

CONTACT US:

ST. ANTHONY

Rehab Department (709) 454-0137

HAPPY VALLEY-GOOSE BAY

Rehab Department (709) 897-2142

LABRADOR CITY

Rehab Department (709) 285-8345

HOME FIRST CONTACT

Charlene Curtis—Physiotherapist
(709) 454-0813

Ken Curtis—Occupational Therapist
(709) 285-8257

General questions email:
askaphysio@lghealth.ca



This pamphlet is a guide to let you know what is available to you and your family. We want to help you prevent complications or issues that will limit your ability to stay at home. If we are not aware of your situation then we cannot help.

Services available at each site may vary but we will try our best to meet your needs and please do not hesitate to call. The earlier we are involved the more we can do to help.

Please Tell Us

Labrador-Grenfell Health values your feedback. Please complete the online survey and tell us about your experiences with the healthcare system. Your input tells us how we're doing and will help us make improvements.

Scan the QR code or go to:
[www.lghealth.ca / surveys](http://www.lghealth.ca/surveys)



www.lghealth.ca



Follow us on Twitter
@LGHealthNL

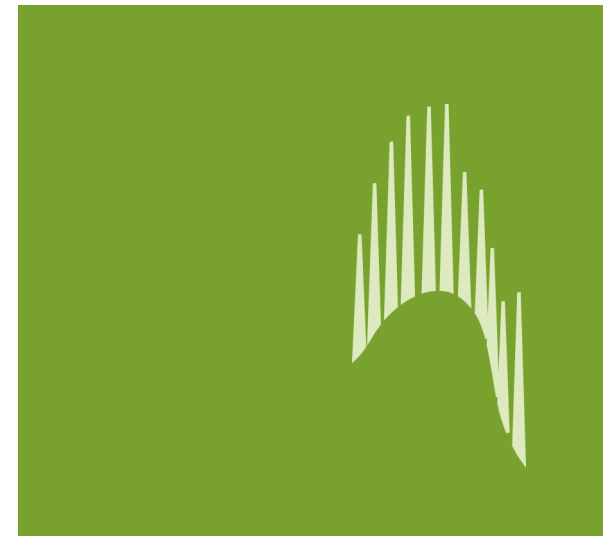


Labrador - Grenfell
Health



Labrador - Grenfell
Health

**REHABILITATION
SERVICES
AVAILABLE TO
YOU AND YOUR FAMILY**



PHYSIOTHERAPY SERVICES

- Walkers and canes.
- Strengthening and balance exercises.



OCCUPATIONAL THERAPY SERVICES

- Help to make your home safer.
- Help to see if you are eligible for home Renovation Funding.
- Activity of Daily Living Rehabilitation.
- Leisure Assessments.
- Allow you to take part in activities that are meaningful to you.
- Explore if equipment for your home is right for you, (i.e. a bath chair or grab bars).
- Provide recommendations on home modifications.
- Provide strategies that help you with everyday activities, (brushing your teeth or bathing).



TIPS TO PREVENT FALLS

BATHROOM

- Ensure a non-slip surface in the tub and shower.
- Install grab bars (in the studs) by the toilet and bath.
- Use a raised toilet seat and/or a bath bench for the shower if needed. An OT can help or you can purchase (i.e. pharmacy).
- Wipe up water and spills right away.

LIVING ROOM AND BEDROOM

- Get rid of clutter. Store cords and pet toys. Remove any rugs.
- Use a cordless phone so you don't have to rush.
- Good lighting throughout the house without glare and shadows. Use nightlights on the path from bedroom to bathroom.
- Slow down when going from lying to sitting and sitting to standing. It's easy to get dizzy if in one position for long. Give your head a chance to settle.

KITCHEN

- Store items used regularly in easy-to-reach areas.
- Use a sturdy step stool with a handle for reaching into high cupboards or places.
- Wipe up spills right away.
- Avoid waxing the floor but if you have to then use non-skid wax.

STAIRS

- Good lighting is important.
- Install a solid handrail on both sides.
- Don't rush!

OUTSIDE

- Keep bridge and steps in good shape. Clear off snow and ice.
- Turn on lights over the door.
- Store hoses and tools when finished with them.
- Watch for large cracks in pavement or cement walkways.

EAT HEALTHY

- Don't skip meals. It can cause weakness and dizziness.
- Eat a balanced diet to be sure you are getting good nutrition.

KEEP FIT

- Keep active, it keeps your muscles and bones strong (i.e walk, do exercises at home, or take a low impact class in the community).
- Have your vision and hearing checked regularly. Wear glasses and hearing aids if you have them.

MEDICATION

- Ask your pharmacist about side effects or prescription and over-the-counter medications.
- Watch for changes when starting a new medication.
- Only take medications as prescribed.
- Don't mix medication and alcohol.

STAY SAFE

- Consider using a walker or cane. A Physiotherapist can help or you can purchase (i.e. pharmacy). Make sure to use the cane on your strongest side and adjust the height of the handles to the crease of your wrist with your arm by your side for walkers and canes.
- Use an ice pick on your cane during winter.
- Wear good footwear with a closed heel.