

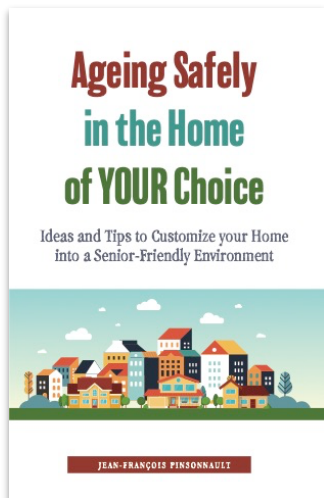
**AUTUMN 2026
EDITION**

AGEING SAFELY... LATEST NEWS

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

WELCOME TO THE AUTUMN 2026 NEWSLETTER

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



There's much to enjoy about the transition from summer to autumn. The intense heat begins to subside, the leaves change colour, and we ready ourselves for the holiday season. But like any seasonal transition, there is a trade-off, and the positive changes can also pose health and safety challenges.

Colder temperatures, influenza, and even fallen leaves can seriously threaten seniors' well-being and independence. Fortunately, by following a few tips and best practices, seniors can stay safe and enjoy everything autumn has to offer.

In Canada, falls are the leading cause of emergency room visits, hospital stays, and injury-related deaths among older adults and children.

Source: <https://parachute.ca/wp-content/uploads/2021/11/COI-Seniors-Falls-Infographic-UA.pdf>

To help prevent falls, seniors should stay active, check their medications, and make their homes safer.

Stay Active and Build Strength

- Try to exercise regularly. Aim for about two hours of moderate activity each week, like going for a walk every day.
- Work on your balance by doing gentle exercises such as tai chi, yoga, or stretching at least twice a week. These activities help strengthen your legs and improve coordination.

Disclaimer:

The information highlighted in this document are suggestions.

Information is widely available on the web and provided as a reference and your awareness.

Seniors' concerns and issues change over time.

Always verify for current and factual information on trusted websites.

- When you get up from sitting or lying down, do it slowly. This gives your body time to adjust and helps prevent dizziness.

Review Medications and Health

- Have your pharmacist look over all your medications, including any you buy without a prescription. Some medicines can make you feel sleepy or dizzy.
- Get your eyes and ears checked every year. Even small changes in vision or hearing can affect your balance.
- Make sure to drink plenty of water and eat healthy meals. This helps you stay strong and avoid feeling weak.

Make the Home Safer

- Keep walkways clear by moving electrical cords, papers, and other clutter out of the way. Take up loose rugs or make sure they have nonslip backing. Check out the book for more ideas!
- Use bright, daylight bulbs in your home. Place self-charging nightlights in bedrooms, bathrooms, and hallways to help you see better at night.
- Add safety features in the bathroom, like grab bars next to the toilet and inside the tub or shower. Put non-slip mats on wet floors to prevent slipping.
- Wear sturdy, flat shoes with non-skid soles. Avoid walking around in socks or slippery slippers.

What causes falls in older adults?

There are many reasons why someone might fall.

- As you get older, your eyesight, hearing, and reflexes may not be as sharp as they once were.
- Health issues like diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance and make falling more likely.
- Needing to hurry to the bathroom because of conditions like incontinence can also raise your risk of falling.
- Running to answer the phone also raises your risk of falling.
- Older adults who have mild cognitive impairment or some types of dementia are more likely to fall.
- Losing muscle as you age (called sarcopenia), having trouble with balance or walking, and having blood pressure that drops when you stand up (postural hypotension) can all make falls more likely.
- In all cases, when standing up, first stand slowly, then wait 10-15 seconds. The same when getting up from bed: start by sitting on the bedside for 10-15 seconds, then stand slowly, and wait for another 10-15 seconds before walking away.
- Foot pain and wearing unsafe shoes, like backless shoes, sandals or high heels, can also make you more likely to fall.
- Some medicines can raise your risk of falling because they may cause side effects like dizziness or confusion. Taking several medicines at

once can make falling even more likely. It is suggested to sit when taking one's medicine.

Tips to Prevent Falls and Stay Independent as You Age:

<https://www.youtube.com/watch?v=aMlvtq2jrDk>

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Autumn Safety Tips

- **Get the influenza vaccine:** The flu is usually less serious for younger people, but it can cause complications like pneumonia and bronchitis in seniors. These problems can lead to serious illness, hospital stays, or even death. The flu can also aggravate existing health issues. Check with your doctor/nurse practitioner to find which vaccine is best.
- **Reduce the risk of influenza:** Besides getting vaccinated, there are other steps you can take to lower your chances of getting the flu:
 - Avoid contact with those who are sick.
 - Wash your hands often with warm water and soap, or use an alcohol-based hand sanitizer.
 - Clean often-used surfaces to help prevent the spread of germs.
 - Stay active with regular exercise, but check with your doctor first to find the best, least challenging option.
- **Reduce fire risk:** When it gets colder, many people use space heaters or fireplaces to stay warm. Keep anything that can catch fire away from these heat sources. Also, check that your fire extinguisher works and replace the batteries in your smoke detectors and carbon monoxide detectors. During spring and autumn time change over is best.
- **Keep warm:** As it gets colder, it's important for seniors to stay protected from the cold. Even though autumn isn't as harsh as winter, there is still a risk. Hypothermia can happen quickly, even in mild cold. Try to go outside only when you need to, and wear layers of loose-fitting clothes when you do.
- **Clear away the leaves:** Fallen leaves may look nice, but they can make it easy to slip and fall. Be sure to rake them off driveways and sidewalks, especially after it rains, and they become slippery.
- **Get Ready for Power Outages and Bad Weather:** Losing power is inconvenient for everyone, but it can be much more serious for older adults who rely on medical equipment, refrigerated medicine, mobility aids, or regular help from caregivers.

Autumn is a great time to make or update your emergency plan before bad weather hits. Be sure to have these important supplies on hand:

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- Flashlights and extra batteries
- Drinking water (<https://72hours.ca/collections/essential-emergency-survival-kit>)
- Shelf-stable food
- Necessary medications
- A basic first-aid kit
- Warm blankets
- A battery-powered or hand-crank radio (available at the link above)
- Portable phone chargers or power banks
- Emergency contact information
- **Plan for Groceries, Meals, and Essential Supplies:** Bad weather can make an ordinary trip to the grocery store much more difficult, especially for an older adult who lives alone, no longer drives, or has limited mobility.
Autumn is a good time to create backup options for days when driving or leaving the house is difficult. That might include grocery delivery, prepared meal services, help from family or neighbours, community meal programs, or assistance from an in-home caregiver. Check the refrigerator, freezer, and pantry. ***Is there enough food available?***
- **CAREGIVERS:** Decide who will check or call your parent/friend/ neighbour if the power goes out. Think about how they will stay warm. Family members should know who will check in if phone service, electricity, heat, or transportation is lost. Making these decisions ahead of time can make emergencies much easier to handle.

If your loved one uses medical equipment that needs electricity, discuss with the equipment provider and healthcare team what to do if the power goes out. Ask if you need backup power or another emergency plan.

Senior living information is regularly posted on the blog.

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

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