

Lifeline

Are you at risk for a fall?

One in three seniors fall each year¹ and most of these falls occur in the home². But with Lifeline, help is available at the push of a button, 24 hours a day.

Take our **Are you at risk for a fall** survey on the back of this flyer to see if you could benefit from the Lifeline service.

Expert, caring help 24 hours a day

With the Lifeline medical alert service you get fast, easy access to a trained Response Associate to request the help you want – 24 hours a day, 365 days a year.

Our **Lifeline with fall detection*** service can automatically place a call for help if a fall is detected and you are unable to press your button.*

On the Go can provide access to help both at home and on the go.**

Why choose Lifeline?

- Lifeline is the #1 medical alert service in Canada.³
- All help calls answered in Canada.
- Professional home installation.
- Proven fall detection technology available.
- Cellular communicator available for those without a landline telephone.

1. Statistics Canada.

2. Seniors Falls in Canada, Public Health Agency of Canada, 2015.

3. Claim based on the number of subscribers.

* Fall detection does not detect 100% of falls. If able, users should always push their button when they need help.

** Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary. Lifeline may not always be able to determine your location.



How Lifeline Works



1. Summon help

With a push of your Lifeline help button you can get help when you need it. With our advanced services, you have the option to include fall detection or locating technology in case you can't push your button.



2. Hear a reassuring voice

A caring Lifeline Response Associate will quickly access your profile and evaluate the situation.



3. Know help is on the way

Lifeline contacts a neighbour, loved one, or emergency services – based on your preferences – and will follow up to make sure help has arrived.

www.lifeline.ca

Are you at risk for a fall?

A Patient Self-Assessment

Falls are the leading cause of injury among Canadian seniors and they can have a devastating impact on your overall health and independence. With a Lifeline medical alarm you will be protected from an unexpected fall.

Answer the following questions to see if you are at risk for a fall:

Questions:	Yes	No
Do you have a history of falling?	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience dizziness and/or have trouble keeping your balance?	<input type="checkbox"/>	<input type="checkbox"/>
Is walking difficult due to muscle weakness, stiff joints, or foot problems?	<input type="checkbox"/>	<input type="checkbox"/>
Are you on more than three medications?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have problems with your vision?	<input type="checkbox"/>	<input type="checkbox"/>
Do you make frequent or hurried trips to the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>
Have you put off dealing with household hazards, such as poor lighting, slippery floors, throw rugs, lack of grab-bars, etc?	<input type="checkbox"/>	<input type="checkbox"/>
Is fear of falling making you less physically active and reducing your social activity?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing problems with concentration, depression, or isolation?	<input type="checkbox"/>	<input type="checkbox"/>
Do you consume alcohol more than occasionally?	<input type="checkbox"/>	<input type="checkbox"/>
If you were to fall, would you be alone and possibly unable to summon help?	<input type="checkbox"/>	<input type="checkbox"/>

Your risk for falling increases significantly every time you answer “yes” to any of the above questions.

Don't wait until you need help to wish you had Lifeline...

**1-800-LIFELINE
1-800-543-3546**