

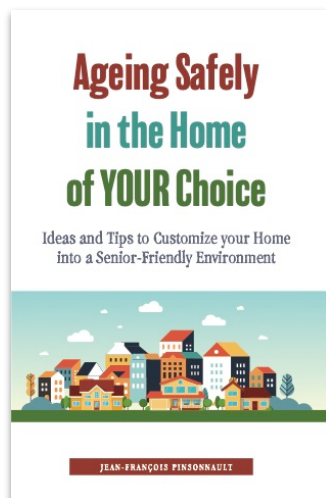
SPRING 2026  
EDITION

# AGEING SAFELY... LATEST NEWS

*Ageing Safely in the home of YOUR Choice – Ideas and Tips to maximize your Health and Wellness.*

## WELCOME TO THE SPRING 2026 NEWSLETTER

This information bulletin provides tips to be considered for a safe and healthy season.



Spring is coming soon despite the recent challenging weather. With warmer, sunnier days approaching, many of us are looking forward to spending more time outdoors—no matter our age. For older adults, however, practicing safety measures is crucial for enjoying the sun safely.

While spring is a beautiful season, it can also present unique challenges for seniors. As the weather warms and nature reawakens, older adults need to be aware of potential risks to their health and safety.

Spring safety for seniors includes preventing falls caused by melting ice, managing fluctuating temperatures, and addressing allergy triggers. Key tips include wearing sturdy, waterproof shoes, clearing spring debris from walkways, testing smoke detectors, staying hydrated, using sunscreen, and checking for ticks in grassy areas.

Here are safety measures to help ensure a safe, enjoyable springtime:

### Outdoor & Mobility Safety

- **Prevent Falls:** Watch for hidden ice from overnight freezes and slippery mud. Use mobility aids, such as canes with ice grips, and winter boots with cleats, if needed.
- **Safe Walking:** Ensure outdoor steps and railings are secure after winter. Walk on clear, dry paths.

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- **Dress in Layers:** Spring weather is unpredictable: wear layers, a hat, and waterproof footwear.
- **Sun Protection:** Wear sunscreen and sunglasses, as UV rays can be strong even when the temperature is cool.
- **Tick Awareness:** Use insect repellent and wear long sleeves/pants in wooded or long-grass areas to avoid ticks.
- **Check Equipment:** Ensure that all outdoor equipment, such as hoses and gardening tools, is in good working order.

**Indoor & Health Safety**

- **Allergy Management:** Keep windows closed on high-pollen days and use air purifiers.
- **Spring Cleaning & Safety:** Remove throw rugs (or put double-sided tape on the perimeter), secure cords, and declutter to prevent tripping.
- **Emergency Preparedness:** Test smoke/carbon monoxide detectors and, if not already done, change batteries during daylight saving time.
- **Hydration:** Drink plenty of water, as the warming weather can cause dehydration, even in early spring.

**Environmental Considerations**

- **Check Surroundings:** Inspect balconies and decks for rot, cracks or mould caused by snowmelt.
- **Stay Informed:** Monitor local weather forecasts for storms or rapid temperature changes.

[https://weather.gc.ca/forecast/canada/index\\_e.html?id=ON](https://weather.gc.ca/forecast/canada/index_e.html?id=ON)

As spring arrives in Canada, it brings blooming flowers, warmer days, and fresh opportunities for older adults to reconnect with the world around them. However, the changing season also introduces specific safety concerns—especially for seniors choosing to age in place. From slippery walkways to heightened allergies, family, friends and caregivers play a vital role in ensuring a safe, healthy, and enjoyable transition into spring.

Here are six essential spring wellness tips designed to help seniors, their families, and caregivers support ageing with confidence and care.

**1. Refresh the Home for Spring Safety**

Starts with a seasonal review. Spring is the perfect time to:

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- Clear clutter from high-traffic areas to prevent falls.
- **Improve lighting** in stairways, hallways, and entrances.
- Replace worn mats with non-slip options.
- Inspect outdoor steps and railings for winter-related damage.
- Test smoke detectors and update emergency contacts.

These small updates can make a big difference in promoting safe, independent living at home.

## 2. Encourage Safe Outdoor Time

Fresh air and gentle movement improve both mental and physical well-being. Enjoy time outside by:

- Taking walks on clear, even sidewalks.
- Gardening with raised planters or indoor herbs.
- Relaxing on a shaded porch with proper sun protection.

Always ensure hydration, supportive footwear, and supervision if needed. Quality time outdoors can lift moods and build strength safely.

## 3. Manage Seasonal Allergies

Spring allergies can impact respiratory health, especially in older adults. Consider these strategies:

- Use HEPA air purifiers to reduce indoor allergens.
- Keep windows closed on high pollen days -- Link to info: <https://weather.com/en-CA/forecast/allergy/1/1a78f7969ff2db744c225d29f2f9a67e4f3c694351739754561c561a88fd3a29>
- Encourage clothes changes after time outside, as there could be pollen residue.
- Consult healthcare providers for allergy-safe medications.

Reducing exposure helps protect overall wellness and comfort.

## 4. Support Spring Hydration and Nutrition

Spring produce adds colour and nutrients to every plate and a loved one's diet. For example:

- Water-rich foods like cucumbers, berries, and citrus.
- Leafy greens, seasonal soups, and lean proteins.
- A water bottle (glass or metal) kept nearby throughout the day.

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Dehydration—even mild—can lead to fatigue, dizziness, or cognitive decline. Nutrition plays a vital role in maintaining seniors' quality of life.

### 5. Review Emergency Preparedness

With spring storms come power outages and other risks. Ensure you have access to:

- Easy access to flashlights and spare batteries.
- A current list of medications and emergency contacts.
- A fully charged phone or alert system.

Routine family/friend/caregiver check-ins provide reassurance and safety during unexpected events.

### 6. Refresh Routines and Social Connections

Spring inspires emotional renewal. Engage with:

- Outdoor visits with family or friends.
- Hobbies like birdwatching, baking, chair exercises or journaling.
- Simple routines that include movement and fresh air.

### Seniors and Spring Cleaning: Fall Prevention Tips

Spring is the season of renewal; birds come back from their winter location, the days are longer, and the weather is finally warm. People walk around with smiles on their faces and no longer have to carry around the extra layers of big, woolly scarves and heavy jackets.

With nicer weather and sunnier days, one can open up windows and doors for some fresh air. Spring is also the perfect time of year to clean your home from top to bottom and get rid of any unwanted belongings. However, with spring cleaning and the amount of movement that is involved, comes the risk of falling, particularly with Seniors.

Fall prevention for Seniors is one of the most important things to keep in mind when you're cleaning up the house. Falls are one of the most common sources of injury among adults over the age of 65, and they can have devastating consequences. In fact, the leading cause (85%) of injury for Seniors is falling, which can result in cuts, hip fractures, and serious head and brain injuries.

It is imperative that while conducting spring cleaning that you wear proper footwear that securely holds your feet securely in them. Sandals, flipflops, cros, moccasins, and slippers are DEFINITELY NOT a good option.

Due to weather factors and shorter days, it is common to engage in less activity throughout the winter, and we become accustomed to fairly stationary lifestyles. After months of being inactive, it is important to

perform gentle stretches and exercises before engaging in any strenuous activity, including spring cleaning, particularly for seniors, since muscles, bones, and joints might react negatively to sudden movements.

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## **Senior Fall Prevention Tips**

### **1: Get Rid of Clutter**

- Cleaning up old magazines and newspapers, purging old clothing or kitchen utensils, and getting rid of clutter prevents falls and injuries, and are excellent ways to say goodbye to winter and welcome the refreshing energy of spring. The book **'Ageing Safely in the Home of Your Choice'** – [www.jeanfrancoispinsonnault.com](http://www.jeanfrancoispinsonnault.com) highlights hundreds of tripping hazards commonly found in homes and provides free or low-cost solutions and ideas.
- Clearing pathways in every room is a great fall prevention strategy by limiting clutter and obstacles to trip over.
- Make sure books and small objects are all kept on shelves and not on the floor.
- Staircases and hallways should always be clear of loose objects, and carpets and rugs in these parts of the home should always be nonslip.
- It is important to remove tripping hazards such as slippery throw rugs, loose carpets, and extension cords. Tripping on these items can result in back pain and other injuries.

Make sure these loose items are either repaired or replaced for effective fall prevention. With loose carpets and rugs, consider installing double-sided tape or rubber surfaces underneath them to maintain sturdiness.

In addition to cleaning up general clutter, fall protection for Seniors may also include rearranging the furniture in their homes. Seniors should have wide aisles and clear pathways in their homes so that they can safely navigate from room to room. Furniture clustered too closely together can be a serious hazard and is the second most common cause of falls.

### **2: Install Handrails & Grab Bars**

- This fall prevention tip for Seniors can be applied any time of the year, and it is crucial if you have mobility issues or an injury – and they are especially useful if there are stairs in the house.

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- Seniors depend on handrails and grab bars when cleaning their home, because they allow them to move around independently and with confidence.
- Handrails (Round or oval – grip diameter of 1.25 to 2 inches (32 mm to 50 mm) should be installed in staircases and long hallways, and they are designed to be grasped to maintain stability and support to prevent falls and other injuries. They provide excellent support when dusting or polishing furniture.
- An installed grab bar in the bathroom can not only help seniors get in and out of the shower, but it can help with reaching corners during cleaning. Sometimes, solid towel racks can become a sturdy grab bar by making sure the screws are long and securely installed on thick walls.

**3: Consider Physiotherapy and Massage Therapy**

Physiotherapy comprises gentle exercises and stretches, and the goal is to build overall body strength after an accident or surgery. It is a recovery method that is also preventative, increasing strength and limiting the chance of further falls.

The repercussions of falling include physical pain, even depression or anxiety. Regular massage therapy activates blood flow to muscles, eliminates toxins, and improves healing time for injuries.

Massage Therapy for Seniors also benefits breathing, increases mobility and appetite, improves digestion and elimination, and it provides more restful sleep.

**4: Avoid Loose Clothing**

Although it is tempting to want to wear looser clothing because of rising temperatures in the springtime, especially when working up a sweat from cleaning, baggy clothes can sometimes turn into hazardous accident traps.

Properly hemmed and appropriately fitted clothing that doesn't drag on the ground are key components for spring-cleaning attire and avoid dressing gowns or flowy dresses. Drawer and lower cupboard knobs should be replaced with a flatter D-style handle to prevent clothing from getting caught.

**5: Drug Monitoring**

Sometimes, the side effects of medications can include dizziness and disorientation, which can result in devastating falls.

This is a year-round concern, but with spring in full bloom, it's a good opportunity to refresh your memory and to familiarize yourself and your

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family member with all current medications. Obtain from your pharmacist the document that lists secondary side effects for each medicine taken.

Talk with your doctor to get clear information on how to safely combine medications, appropriate dosages, and any drugs or substances you should avoid. Write out a list of precautions and medications relevant to you.

Keep this list in an accessible place in the house (on the fridge, for example), and purchase a seven-day pill organizer (available at your pharmacy) to make it easier to manage medications throughout the week. Check with your pharmacist, as they often prepare pill organizers free of charge.

Keep the above points in mind this spring. Here are some additional tips to help remind your aging parent to be extra careful:

- **A reminder:** Wear shoes with a good grip when cleaning.
- Limit pets to certain rooms in the house, so you won't trip over them.
- Leave the big jobs to organizations, family, or friends. They can help with high-risk chores such as cleaning windows, mopping floors, changing bedding, and vacuuming different areas of your home.

**Senior living information is regularly posted on the blog.**

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

**Except for “Lasting Touch”, books benefit from a 10% discount, including shipping in Canada. <https://www.jeanfrancoispinsonnault.com/shop> and enter promo code: Spring26**

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