

A L B E R T A

RNCare Inc.

Safety. Compassion. Trust.

Healthy Aging

As we age, we can face many changes but there are things we can do to help us remain active lives and enjoy our lives to the fullest.

Over 65, the most common problem faced is the risk of falling. The good news is that there are simple prevention measures that can eliminate or reduce this risk.

As a part of the RNCare home safety assessment, we take an in-depth look at your home to identify risks and discuss recommendations with you. We can support you to make simple changes that will decrease the risk of falling in your home.

For more information or to book an assessment contact us.



Changes That Occur With Aging

The aging process happens in different ways for each of us. For some, physical limitations impact the ability to remain active. For others, challenges to maintaining independence as we age may result from cognitive changes. In this newsletter, we will describe some of the changes associated with aging and if you feel that you are having trouble living independently please contact us!

RNCare Inc. is owned & operated by Albertans

Vision

There is no place like home!

Values

Safety Compassion Trust

Mission

To provide quality, compassionate home health and personal care services to seniors and all ages so that they can enjoy life to the fullest in their own home living environment.

Sensory Changes

Vision

- It takes longer for eyes to adjust to changes in lighting.
- It is difficult to judge distance.
- Depth perception worsens.
- Eyes become bothered by glare.

Hearing

- Hearing loss can negatively affect balance.
- Ears become less sensitive to high-pitched sounds and sounds get distorted or softer.
- There may be difficulty hearing the doorbell, smoke alarms or telephones.

Touch

- Sensitivity to heat, cold, pain and pressure decreases.
- Safety concerns are burns (hot water) or hypothermia (frostbite).
- Loss of sensation in feet may cause problems walking or driving.

Smell

- As we age, our sense of smell decreases.
- Safety concerns are difficulty smelling spoiled food, burning food, smoke or gas leaks.





Improved Strength and Balance Prevents Falls

Good balance involves numerous body systems working together including vision, muscle strength and joint flexibility. Regular physical movement can improve our strength, flexibility and balance as we age.

When walking, avoid sudden or quick changes in walking speed, gait and stride because these sudden changes can make a trip or fall more likely to happen.

Using a cane or walker can improve safety, especially if waling on uneven surfaces such as outdoors or on sidewalks that are chipped or cracked.

Healthy independent living in your home is directly affected by your home environment, lifestyle and habits.

When you contact **RNCare Inc.** for a professional home safety assessment, we will conduct a thorough home inspection that will help you and your loved ones identify the changes necessary to keep you safe, independent and living life to the fullest in your own home environment.

Easy Lunch Tray

As we age, our appetite can decrease but it is still important to eat healthy foods at regular intervals

- Apple wedges
- Grapes
- Cheese slices
- Deli meat
- Crackers
- Cucumber slices
- Green or red pepper slices

Shake apple pieces in a bag with lemon juice to prevent oxidation or browning of the fruit.
Use yogurt as a fruit dip.
Try creamy salad dressing as a vegetable dip.



Contact Us Today



There is no place like home to **Enjoy** life to the fullest!

Serving Edmonton, Calgary, and surrounding areas

Rncare.ca

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