

## Introduction

### The breaks

Break times are just as important as the formal group time. The process is still happening, it is just more relaxed. Some people will not always be able to hear or understand the messages and may want to clarify or recap certain points. It is an opportunity to share their stories about what has happened and, as the group progresses, share what they are achieving. Explain to all guest experts that this is an important part of the group learning process and that they should be present during the breaks. People tend to relax over a cup of coffee and open up to one another, and this provides a comfortable time to ask questions. Keep snacks light and be conscious of dietary or cultural restrictions.

### The display

People use all of their senses in learning: hearing, looking, doing, and touching. To make the most of this and to provide prompts, display posters and safety devices each week — participants can browse before the group session and at break.

Set up a display table at each class. It is preferable to compile actual items for your class members to view and pass around. Try borrowing items from your local medical supply store, drug store, or hardware store, or emailing or writing the supplier for a free sample.

The display consists of a tri-fold board sitting on a table or counter in a spot in the room where participants can view it. Post pictures of safety items on the board and place other items on the table. Pass the display items around as you discuss different safety topics. These items should be customized to the environment and weather of your area.

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### Ideas for display items:

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**Lighting** (from hardware, home improvement, and lighting shops)

- Bedside touch lamp
- Fluorescent energy-saving light bulbs
- Nightlight — automatically lights up when it becomes dark
- High-definition natural light: example — OttLite®
- Stair and hallway lighting: example — Guideway™ by Sylvania



### **Slippery surfaces** (from most hardware stores)

- Mats for slippery tiles
- Bathtub mat (slip-resistant)
- Anti-moss product
- Bathroom/bathtub strips
- 3M® or other brand indoor/outdoor tread, self-adhesive strips for step edges
- 3M® or other brand outdoor tread, self-adhesive strips for external steps, available in two widths

### **Flooring and mats** (from hardware and home improvement stores)

- Carpet tape
- Velcro carpet-to-carpet tape
- Rubber latex matting

### **Security/personal safety**

- Scotch reflective tape; can be put on bag, raincoat, or cane; from hardware stores
- Reflective fluoro-tape arm bands, from bicycle shops
- Two-way lights
- 3-in-1 soft light; polarpulse light; emergency small lights for handbags or keys
- Information on a credit card security alert system
- Key alert; personal handbag alarm
- Flashlight
- Whistle

### **Mobility aids**

- Walking stick or trekking poles
- Rubber tips (rubber stoppers for canes)
- Cane frogs, to hold cane against a table
- Ice tip attachment for cane
- Grabber/reacher
- Safe step-stool/ladder (3 or 4 step, fold-up, with safety rail and wide treads) — from hardware stores



## Introduction

### Telephone

- Cordless telephone

### Shoes (From hardware and shoe repair stores)

- Rubber soling compound
- Shoe treads
- Shoe repair kit; rubber and adhesive to repair holes in soles
- Footwear treads for winter (Yaktrax®, other)
- An assortment of “unsafe” shoes; i.e., slip-on shoes, thick-soled shoes, floppy slippers

### Medication management

- Pill master cup and container, also cuts and grinds tablets
- Pill boxes
- Personal Medication Cards (samples)

### Calcium and Vitamin D management

- Vitamin D sample bottles
- Calcium sample bottles
- Multivitamin sample bottles
- Sample milk carton or food label

### Ankle weights

- Have enough strap-on 5-pound adjustable ankle weight bands so that each participant can use one in class.

### Others

- Spring-coiled appliance cord
- Hip protectors
- Long bathrobe

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### Information/brochures:

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- Local Aging Network
- Information on credit card security system
- Community transportation information
- Home maintenance and modification services

