

National Senior Safety Week running now until Nov. 12

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This week ? from November 6 to 12 ? Canada is recognizing National Senior Safety Week.

With age, bodies can begin to weaken;with muscles deteriorating, bones becoming more brittle, and eyesight worsening.

Taking these factors into consideration, the chance of accident and injury for seniors - especially those in home-living situations - is increased.

Information from the Canadian Institute for Health Information states that the top five most common causes of injury for seniors are falls, vehicle collisions, accidental poisoning, suicide/self-injury, and finally being hit by objects and/or colliding with people.

For these reasons, the Canadian Safety Council has provided several tips to make a home-living environment safer for seniors.

?Falls are the number one cause of injury hospitalizations for seniors over the age of 65,? said Gareth Jones, President and CEO of the Canada Safety Council. ?These can happen anywhere, at any time. Home is meant to be a safe place, and for seniors a place where they can live safely, comfortably and without fear.?

In 2017/2018, 137 568 people over the age of 65 were hospitalized, with around 81% of this number being due to a fall-related injury.

To help reduce this issue, several preventative measures can be taken:

The installation of grab bars and handrails is recommended in areas that can be problematic, such as in bathrooms near the toilet or bathtub and around stairs.

If the decision to install these is made, be sure they are anchored to the wall well.

Non-slip surfaces in bathrooms, non-skid wax, and avoiding decor that could be a tripping hazard are additional ways to prevent falls.Be sure to clear away loose clutter; items such as loose wires, cords, and furniture - essentially anything out of the ordinary that could catch someone off guard.

Additionally, it's important to maintain good lighting, especially around problematic areas, to ensure proper visibility, along with avoiding potential collisions.