

Tips to Live Safely and Independently at Home



According to a survey by Leger and TELUS Health, the majority of Canadians (90%) intend to do everything they can to stay active and maintain their optimal health and independence.

To help achieve and maintain independent ageing, use these tips to for cognitive and physical wellbeing:



Healthy habits like exercise, a healthy diet, an active social life, and drinking plenty of water drastically cut down on the health risks that face solitary seniors, and make it easier for seniors to remain safe and happy in their own homes.⁶





Check in regularly with your healthcare professional to optimize your medications. Some medicines may interact poorly with each other and cause side effects that can lead to poor nutrient absorption, confusion, dizziness, and falls.⁵



Meaningful relationships and social interaction can lead to a better quality of life. Consider joining a club, taking a class, or volunteering in your community.⁵

There's no time like the present! Start making these activities part of your routine today to maintain optimal safety and wellness in your home.

And if accidents do happen, TELUS LivingWell Companion, a personal emergency response service with optional fall detection capability, can provide you with access to help.

Talk to your healthcare professional or contact us at:  1-844-979-2008  telus.com/livingwell

5. Harvard Health Publishing. How can you help a loved one suffering from loneliness? <https://www.health.harvard.edu/blog/how-can-you-help-a-loved-one-suffering-from-loneliness->
6. Community Home Health Care. <https://commhealthcare.com/14-home-safety-tips-for-seniors-who-live-alone/>