

Practical Technologies to Enable Ageing in Place Webinar, May 19, 2022

Chat-box Summary and Links

- Thank you Dr. Sinha for raising the issue of falls in older adults. I invite all interested to learn more about falls and fall prevention to join the Fall Prevention Community of Practice Loop at www.fallsloop.com
- Thanks for recognizing Community Support Services ... they are often overlooked and they are important. Not everything requires a "health care solution".
- One aspect of fall prevention that is rarely mentioned: footwear. I know of two people who had not noticed that the sole of their shoe had come apart from the upper at the toe. A serious tripping hazard. I encourage fall prevention specialists to advise people to check their footwear periodically. If people use slip-on shoes, they may never actually pick up and examine their shoes, thereby missing the fact that the shoes have deteriorated.
- HCCSS are great, but we're also finding waitlists for them in certain regions
- the VON SMILE (Seniors Managing Independent Living Easily) is available to eligible seniors in the "SE LHIN"
- There is a new Ontario community based LHIN program called "Family- Managed Home Care"- this program was brought in recently to help families who are waiting for PSW services in the community. Unfortunately, some of our patients in the community are now waiting 60 days for PSW support and reportedly this is due to a shortage of PSWs (by public provider agencies) since the COVID pandemic hit.
- Thank you for recognizing the important role of community services for older Canadians Dr. Sinha -these services are critically important to allowing us to maintain independence in the community!
- Peel has also introduced the Peel Paramedicine program to help support seniors at home and in retirement homes to follow up with patient's >65 who have been discharged from hospital.
- Thank you Dr. Sinha for your informative presentation. Caregivers help seniors to age and live at home, and save the government money. Yet, the government does not allow the caregiver credit on the income tax return to be transferred from the disabled person to the caregiver when the net income of the disabled person exceeds \$24,604. This needs to change to help aging at home and help caregivers.
- Smartphones may be difficult to use also for those with visual impairment.
- Sometimes it's hard to find clothes with suitable pockets for carrying cell phones.
- might be interested in this link: <https://www.aarp.org/home-family/personal-technology/info-2020/smartphone-accessibility.html>
- Loop (www.fallsloop.com) will release a Knowledge Product in June on wearable technologies to prevent falls among older adults. Stay tuned!

- Roberta DaylaCare, has an automated service (via a smart AI)that calls in (can use land line too) routinely to check in on seniors and ask them pertinent questions about the status of their chronic condition; the answers are then immediately sent to the caregiver via a text/and or email, with concerns flagged, and also recorded in a dashboard for caregiver to view as a report with trends highlighted.
- <http://www.torontograce.org/programs-services/remote-care-monitoring/>
- regarding accessibility of smart phones both apple and android have many accessibility features that can be adjusted to allow for one handed use/motor challenges, visual and hearing impairment
- we have a local company that is very reasonably priced and very supportive of the PMA for seniors. so may be worth checking in with local businesses.
- In Manitoba, Victoria Lifeline has a subsidy program for low income subscribers
- fullcircletelecare.com
- Lifeline also has interpreters in 170 languages or more
- PMA are often part of the Care plan for SMILE eligible seniors.
https://www.von.ca/en/service/seniors-managing-independent-life-easily-smile?gclid=Cj0KCQjw1ZeUBhDyARIsAOzAqQKKBtDNaa4C_DzayXxvwfsiNKtliebJXZ8mxiwP7e-O6_-MSpECMwkaAt2cEALw_wcB
- Just a reminder that November is Fall Prevention Month (www.fallpreventionmonth.ca). Let's coordinate our fall prevention efforts across Canada in November.
- On an apple phone you can request that siri create a text, a call, book an appointment, set reminders. Just talk to the phone. This is a great way for visually or physically impaired people to use the phone. I use the feature to work for me when I am driving.
- VON SMART exercise program
- In Ontario, call 211 for local and community services...think other provinces have an equivalent
- Toronto has published = Services for Seniors.
- artyourservice.org has great zoom classes for seniors. only \$20 per month
- You can order free resources to help prevent falls and work on strength and balances exercises at home by visiting Finding Balance Alberta - https://findingbalancealberta.ca/wp-content/uploads/FB_Exercise_Poster_2021_Adapted.pdf
- Toronto Seniors Helpline 416-217-2077
- In Ottawa Health Care Connect has not connected unattached patients for several years
- Thank you for this informative presentation. Just an FYI Victoria Lifeline in Manitoba developed a senior services guide you can download or request a copy
<https://www.victorialifeline.ca/resources/caregivers/how-we-can-help>
- Our local (Merritt BC and area) website is building a list of resilience resources:
<https://ReadyForResilience.ca>. We will add the information from this video. Great program, thank you.
- RE: MD's prescribing exercise or social things--- Check out "Social Prescribing" in Ontario. They have a great report on pilot project.
- You can check out this website for winter boots: www.ratemytreads.ca