## **November Newsletter**



## Easy Home Modifications TO PREVENT FALLS

#### **Install Handrails**

along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support.



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#### Use nonslip mats and treads

to help improve traction on bathroom floors, shower, bathtub, outside decks, and

#### Falls are the leading cause of injuries among older adults, sending more than

two million people to the emergency department each year.



#### Improve lighting.

Make sure you have adequate lighting in hallways, stairways, and outdoor walkways, and areas in which you're likely to walk in the middle of the night.



## Many of the fall hazards are





#### Install grab bars

near showers, bathtubs, and toilets. Avoid grab bars that "stick on" to shower tiles with suction, which are less reliable than metal grab bars attached to wall studs.



#### Inexpensive fixes.

Remove all floor clutter. Rearrange furniture so that it works well with the flow of traffic. Use double-sided tape to secure the edges of area rugs to the floor, and remove small throw rugs.

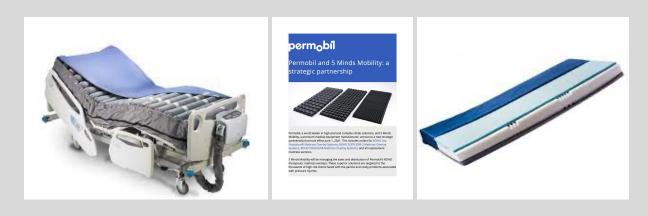
#### Repair steps and flooring.

Repair crumbling outdoor steps, loose wall-to-wall carpeting, and uneven floorboards. Call a handyman to repair stairs or floorboards, or a carpet store to come and tighten wall-to-wall carpeting.

### **Fall Prevention Month**

#### Inservice Schedule for November & December

## Permobil Sleep Surfaces - Overlays to Low Air Loss Mattresses TBA Next Week - 12pm - 1pm (In-Person and Zoom)



We are bringing in the big guns from Permobil with a wonderful Clinical Educator, **Brenlee**Mogul-Rotman, OT, ATP/SMS, to have a complete discussion about sleep surfaces. We are just finalizing a day at the end of this month. We will announce this next week.

## **Obi - Dine with Dignity**

December 5th - 12pm - 1pm

(In-Person and Zoom)

Zoom Access - Obi Zoom Link

**Password** - 971663



Obi empowers individuals with limited upper-body mobility to eat independently, while maintaining their dignity and control. This assistive device addresses the challenges faced by millions who find being fed by others undignified and frustrating, often leading to serious issues such as malnutrition-dehydration, decreased well-being, caregiver burnout, and operational challenges in institutions. By shifting control back to the users, Obi enhances one's nutrition intake, reduces caregiver burden, and significantly improves quality of life all around.

Please join us for a wonderful demonstration with **Sanah Jowhari**, the Canadian Distributor of Obi and co-founder of Pantala Technologies. We are helping generate awareness of this specialized product.

## Home Medical Solutions - Product Spotlight PhysioPro - Resolve Air Cushion

https://www.physipro.com/en-ca/product/resolve-air-cushion/





We pressure-mapped a client that had a recent hip disarticulation and previous flap surgeries for his ischial tuberosities. A really challenging client and this cushion did its job beautifully. We are only using the back pelvic laterals as this client self transfers. That's a removable pommel as well. The anti-thrust option seen in the pictures is also great for long term care facilities. This cushion can come in a complete foam set-up and has a full spectrum of customizable options.

Physipro has done a wonderful job at having the air cells take up as much of the back area as possible and we think it's because of this surface area, that this the best hybrid cushion on the North American market.

#### **AADL Updates and Clarification**

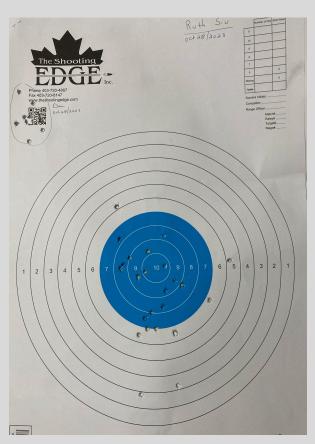
After talking with AADL, they made some recommendations and reminders to pass along to help out in some of the areas they are noticing.

With QFR's, please email Eco Medical the generic specs first so you have the answer from them before the QFR is sent to AADL. With groupings of equipment make sure which category they are each in. Example: Slings are in a different category than the lifts.

Please check Consumption History for the clients that are still showing cost share even though they paid their maximum portion. It may need a QFR to correct.

# Home Medical Solutions - Staff Spotlight Ruth Fung - Sales Administrator

If you have worked with Ruth then you know how resourceful she is and quick 'n Ruth(less) she is with the paperwork processing. She's a star at HMS and is the not-so-secret reason why Adam and Dave are able to do so much in a day. She has a mastery understanding of how all the agencies work and really helps guide our therapists through the process. We wanted to recognize the amazing talent and contribution she has with our team. Also, this is what she shot the first time using a gun; so don't mess with her. lol.



#### Laugh of the Month

### Why Did the Scarecrow Win the Nobel Prize?



He was outstanding in his field.