



# AGEING SAFELY NEWSLETTER

## Ageing Safely in the Home of YOUR Choice

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

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into a Senior-Friendly Environment



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My name is Jean-François Pinsonnault, and I cared for my mother for nearly fifteen years. As a result, I learned a lot about making easy adjustments to my mother's living arrangements to increase her safety and comfort. At her request for the first ten years, she lived in the family home. Then, one day she called to ask if my long-term offer to come and live with me was still good. It was. In 2017, I published our journey together entitled "Lasting Touch."

This second book is my response to the horrific impact of COVID-19 on seniors worldwide. I could no longer sit on the sidelines and watch our governments fail at keeping their citizens safe.

I knew what I had to do. I had done it for my mother.

Available Spring 2022

*Note: La version française devrait être disponible à l'été 2022.*

## THIS ISSUE



Welcome to the Ageing Safely Newsletter arriving on the New Moon\*.

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## TIPS & IDEAS

Hundreds of ideas, tips, plus nine tools to customize your home in one book – Ageing Safely in the Home of YOUR Choice.

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## NEXT ISSUE (January 2, 2022)



### Exterior Environment:

Eliminating or minimizing risks of falls is key to a long and healthy life—ideas and tips to ponder.



Latest information about the publishing progress and availability of the book

## Monthly Newsletter

Welcome to the first "Ageing Safely Newsletter."  
Issue # 1 provides context and why I chose to write this book.

If you haven't already done so, I invite you to register to receive regular updates and sneak previews of ideas and tips described in my upcoming book. Upon completing the registration form on the website, you will receive a free pdf document with dozens of ideas to start your adaptation journey.

<https://www.jeanfrancoispinsonnault.com>

## Welcome to the Ageing Safely Newsletter

### Context:

Over 90 percent of seniors live an active lifestyle in their homes or a retirement community. In addition, the National Institute on Ageing/TELUS Health published a comprehensive analysis entitled “*Bringing long-term Care Home*” (<https://www.nia-ryerson.ca/publications>). It reports that almost 100 percent of Canadian seniors aged sixty-five plus, will do everything in their power to remain in the home of their choice.

‘*Ageing Safely in the Home of YOUR Choice*’ highlights hundreds of actionable adjustments, changes, ideas, and tips to transform the home into a safe and comfortable senior-friendly environment where they can remain for years to come.

### Why me?

I am a son who was the principal caregiver for my mother for fourteen memorable years. It was a steep learning curve. But, through trial

and error, I quickly learned ways to maximize my mother's quality of life and increase her safety and comfort by adapting her living arrangements to meet her changing needs.

### Why now?

Like many of you, I watched and listened to the COVID-19 pandemic's devastating impact on seniors. Sadly, upwards of 10 percent of seniors should not have been placed in LTC. (Source: <https://www.cihi.ca/en/1-in-9-new-long-term-care-residents-potentially-could-have-been-cared-for-at-home>).

Urgent action was needed. However, it was not forthcoming or easily accessible. Thus, building on my experience, I started researching and writing.

My primary purpose for writing this resource book is to provide seniors and their families, ideas, suggestions, tips, and tools in order to remain safely and comfortably in the home of their choice for as long they can.



**Why does the “Ageing Safely” newsletter arrive 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>

## Ageing Safely in the Home of YOUR Choice

**Hundreds of ideas, tips, plus nine tools to customize your home in one book**



Generally speaking, many of us have been living in our homes for some years. So the chances are that some hazards or risky situations may surround us. We may have developed a workaround, or we might be ignoring them.

Unfortunately, depending on various circumstances, hazards may lead to falls and cause serious injuries.

I recently posted on my blog several links to reputable sites, offering valuable ideas and suggestions to eliminate or minimize falls in and around the home: <https://www.jeanfrancoispinsonnault.com/blog>

One of many recurring themes concerning seniors' safety is the importance of proper lighting in all the rooms, especially having timers for strategically located lights, motion sensors and power failure nightlights to facilitate movement.