



HOME SAFETY FOR SENIORS

A Guide from
Amica Senior Lifestyles

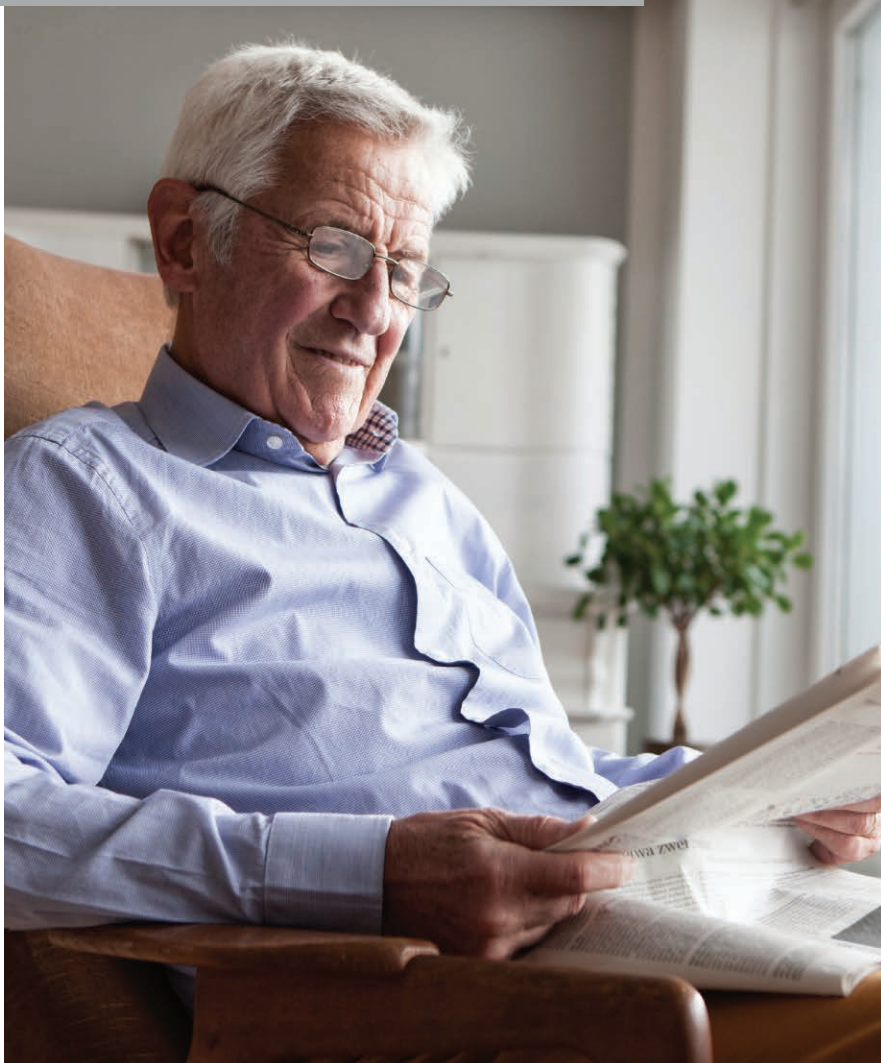
AMICA

SENIOR LIFESTYLES

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HOME SAFETY HELPS YOU MAINTAIN YOUR INDEPENDENCE



How to reduce hazards, injury risk and stay comfortably in your home as long as possible.

Improving home safety for you or your family is one of those tasks that many of us tend to put off. If it's important to you to stay in your home longer, here's why it's wise to make safety a priority now — and how to make it happen.

Most falls occur at home while you're doing daily activities. Plus, fall-related injuries may be the main reason you or your loved ones could lose independence and require assistance for everyday life. If you're a senior, you may not notice that age-related physical changes are putting you at risk. If you're an adult child, you may not be aware that your parents are struggling. All this leads to the fact that we often don't think about home safety until after something happens, says Kathy Keough-Rocheleau, a registered nurse and Regional Director of Wellness at Amica. "That can be too late if a fall causes a fractured hip, and a senior has to go into long-term care."

As Canada's leader in premium retirement lifestyle residences, Amica is an expert in prioritizing seniors' health and safety. We also know how important it is for most seniors to live happily and safely at home. That's why we created this guide to help you to eliminate potential hazards and prevent falls and injuries at home. The information in this guide comes from our own industry-leading best practices and expertise from the Public Health Agency of Canada, the Canada Safety Council and other respected organizations.

It's understandable that many people would like to stay in their own home for as long as possible, but if someday you find that's no longer working, you can rest assured that all Amica residences are thoughtfully designed to protect and enhance your safety, health and well-being. This guide will help you:

- Identify easy, room-by-room safety measures to implement — indoors and out
- Discover interior design tips to live safely in style, including floor plans, lighting, furniture and more
- Learn how your lifestyle can help reduce falls, from exercising to reviewing medications
- Find out about the latest senior tech, monitoring systems and security devices
- Make daily tasks easier for people with low vision
- Optimize safe spaces for those with impaired hearing
- Protect the well-being and safety of seniors with dementia
- Recognize the red flags when it's time for you or your loved one to find connection, professional care and peace of mind in Assisted Living.



CHECKLIST: HOME SAFETY FOR SENIORS

Forget about home décor trends: the smartest design tip for seniors is to update your house, condo or apartment to improve safety, remove potential tripping hazards and reduce the risk of falls. Consider this a must-do rather than a nice-to-do project. After all, 50 percent of falls that lead to hospitalization among seniors happen at home.

Use this room-by-room guide to make your space more accessible and prevent falls and other injuries, plus get even more tips on the [Aging & Seniors page of the Public Health Agency of Canada website](#). Keep in mind that many of the tips in specific sections below apply to your entire home: removing area rugs is a good idea in all rooms, not just hallways, for instance. You'll find many helpful safety products in your local seniors' safety or medical supply store. Finally, consult with your healthcare team to find out about additional design and safety recommendations based on your individual needs and assistive devices.

Outdoors

- Install outdoor lights for each entrance and along pathways

- Install railings and textured surfaces on outdoor stairs, pathways and decks to prevent falls
- Repair uneven steps and walkways and keep them clear of leaves, snow and clutter
- Salt and remove icy patches on your porch, steps and walkways
- Research indoor and outdoor home security systems designed with seniors in mind (find more info on page 9).

Entrances, hallways and stairwells

- Install additional lights for improved visibility, where needed, and switches at the bottom *and* top of stairs
- Install and test smoke and carbon monoxide detectors on each level of the home and mark your calendar to replace the batteries every six months
- Choose nonglare, slip-resistant flooring throughout the house
- Remove area rugs or throw rugs throughout — they are tripping hazards
- Add a chair or bench by the front door to sit on while putting on or taking off shoes

- Fix broken stairway steps and railings and replace torn carpets with non-slip rubber treads
- Remove items on the floor and unnecessary furniture to clear a path for walking and mobility devices.

Living rooms and other common spaces

- Keep a list of emergency phone numbers in all rooms and on all floors of the house
- Coil or tape down electrical cords, cables and wires throughout the house
- Keep space heaters away from flammable materials and substances
- Replace outdated extension cords with new ones or indoor power bars with certification marks, such as CSA, cUL, or cETL, to prevent overloading electrical outlets
- Replace candles with battery-operated candles or electric lights
- Put stickers or bright tape on glass doors leading to the backyard or balcony.

Kitchen

- Keep a first aid kit in the kitchen or bathroom
- Install a fire extinguisher on a wall away from the stove, and check it monthly to ensure it's in good working order
- Keep staple foods, canned goods and pots and pans in a location between knee and shoulder height
- Store heavy items in lower cupboards and light items in higher cupboards
- Invest in a high-quality stepping stool with a safety rail
- Keep oven mitts within reach of the stove — these are safer than potholders.

Bathrooms

- Plug in a night light for evening bathroom trips
- Set the temperature of your water heater to 49°C (120°F) and install an anti-scald mixing valve
- Test the water temperature with your elbow before getting into the bathtub or shower
- Install properly placed and well-anchored grab bars to your shower or bathtub wall and non-slip strips or stickers to the floor
- Buy a bath seat for the shower if standing/balancing is a challenge
- Ensure that bathmats close to the shower or tub have a rubberized backing or are secured in place
- Buy a raised toilet seat and properly install a well-anchored grab bar by the toilet.

Bedrooms

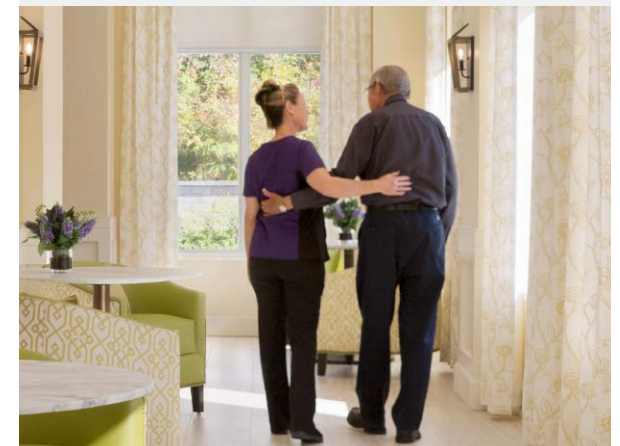
- Install and test smoke and carbon monoxide detectors outside of bedrooms and sleeping areas (or inside if you keep bedroom doors closed while sleeping)
- Keep a phone and a list of emergency contacts beside the bed
- Install light switches near the entrance of bedrooms (and by the bed, if possible)
- Place lamps and assistive devices like walkers close to the bed so they're easy to reach
- Plug in a night light before you go to bed or use a model that turns on automatically in low light
- Clear any obstacles or tripping hazards between the bed and bathroom
- Consider buying a new bed with short bed rails and a safe height that makes getting in and out easy.

Laundry room, garage or basement workroom

- Install additional lights for increased visibility
- Place heavy items on lower shelves and use a stable stepping stool with a safety rail, if required, to reach things
- Safely store tools, equipment, chemicals, and flammable materials (propane tanks should be stored outside for example, not in a garage or basement).

SAFETY BY DESIGN

If senior proofing at home seems daunting and you're already thinking about your future social and care needs, you may want to consider moving into an Independent Living or Assisted Living suite at Amica. Aside from the connections, amenities and outstanding dining that you'll enjoy, our beautiful residences are purpose-built with safety in mind. From wide hallways to excellent lighting to supportive bathrooms, Amica residences are thoughtfully designed for your current and future care and mobility needs. Plus, the sooner you arrive, the sooner you can take advantage of engaging activities, strengthening exercise classes and fun events that will boost your emotional and physical well-being for years to come.





7 SENIOR-FRIENDLY INTERIOR DESIGN TIPS

When was the last time that you updated your living space? Despite the popularity of home décor shows and magazines, many of us are still using the same furniture, lights and hardware that we've had for decades. Our homes may not have changed, even though our bodies, minds and abilities can change as we age. For older adults, it's not just about aesthetics and comfort — improving the design and décor of your home, condo or apartment is critically important to boost safety and help prevent injuries now and in years to come. Here's how to invest wisely in redecorating with simple interior design tips for seniors.

You can still choose beautiful things, just with care and safety in mind, says Kathy Keough-Rocheleau, an Amica Regional Director of Wellness. "At Amica, for instance, our chairs are higher and have arms to help seniors get up, and hallways have a decorative chair rail that residents can use for support."

1 Rework your layout with mobility in mind

To prevent falls, you and your loved ones should remove area rugs and some furniture to ensure there's ample, clear space for walking and mobility

aids such as canes, walkers or wheelchairs. Install handrails in areas with even a single step leading down to another room. Wide and securely installed shelves or wainscoting can give seniors a sturdy place to reach for balance.

2 Choose furniture that's functional for seniors

Stop tripping over and banging into oversized furniture, multiple small tables or sharp-edged pieces. Measure each room and then replace older sofas and living and dining room chairs with new items that have arms, firm cushions and a good height that makes them easy for you to get in and out of. (Test-drive reclining and non-reclining furniture in the store to find the right height and comfort level.) Tables and ottomans with rounded corners will spare shins and hips. (Avoid glass-topped tables, which may be difficult for some seniors to see.) In the bedroom, consider adding bedrails to a bed to avoid falls.

3 Update your lighting

Aging eyes, vision problems and faulty depth-perception can put seniors at risk. The Canada

Safety Council recommends installing more lights to help illuminate rooms, hallways and stairwells better, as well as two-way light switches at the top and bottom of stairs. Additional pendants, sconces, task lights such as wall-mounted reading lights and undermounted cabinet lights in a kitchen can all offer more visibility. (Don't forget to add more lights to your entrance and outdoor spaces, too.) If budget permits, design open spaces and enlarge or add windows or skylights to bring in more natural light. At Amica's newest residences, for instance, windows are built bigger and lower, so seniors can enjoy more light and a view even when propped in bed or in a chair.

4 Design a safer kitchen

Follow the safety checklist guidelines on page 4 and consider reconfiguring the kitchen as well. Architectural design experts recommend including a counter or table where seniors can sit while doing meal prep, for instance. Choose under-counter drawers with easy-grip pulls in lieu of cabinets, and a fridge with a side-by-side freezer and refrigerator so that items are easy to reach.



The Memory Care dining room at Amica Unionville

5 Plan supportive bathrooms

Complete the home safety checklist items on page 4, but also think about a more extensive redesign. You could follow Amica's design lead, so that your bathroom layout has a five-foot turning radius for wheelchairs and walkers, grab bars in all the right places and a higher accessibility toilet. You may also choose to install a walk-in tub or a no-threshold shower stall with a built-in seat.

6 Choose colours with care

Yellow and red are the most visible colours to aging eyes or those with macular degeneration, while blue and greys are the first to fade. Use contrast to your advantage, too: furniture will pop more against light walls or floors, for instance, resulting in fewer trips and falls. (Read Home design tips for seniors with low vision on page 11 for more recommendations.)

7 Invest in a well-designed life at Amica

If investing in safety upgrades and renovations isn't ideal, consider moving to an elegant and accessible Amica residence to enjoy a full, connected life with outstanding dining and amenities. You or your family can live independently, have care as needed in the privacy of your suite, or choose Memory Care for support with dementia needs, socializing and inspiring activities. Each Amica residence features dozens of innovative, discreet, senior-friendly details that allow residents to flourish.

CHECKLIST: HOW SENIORS CAN AVOID FALLS



Did you know that falls are the leading cause of injury-related hospital admission among Canadian seniors and that 20 to 30% of older Canadians fall each year? As we age, changes in our balance, health and muscle tone increase the likelihood of slips, trips and tumbles. At minimum, falls can make seniors fearful and less likely to go out, but they can also cause broken bones, chronic pain and even death. Luckily, there are many easy ways to reduce your likelihood of falling, from making safety updates at home (see our checklist on page 4) to the lifestyle tips below.



Aim for 30-minutes of exercise each day. Staying strong and limber helps reduce the risk of falls. Walking, climbing stairs and other weight-bearing activities will help strengthen your bones, too.



Eat healthy and drink plenty of water. A nutritious diet with protein, calcium, vitamin D, vitamin B12 and other nutrients will help keep your muscles and bones strong. Fluid intake also prevents dehydration, which can lead to dizziness and falls.



Have your vision and hearing tested annually. Poor eyesight and hearing can both contribute to falls, so wear your glasses and hearing aids. (Remove reading glasses before going down stairs.)



Talk to your doctor or pharmacist about your medications. Certain drugs and supplements, on their own or in combination, can trigger sleepiness, dizziness and falls.



Try to get seven or eight hours of sleep each night. Fatigue boosts your likelihood of falling.



Cut back on alcohol. Seniors are more sensitive to alcohol, which can mix poorly with medication. Alcohol affects alertness, coordination and balance, which may result in a fall.



Get up slowly. Whether you're just waking up or you are rising from a chair or a bed, take your time. Your blood pressure can drop if you get up too fast, making you unsteady.



Wear better shoes. Buy supportive, low-heel, rubber-soled non-skid shoes and slippers. Keep them on and don't walk around in socks or smooth-soled shoes.



Use assistive devices if you often feel unsteady. Talk to an occupational or physical therapist about finding the right size cane, walker or assistive device for you. Keep it within close reach of your chair or bed.



Talk to your doctor if you fall or are falling more often. It may be a simple fix, such as a medication adjustment, a vision checkup, physiotherapy, etc. If you need daily assistance for mobility and personal care, you might appreciate the combination of professional care with enriched amenities, activities and dining available at Amica.

ROUNDUP: SAFETY AND SECURITY DEVICES AND TECH FOR SENIORS



For seniors who want to stay in their home as long as possible, you can choose from more safety gadgets, technology and systems than ever before. That's also great news for adult children and caregivers, who may worry about loved ones who are prone to falling, or who sometimes forget to turn off the stove. Start your research below and talk to your healthcare provider about any specific monitoring recommendations they may have.

Safety monitoring systems

Medical alert systems alert caregivers, family members, friends, emergency services or a monitoring company when a senior needs help. Typically, seniors wear a waterproof pendant, bracelet or watch that features a panic button they can press in case of emergency. (Some can

also detect a fall when a senior is unconscious and unable to ask for help.) Prices range depending on features and whether it's unmonitored (connecting to one or several emergency contacts) or monitored (connecting to a 24/7 dispatching centre). Do an Internet search on "seniors medical alert" to find local companies that offer both mobile and home-based options

- **A home-based medical alert system** typically has a base unit in the house in addition to a wearable pendant or other accessories. These systems can use either a landline telephone or cellular network to connect to a dispatcher. Some of these only work in the home (okay for housebound seniors), while others also have mobile coverage if you're out and about.
- **Mobile/portable medical alert systems** with GPS tracking offer peace of mind whether you're inside your house or on the go. These can be good for active seniors who go out a lot. Some offer wandering alert functionality for seniors with dementia.

Smart tech and security systems

Seniors can use voice-activated calling and emergency SOS features on various devices such as smartphones, smartwatches and smart speakers like Amazon Echo or Google Nest. Many home security systems also offer video cameras and panic buttons, such as the Ring Alarm or Bell Smart Home system. These are all helpful features, but don't replace a medical alert system.

Wandering deterrents, alerts and locating devices

If your parent has Alzheimer's or another type of dementia, you may be worried about them wandering. You can buy specialized locks and barrier banners that may stop some seniors. You can also invest in contact sensors or devices that send an alert if your parent leaves a chair or bed, exits the home at unexpected times or steps outside a safety zone established by you. (The Safety Anchor system also offers a panic button, while SafeTracks GPS devices let you talk to your parent.)



PRIORITIZING SAFETY AT AMICA

When it's no longer safe for a parent to stay at home, look for a retirement residence with an excellent safety record. At Amica, everything we do is designed to provide unwavering support for the safety of residents and families, including:

- Thoughtful design indoors and out for safety and accessibility, from lighting, flooring, seating and walkability to doorways and bathrooms
- A licensed nurse on duty around the clock
- Emergency response pendants, which we monitor on-site
- 24/7 support on your schedule and your terms
- Excellent activities, amenities and dining designed to empower you with inspiring ways to connect, learn, and enjoy every day.

Medication management

Missing a pill, taking too many or taking meds at the wrong time can all have negative consequences for those managing health conditions. You can keep your health on track with digital pill dispensers or reminder systems. If a simple reminder is needed, you can use a device like Reminder Rosie to record your voice prompting yourself or your parent to take their meds (or go for a walk, eat lunch, etc.), then scheduling the announcements to play at specific times during the day and evening.

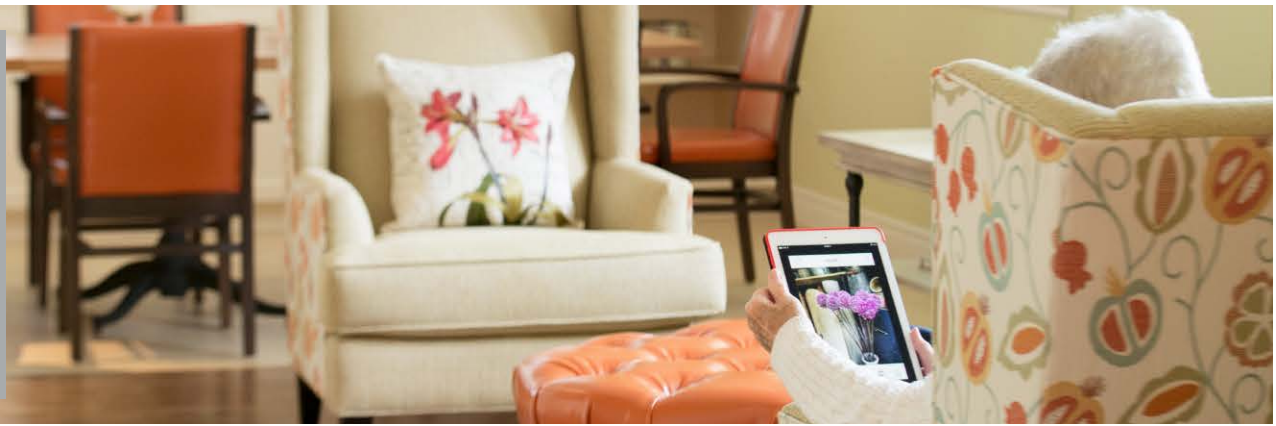
Some medication dispensers (like Med-Q) alert you when it's time to take a pill and may unlock the correct pill compartment. For a monthly fee, high-tech monitoring services send reminder alerts, automatically dispense medications and include announcements about taking pills with food, etc.

Stove and water alarms

Forgetting to turn off the stove and causing a fire is a common worry. Smoke and carbon monoxide detectors are essential in any living space, but you may want to invest in a smart alarm that goes off in the home in addition to alerting you or other caregivers via smartphone. For extra security, install a stove alarm system. For example, iGuardStove shuts down the stove if no motion is detected for five minutes. Or you can program it to stay on longer when cooking for longer periods. Similarly, you can install a water overflow alarm in a kitchen, bathroom or laundry room to alert when a faucet is left on too long.



HOME DESIGN TIPS FOR SENIORS WITH LOW VISION



Home safety is crucial for the one in four Canadians with irreversible vision loss by age 75. After all, seniors with low vision — often caused by age-related macular degeneration, cataracts, glaucoma or diabetic retinopathy — are more than twice as likely to fall. Even if you're not legally blind, vision loss can make it more challenging for you to read, identify objects, judge distances or distinguish colours. So use the following décor and interior design adaptations to help make daily tasks easier, remove potential hazards and prevent injuries.

1 Update lighting throughout the house

The goal is to create more uniform light in every room, hallway and space in your home, with these tips:

- Use sheer drapes or adjustable blinds to maximize light from windows
- Replace old light bulbs with 60 to 100-watt bulbs, and avoid irritating fluorescent lights
- Install more evenly distributed ceiling lights, as well as additional floor, table or clip-on lights (check out the options in the [CNIB Smartlife store online](#))
- Use motion sensor lights or nightlights in the bathroom, hallways and elsewhere
- Keep a super-bright LED mini light or flashlight handy for any time that you need more light.

2 Eliminate hazards and increase visibility

People with low vision are particularly vulnerable to injury, so it's essential to follow all the Home Safety for Seniors checklist recommendations on page 4. Try these tricks as well:

- Remove all trip hazards, such as area rugs and low tables, and keep desk and table chairs pushed in at all times
- Avoid mirrors and high-gloss surfaces, or at least position them so they don't reflect light or create glare
- Place furniture close together to encourage conversation, with seating close to windows for natural light
- Replace telephones, clocks and other gadgets with large numbered or talking versions available at the [CNIB Smartlife store online](#) and elsewhere
- Set computer screens to large-size fonts and invest in magnifying devices as well as TV and DVD remotes with large, labelled buttons
- Label everything and organize items so they're always in the same place.

3 Amp up the contrast

- Orange, red and yellow hues are most visible. Choose furniture in bright, solid colours or put coloured objects or blankets on top of key

furniture pieces to make them more noticeable. Light walls will allow furniture to pop more, too

- Avoid visually distracting, patterned furniture or rugs and hard-to-see glass-topped tables
- Mark the edge of stairs, doorknobs and the inside of doors or cabinets with bright paint or fluorescent tape so they're more visible
- Replace pale light-switch plates with brighter, more visible alternatives
- Paint or mark exits with a bright, contrasting colour in case of emergency.

4 Boost connection and combat isolation

While home modifications can enhance safety for seniors with low vision, they remain at a higher risk of isolation and depression than their peers. Moving to an Amica residence — thoughtfully designed for aging eyes, senior safety and socialization — helps visually impaired seniors stay connected and active. With 24/7 support, on-site nurses, emergency monitoring and attentive wellness staff, Amica residents and their loved ones also enjoy peace of mind. The fact that many Amica residences offer Independent Living, Assisted Living and Memory Care under one roof means that you can also look to the future with confidence, knowing that you'll have the support you require even as your needs change.

HOME DESIGN AND SAFETY TIPS FOR SENIORS WITH HEARING LOSS



Did you know that 65% of Canadians over 70 have hearing loss — sometimes undetected? Consider hearing impairments when you're redecorating or designing spaces for seniors. Whether you use hearing aids or have mild hearing loss, many deaf-friendly house design features — from alerting devices to better lighting — can increase the safety of your home.

1 Update alarms and alerting systems

Flashing lights, vibration and amplified sound can all make alarms and devices more helpful for seniors with hearing loss, so ask your hearing healthcare professional where to buy them locally. Purchase alarm clocks and door-bell signalers for the hearing impaired that use a strobe light, for instance. Smoke, fire and carbon monoxide detectors are available with lights as well as an extra-loud alarm or a bed-vibrating component that goes under your pillow or mattress to shake you awake. Seniors can also consider all-in-one notification systems with one or more receivers that display alerts from multiple devices such as the telephone, doorbell, smoke detectors and more.

2 Optimize acoustics

Noise that reverberates against hard surfaces can make hearing difficult for people with low hearing and even painful for those with hearing devices. Interior design for the hearing impaired should take this into consideration. Wall hangings and tapestries, plush furniture placed so people can face each other and wall-to-wall carpet — which isn't a trip hazard like area rugs — can all improve room acoustics. You can also install acoustical tiles, which can be painted. Properly sealing windows and doors will reduce distracting exterior noise as well.

3 Layer in more light

Ensuring that rooms are well-lit not only lowers the risk of falls, but it also helps hearing-impaired seniors to see gestures, facial expressions and lips better. Choosing flat-finish paints in cool, soothing colours will avoid glare in bright rooms and help reduce eye fatigue, which is common among those who rely on visual cues for communication. Ask your hearing healthcare professional for even more home safety tips, as well as leads on local design firms who adapt homes for hearing-impaired seniors.

4 Know when you need more care

Redesigning or retrofitting a home can be time-consuming and expensive, so it's worth considering how long you or your senior loved one can live independently. Amica residences are designed to meet the safety needs of seniors, including the hearing-impaired, but also offer engaging activities with like-minded peers, premium amenities, outstanding dining and personalized, professional care.

Hearing-impaired seniors thrive at Amica, says Kathy Keough-Rochelleau, a Regional Director of Wellness. "All of our emergency alarms have a strobe light for seniors with hearing issues, but we also build a customized care plan. That can include making sure that hearing aids are in each day or speaking in the better ear of a resident when offering care."

Book a tour! See what it's like to enjoy living on your own terms in an elegant Amica residence with exceptional dining, amenities, activities, senior care and safety measures.

HOME DESIGN TIPS FOR SENIORS WITH DEMENTIA AND MEMORY LOSS



It's normal to worry about an aging spouse or parent living at home, but even more so when they have Alzheimer's disease or another form of dementia. That's because seniors with dementia have additional cognitive, memory, balance, coordination and depth-perception challenges that put them at higher risk of injury. (Read [What living with dementia looks like](#) and our [Memory Care Guide](#) to better understand their unique support and safety needs.)

To reduce potential hazards, caregivers should update their loved ones' spaces in compliance with the home safety checklist on page 4. The additional home-design and safety recommendations below are specifically for seniors with dementia. Keep in mind that many tips in specific sections below apply to the entire home. Most importantly, speak to your spouse or parent's healthcare team about any additional design and safety needs they may have. Your provincial [Alzheimer Society](#) office may also be able to direct you to local aging-in-place safety experts who can visit your home.

Living rooms, bedrooms and other indoor spaces

- Avoid busy wallpapers and mirrors, which can trigger visual distortions and confusion for seniors with dementia
- Choose art with warm, realistic images to evoke fond memories. A painting of a sunny landscape or a serene beach would be better than an abstract painting, for example
- Place strong, low-glare lights in places that prevent or minimize shadows (these can look like frightening black holes to someone with dementia). Likewise, select furniture in warm, bright colours rather than dark shades
- Throw out decorative fruits or toxic plants that a senior might mistakenly try to eat
- Clear out clutter, which can be a safety hazard but also visually hard to process
- Anchor bookshelves and drawers to the wall and replace swivel-wheel chairs
- Avoid glass furniture and put decals on oversized windows or glass doors so they're not perceived as an open space
- Install seniors' safety gates at the top or bottom of stairs, as people with dementia may experience depth-perception challenges

- Consider video monitors or motion-sensor alarms in bedrooms, kitchens and other indoor and outdoor spaces.

Kitchen and laundry room

- Follow the safety checklist recommendations on page 5, plus install an automatic shut-off device for the stove
- Install anti-scald or shut-off devices on faucets to prevent burns, as people with dementia may have a decreased sensitivity to temperature
- Place drain traps in sinks and disconnect sink garbage disposal units
- Unplug appliances like toasters and microwaves when not in use (or keep them locked away in an appliance garage)
- Keep food easily accessible (between knee and shoulder height) to discourage climbing on stools or chairs. (But keep unhealthy food choices and pet foods out of sight)
- Use child-proof locks to keep sugar, seasonings, medications, alcohol, matches, lighters, knives, scissors, cleaning products, chemicals, laundry-detergent pods and other hazards away.



Memory Care Lounge, Amica Aspen Woods

WHEN TO SEEK DEMENTIA CARE

You may want to consider retirement living with Memory Care as soon as a loved one is diagnosed, or as they move into the middle and late stages of dementia, start wandering or have trouble taking care of themselves. Talk sooner rather than later to avoid caregiver burnout, to allow your parent or loved one to be involved in the decision and to reserve the suite of your choice (waitlists are common).

“At a residence, we take care of meals and everyday chores so the time you spend with your spouse or parent is happy and enjoyable,” says Heather Palmer, a cognitive aging specialist and Amica’s Cognitive Well-Being Advisor. “Too many people wait until they’re in crisis.” Invest in safety and peace of mind now instead, thanks to Amica’s professional Memory Care with specially trained staff, around-the-clock support, exceptional dining, enriching activities and premium amenities.



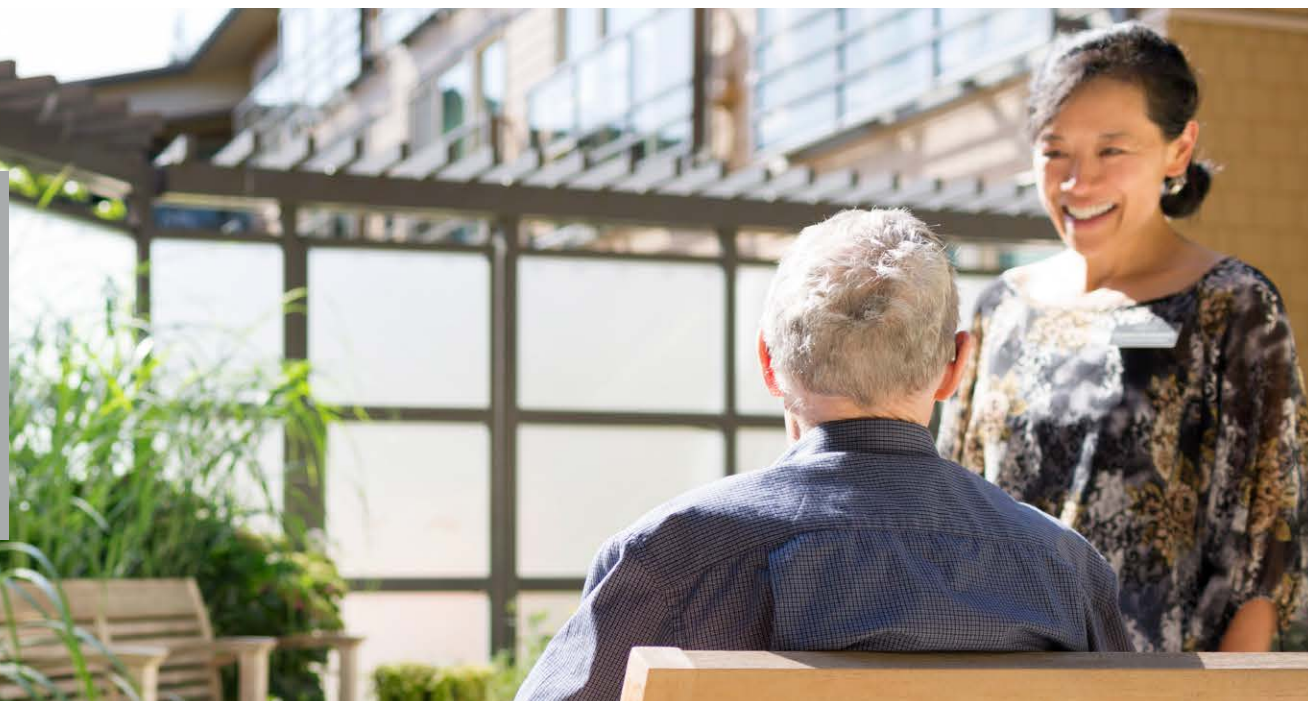
Bathrooms

- Install all the bathroom safety equipment recommended on page 7
- Install anti-scald or shut-off devices on faucets
- Remove bathroom door locks or ensure that they have an emergency release
- Use a lockbox or child-proof locks on cupboards to keep medicines, razors, cleaning supplies and other hazards out of reach
- Discourage shaving with an electric razor near the sink or other water sources — do it by a bedroom mirror instead.

Outside

- In addition to the outdoor safety checklist items on page 4, ensure that patio doors and front and backyard gates lock
- Lock and cover the barbeque when it’s not in use
- Keep hazardous equipment like lawn mowers, power tools and gardening shears locked away
- Place a spare house key outside in case caregivers are ever locked out.

WHEN IS IT TIME FOR ASSISTED LIVING?



It wasn't the way Charles imagined making his next move: When friends arrived at the 80-year old's home to take him out for lunch, they discovered him lying unconscious on the floor and they frantically dialed 911. A type 2 diabetic, Charles's blood sugar had skyrocketed, and he'd become severely dehydrated. He spent weeks in the hospital recovering from his injuries and stabilizing various health conditions before his family heard from his health team what they'd suspected for months: it was no longer safe for Charles to live alone. His late wife had been his caregiver; after she died, he became depressed and struggled to look after himself. Charles was very reluctant to listen to his family's concerns until doctors announced he wouldn't be released until he had full-time care or moved to assisted living.

No family wants to have this scenario play out. The good news is you can avoid a crisis by honestly reviewing your loved one's current capabilities and circumstances. Use this checklist of red flags, which

may indicate that your mom or dad could benefit from a retirement residence offering assisted living:

- Your parent doesn't seem to be eating well. For instance, their clothes may be getting too big, or their fridge contains rotting food
- They have a growing stack of unopened bills and mail, signalling that they're overwhelmed and not managing well
- Your parent is no longer changing their clothes regularly and laundry isn't getting done properly
- They're no longer taking care of their grooming and personal hygiene
- Their home is atypically dirty and disorganized. This may indicate that housekeeping requires too much physical effort, or they've lost interest in caring about their surroundings
- Your parent appears depressed and disinterested in everyday tasks

- They're struggling to manage their medications, putting them at risk of health complications
- Your parent is forgetting things like locking the door, turning off the stove and how to use devices like the TV remote or their smartphone
- They rarely leave the house and have stopped seeing friends or planning and attending social outings.

Many of these are telltale signs that your parent needs more support. That's when family members need to open the dialogue and involve their parent in the decision-making process about getting more care at home or at a retirement residence.

"There are so many advantages to making the choice to move to senior living before an emergency," says Kathy Keough-Rocheleau, a Regional Director of Wellness at Amica. It lets you consider what's important to you and the quality of life you're looking for instead of settling for whatever is available at the time you desperately need it.

Seniors choose Amica to maintain their independence and enjoy a premium lifestyle. In many cases, they can move to an Amica Independent Living suite and receive occasional support at their request, for help bathing or getting ready, for example. Others choose Assisted Living at Amica because they prefer the safety, security and total peace of mind of having dedicated team members looking out for their well-being 24/7.

“For us, it really is about providing the quality service we believe seniors deserve,” says Keough-Rocheleau. “At Amica, our goal is to mirror their day at home as much as we possibly can. We do so in beautiful surroundings with amazing food, the opportunity to socialize with a peer group that enjoys the same things they do, and team support available 24/7 to assist them wherever needed.”

DISCOVER CARE AND CONNECTION

Aging, or watching a parent age, can be a time of stress and worry or a time of optimism, connection and joy. [Book a tour](#) at Amica to discover what it's like to enjoy life on your own terms in an elegant Amica residence with outstanding dining, amenities, activities, senior care and safety measures.



AMICA

SENIOR LIFESTYLES

Amica Balmoral Club

155 Balmoral Ave
Toronto, ON
M4V 1J5
Tel 416-927-0055
Fax 416-927-0925
amica.ca/balmoral-club

Amica Bayview Gardens

19 Rean Dr
North York, ON
M2K 0A4
Tel 647-286-7935
Fax 416-730-9277
amica.ca/bayview-gardens

Amica Bayview Village

15 Barberrly Place
North York, ON
M2K 1G9
Tel 416-977-3177
Fax 416-987-3637
amica.ca/bayview-village

Amica Bronte Harbour

160 Bronte Rd
Oakville, ON
L6L 3C1
Tel 905-842-8167
Fax 905-825-5089
amica.ca/bronte-harbour

Amica City Centre

380 Princess Royal Dr
Mississauga, ON
L5B 4M9
Tel 905-803-8100
Fax 905-803-8102
amica.ca/city-centre

Amica Dundas

50 Hatt Street
Dundas, ON
L9H 0A1
Tel 905-628-6200
Fax 905-628-0319
amica.ca/dundas

Amica Erin Mills

4620 Kimbermount Ave
Mississauga, ON
L5M 5W5
Tel 905-816-9163
Fax 905-816-9166
amica.ca/erin-mills

Amica Georgetown

224 Maple Ave
Georgetown, ON
L7G 0P2
Tel 905-702-1555
amica.ca/georgetown

Amica Little Lake

70 Lakeside Terrace
Barrie, ON
L4M 0J2
Tel 705-722-9191
Fax 705-722-6806
amica.ca/little-lake

Amica London

517 Fanshawe Park Rd W
London, ON
N6G 0C1
Tel 519-657-7096
Fax 519-657-5217
amica.ca/london

Amica Newmarket

275 Doak Lane
Newmarket, ON
L3Y 0A2
Tel 905-952-0505
Fax 905-952-0690
amica.ca/newmarket

Amica On The Avenue

1066 Avenue Road
Toronto, ON
M5N 0A3
Tel 416-483-9900
Fax 416-483-9977
amica.ca/on-the-avenue

Amica Peel Village

223 Main St S
Brampton, ON
L6Y 6H1
Tel 905-460-0080
Fax 905-454-2957
amica.ca/peel-village

Amica Pickering

1450 Pickering Parkway
Pickering, ON
L1V 3V7
Tel 905-839-2323
amica.ca/pickering

Amica Riverside

4909 Riverside Dr E
Windsor, ON
N8Y 0A4
Tel 519-948-5500
Fax 519-948-1400
amica.ca/riverside

Amica Stoney Creek

135 King St E
Stoney Creek, ON
L8G 0B2
Tel 905-664-8444
Fax 905-664-9815
amica.ca/stoney-creek

Amica Swan Lake

6360 16th Ave
Markham, ON
L3P 7Y6
Tel 905-201-6058
Fax 905-201-6059
amica.ca/swan-lake

Amica The Glebe

33 Monk Street
Ottawa, ON
K1S 3Y7
Tel 613-233-6363
amica.ca/glebe

Amica Thornhill

546 Steeles Ave W
Thornhill, ON
L4J 1A2
Tel 905-886-3400
Fax 905-886-2374
amica.ca/thornhill

Amica Unionville

34 Main Street
Unionville, ON
L3R 4Z8
Tel 905-947-9990
Fax 905-305-6810
amica.ca/unionville

Amica Westboro Park

491 Richmond Road
Ottawa, ON
K2A 1G4
Tel 613-728-9274
Fax 613-728-9276
amica.ca/westboro-park

Amica Whitby

200 Kenneth Hobbs Ave
Whitby, ON
L1R 0G6
Tel 905-665-6200
Fax 905-665-6263
amica.ca/whitby

Amica Arbutus Manor

2125 Eddington Drive
Vancouver, BC
V6L 3A9
Tel 604-736-8936
Fax 604-731-8933
amica.ca/arbutus-manor

Amica Beechwood Village

2315 Mills Road
Sidney, BC
V8L 5W6
Tel 250-655-0849
Fax 250-655-4076
amica.ca/beechwood-village

Amica Douglas House

50 Douglas Street
Victoria, BC
V8V 2N8
Tel 250-383-6258
Fax 250-383-9601
amica.ca/douglas-house

Amica Edgemont Village

3225 Highland Boulevard
North Vancouver, BC
V7R 0A3
Tel 604-929-6361
amica.ca/edgemont-village

Amica Lions Gate

701 Keith Road
West Vancouver, BC
V7T 1M2
Tel 778-280-8540
amica.ca/lions-gate

Amica On The Gorge

994 Gorge Rd. West
Victoria, BC
V9A 0G8
Tel 250-220-8000
amica.ca/on-the-gorge

Amica Somerset House

540 Dallas Road
Victoria, BC
V8V 4X9
Tel 250-380-9121
Fax 250-380-9109
amica.ca/somerset-house

Amica West Vancouver

659 Clyde Avenue
West Vancouver, BC
V7T 1C8
Tel 604-921-9181
Fax 604-921-9232
amica.ca/west-vancouver

Amica White Rock

15333 16th Avenue
South Surrey, BC
V4A 1R6
Tel 778-545-8800
amica.ca/white-rock

Learn more, find a residence or schedule a private tour at Amica.ca