



AGEING SAFELY NEWSLETTER

Ageing Safely in the Home of YOUR Choice

Ideas and Tips to Customize your Home into a Senior-Friendly Environment

As the principal caregiver to my mother, I relied on my observation skills and my mother’s comments to identify her challenges and develop ways and means to eliminate or minimize risks often present in our homes. Sadly, 50 percent of falls occur in the home.

Building on my experiences and actions, described in my first book, ‘Lasting Touch,’ I interacted with many seniors and associations to share my journey and thoughts and get their ideas and feedback. Regrettably, the pandemic short-circuited that eye-opening project.

So, I started searching the web, looking for and identifying steps others took to transform their home into a more senior-friendly environment.

Ageing Safely in the Home of YOUR Choice represents several hundred ideas, suggestions, and tips to that effect. Though personal circumstances and situations vary, I hope you will find some of them beneficial.

Ageing Safely in the Home of YOUR Choice

Ideas and Tips to Customize your Home into a Senior-Friendly Environment



JEAN-FRANÇOIS PINSONNAULT

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NOTE: La version française devrait être disponible à l'été 2022

THIS ISSUE

WELCOME

- Author’s caregiver journey.
- Ageing Safely Newsletter arrives on the New Moon*.

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TIPS & IDEAS

- Interior Environment – Entrances: Ideas and tips to maximize mobility and safety.
- Publishing progress

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NEXT ISSUE (February 2, 2022)

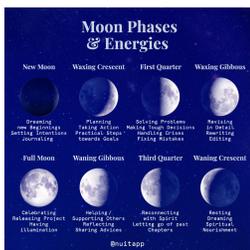


Interior Environment – Kitchen: Ideas and tips to maximize mobility and safety.



Current information about the publishing progress of the book.

Ageing Safely Newsletter arrives on the New Moon



"The New Moon is a great time to set your intentions, write down goals or begin new projects for the forthcoming cycle. In the darkness, the fertile ground, you plant the seeds of your heartfelt desires on the New Moon, consciously focusing your Mind/Body/Spirit on the 'feeling' of your desires."

*<https://www.universallifetools.com/2018/02/energy-of-full-moons-new-moons/>

*<https://nuitapp.com/cosmic-connection-blog>

Interior Environment Safety – Part 1: Entrances



NOTE: Please consider asking for support from a family member or friend to implement some of these ideas and tips.

November was to be the launch of the first newsletter, however, it occurred in December due to delays in the book cover layout. Given winter is upon us, sample ideas and tips for the exterior environment will appear in the May 2022 newsletter. The following five issues will highlight the different interior rooms and areas.

Entrances are the first area you, your family, friends, and visitors will encounter. The exterior should be obstacle and snow-free, with sand or eco-friendly salt.

- A well-lit entrance with easily accessible switches or equipped with motion sensor lights will enhance safety.
 - The floors should be free from any obstructions or situations that may cause a fall.
 - Unless fitted with double-sided sticky tape or a rubberized backing to prevent slippage, remove area rugs.
 - Doors that lock, with possibly a window or peephole through which you can easily see when someone is at the door before opening.
 - Whether you live in a rural or urban area, maintaining locked doors is of the utmost importance to ensure safety.
- Lever-style door handles facilitate manipulating doors. A word of caution: loose clothing, bag handles, or purses can get hooked during movement. Take your time and don't rush.
 - A bench or chair (inside and out) at the entrance area to lay down parcels or other items as you get ready to go out or upon your return will free up your hands and ensure trouble-free movement in that area. It makes putting on and removing footwear comfortable and safe when in the house.
 - Ensure effortless access to a well-lit closet by not overfilling it with items not used during certain seasons.
 - All closets should have proper lighting or motion sensor lights.
 - Storing seasonal clothing and footwear in less used closet spaces is often the safest.

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Current information on publishing progress



As of the end of December 2021, the key steps involved in publishing concluded. The content, copyediting, and proofreading were completed in October and November. In addition, I signed off on the front and back cover layout and the formatting look and feel about a week before Christmas.

The book's registration process remains, including the final format layout in which the book will be available, i.e. paperback and the popular eBook formats, followed by the printing process, which can be challenging and time consuming. I expect that the eBook should be ready before the actual printed book, which is planned for early spring. Stay tuned!

NOTE: Feel free to share this newsletter with family and friends.

Reminder: To receive the monthly newsletter, please complete the subscription form on the website - <https://www.jeanfrancoispinsonnault.com>

Remember that your subscription provides an earlier sneak peek of the book's ideas and tips; however, I post each newsletter issue on my blog towards the end of each month.

<https://www.jeanfrancoispinsonnault.com/blog>