for yourself.

Goal

S Specific What am I specifically trying to work on?

M Measurable How will I measure success?

A Achievable What steps will I take to make this goal achievable?

R Relevant Is this realistic for me?

T Time-bound What is the time frame for this goal?

Goal

S Specific What am I specifically trying to work on?

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Goal

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Quiz Answer Sheet

ACTIVITY ANSWER KEY

Question 1: C. 150 mins of vigorous physical activity 5 days per week is recommended to maintain good health. Did you also know you can break it up! Try 10 mins increments. Take the stairs, try an online class or join a walking group near you!

Question 2: D. Physical activity has many benefits, including keeping blood pressure, cholesterol, and weight at healthy levels. It can also boost mood, strength, and blood circulation.

Question 3: True. There are many ways to add more movement to your day-taking the stairs, parking further away, dancing while brushing your teeth. A little adds up to a lot!

Question 4: False. It's best to talk with your healthcare provider. If you haven't exercised in a while, or have chronic health concerns or injuries, they can help you figure out which activities are best for you.

VACCINATION ANSWER KEY

Question 1: True. Before vaccines, the only way to become immune to a disease was to actually get it and survive it. Vaccines provide an easier and less risky way to become immune. A vaccine trains the immune system by appearing like a natural infection. A vaccine is made from a weakened live germ, killed germ, or parts of the germ.

Question 2: False. Vaccines are important to protect children as well as teens and adults. Some diseases such as shingles only affect adults. Adults may be at risk for other vaccine-preventable diseases due to age, job, lifestyle, travel, or health conditions.

Question 3: True. Like eating healthy foods, exercising, and getting regular check-ups, vaccines play a vital role in keeping you healthy. Vaccines are one of the most convenient and safest preventive care measures available.

Question 4: D. The coronavirus and the disease it causes were identified in 2019.

OPTIMIZING MEDICATIONS ANSWER KEY

Question 1: False. Herbal remedies may have ingredients that can interfere with the efficacy of your prescribed medication, or even cause a harmful reaction.

Question 2: False. You need to contact your health provider before stopping any medication. In particular, antibiotics have a prescribed duration of treatment and can cause harm if the treatment is stopped in between. Certain medications prescribed over the long-term help in maintaining a healthy condition, and should not be discontinued without consultation.

Question 3: D. All of the above. Talk with your healthcare provider or pharmacist if you have questions about your medicines.

Question 4: D. All of the above. At each healthcare provider's appointment, bring a list of all medicines you take so that your provider can double-check the types and dosages.

INTERACTION ANSWER KEY

Question 1: True. If you've experienced ongoing feelings of loneliness, it can have negative effects on your physical health. Loneliness has been linked to physical illnesses such as high blood pressure and decreased immune functioning.

Question 2: False. You don't have to be socially isolated to experience feelings of loneliness. Connecting with others can have many health benefits. Check out the resource section to find ways to connect or join a program that works for you.

Question 3: False. You and your doctor can work together to ease feelings of loneliness and increase social engagement. Your doctor or Wellness Coordinator can recommend or prescribe resources or activities in the community to help you develop healthy social connections.

Question 4: False. It's true that the pandemic has increased isolation and loneliness, but virtual support groups can help you stay connected. Technology allows people to see each other on a screen and even participate in virtual exercise classes. Join a virtual wellness group or cooking class.

DIET AND NUTRITION ANSWER KEY

Question 1: True. Ensuring you have enough calcium and vitamin D can help prevent osteoporosis and maintain bone density.

Question 2 : A. A diet rich in fruits and vegetables can lower blood pressure, reduce the risk of heart disease and stroke and have a positive effect on blood sugar.

Question 3 : F. All of the above. Milk and yogurt are obvious signs of calcium rich foods, but many other non-dairy foods have calcium as well including dark leafy greens like spinach, kale, collard greens and broccoli. Also, salmon and sardines are a good source of calcium.

Question 4: D. Foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer. Good choices include whole-grain products and fruit.

SLEEP ANSWER KEY

Question 1: B. Reading or listening to music.

Other tips for getting a good night's sleep include:

- Go to bed and get up at the same time every day.
- Make your bedroom sleep friendly by keeping it cool, quiet, and dark.
- Limit what you eat or drink before bedtime.
- Exercise regularly, but not too near bedtime.

Question 2: A. 20 mins. You may find yourself dozing off more often as you get older. Naps can perk you up but keep them short. This is about all you need to feel better. Snoozing longer can make you feel groggy. And don't nap in the late afternoon or early evening. That can make it harder to get to sleep at night.

Question 3: A. True. Sleep deprivation or lack of sleep is associated with a number of health problems, injury and poor quality of life.

Question 4: B. The promotion of regular sleep. Sleep hygiene is the sum of practices that promote regular, restful sleep. Components of sleep hygiene can include going to bed and rising at regular hours every day, making the bedroom relaxing and inviting, using the bed only for sleeping, and removing personal electronic devices and TVs from the bedroom.

FALL PREVENTION ANSWER KEY

Question 1: True. Many people who fall, even those who are not injured may develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, and increasing their actual risk of falling.

Question 2: A. Your shoes should be well fitted, with enough room and be made of breathable material. They should have a high cut and firm back, a non-slip and firm sole with a slightly raised heel, and adjustable fastening.

Question 3: B. Feeling dizzy when getting up can be caused by a sudden drop in blood pressure. If you feel dizzy or light-headed when getting up in the morning you should get up slowly step-by-step: sit for a minute or two in the bed before standing up: stand for a minute or two before walking.

Question 4: D. All of the above. Falls are often due to hazards that are easy to overlook but also easy to fix. The majority of falls resulting in serious injury occur within the home, most within the living room or bedroom. Use the home safety checklist provided in this booklet to work through any real or potential hazards.

CONGRATULATIONS ON COMPLETING THIS BOOKLET!

We encourage you to connect with your local Community Organization to explore services and programs that can enhance your overall well-being. These resources can support you in any of the AVOID topics covered in this book.

You can call Community Care City of Kawartha Lakes at **705-324-7323** or visit **www.ccckl.ca**



To acknowledge your efforts, you can call CCCKL at **705-324-7323 Ext. 181** to receive a certificate of completion.

Notes

Notes

Feedback

WE WOULD LOVE TO HEAR FROM YOU! LET US KNOW WHAT YOU THINK OF THIS BOOKLET.

Thank you for taking the time to complete this survey. Your anonymous feedback about your experience with this education booklet will help us to improve the quality of the education provided. Your responses will be kept confidential and will not affect your current or future care. Participation in the survey is voluntary. Your responses will be kept confidential. Returning this survey implies your consent to participate in this survey's analysis.

Please read the statements below and circle the number that best describes your experience using this booklet.

1= NO definitely not      **5 = YES definitely**

 - +

1. The education provided in this booklet helped improve my knowledge regarding healthy aging and choices	1	2	3	4	5	
2. The information was written in a way I could understand	1	2	3	4	5	
3. I was/will be able to use the advice in this booklet	1	2	3	4	5	
4. I feel more confident in my ability to manage my own health needs	1	2	3	4	5	
5. I was referred to other programs and services that I needed	1	2	3	4	5	N/A
6. The programs and services that I was connected with/referred to were beneficial	1	2	3	4	5	N/A

7. I would recommend this booklet to family or friends if they needed it **1** **2** **3** **4** **5**

8. My overall experience using this handbook was: **1** **2** **3** **4** **5**
poor excellent

9. Please rate the specific topics covered in this booklet below.
Choose Not Applicable (NA) if you did not complete a specific topic

a. Activity	1	2	3	4	5	N/A
b. Vaccination	1	2	3	4	5	N/A
c. Optimizing Medications	1	2	3	4	5	N/A
d. Interaction	1	2	3	4	5	N/A
e. Diet and Nutrition	1	2	3	4	5	N/A
f. Sleep	1	2	3	4	5	N/A
g. Falls	1	2	3	4	5	N/A
h. SMART Goals	1	2	3	4	5	N/A

10. What did you like about this booklet?

11. What could be improved?

12. Please provide the following information:

My age

- Under 65 65-69 70-74 75-79 80-84 85-89 90-94 95+
 Prefer not to say

I identify as:

- Male Female Other _____ Prefer not to say

I live:

- Alone With someone Prefer not to say

THANK YOU!

A preaddressed envelope has been provided to mail your evaluation.

Get In Touch

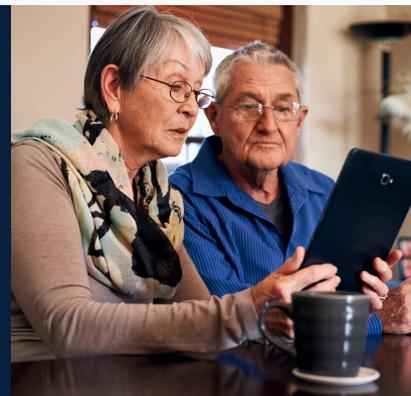
There are many programs and facilities available throughout Kawartha Lakes and Haliburton County. Contact us for the latest information, resources and schedules in your area.



705-934-1439
www.klhoht.ca
info@klhoht.ca



705-324-7323
www.ccckl.ca
AskUs@ccckl.ca



Adult Immunization

WHAT VACCINES DO YOU NEED?

For more information about vaccines call your local public health unit at **1-866-888-4577** or visit their website at **www.hkpr.on.ca**

VACCINE	WHO SHOULD RECEIVE IT?
Tetanus	Everyone, every 10 years
Diphtheria	Everyone, every 10 years
Pertussis (whooping cough)	Everyone, once in adulthood
Influenza	Annually for everyone 6 months of age and older, especially for people at high risk of complications from influenza
Pneumococcal	Everyone 65 years of age and older, immunocompetent people less than 65 in long-term care facilities, people with specific medical conditions
Hepatitis B	People with medical, occupational or lifestyle risks, and anyone who wants protection from Hepatitis B
Hepatitis A	People with medical, occupational or lifestyle risks, and anyone who wants protection from Hepatitis A
HPV	Females and males 9-26 years of age (may be administered to females or males 27 years of age and older)
Meningococcal	People with specific medical conditions and people living in communal residences, including students and military personnel
Measles	People who have not had the vaccine or the disease
Mumps	People who have not had the vaccine or the disease
Rubella (German Measles)	People who have not had the vaccine or the disease
Herpes zoster (shingles)	People 60 years of age and older (may be administered to people 50 years of age and older)
Varicella (chickenpox)	People who have not had the vaccine or the disease
COVID-19	For most previously vaccinated individuals, the schedule is one dose per year. However, some previously vaccinated individuals at increased risk of severe illness should receive two doses of COVID-19 vaccine per year
Travel vaccines	Varies by destination - consult a travel health clinic, your health care provider, local public health office, or the Public Health Agency of Canada website.

