

ANYONE CAN FALL

Prevent it from happening to you

Moving Safely at Home

If you are having challenges moving safely within your home, these resources may help you live well.

Family and Friends

If you are having challenges, tell the people who are close to you. They may have suggestions or ideas. They can also help you explore other resources for help.

Occupational Therapists and Physiotherapists

People in these professions help people find ways to keep moving safely. In most situations, a referral from a doctor or nurse practitioner is not required and you may self-refer. If you have private insurance, check to see if your plan covers the cost of these services.

For information about your options, go to:

- Physiotherapy | Nova Scotia Health (https://www.nshealth.ca/clinics-programs-and-services/physiotherapy#cps)
- Occupational Therapy | Nova Scotia Health (https://www.nshealth.ca/clinics-programs-and-services/occupational-therapy)

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.

Finding Balance NOVA SCOTIA Trauma NB

Primary Health Providers

Your doctor or nurse practitioner can help you figure out what may be causing your challenges. They can also help you find services, specialists, and other solutions for your needs. If you don't have a doctor or nurse practitioner, contact 811 or visit to find out your options: https://needafamilypractice.nshealth.ca/.

Mobility & Equipment Assistance

If you have a mobility-related disability, mobility equipment or assistive devices may be helpful for you. For information on government programs and services available to older adults in Nova Scotia call:

- 2-1-1
- NS Health Continuing Care toll-free at 1-800-225-7225

You may also look for the mobility equipment section in the Positive Aging Directory of Programs & Services. The free guide is available by calling 211 or downloading positive-aging-directory.pdf (https://novascotia.ca/seniors/directory/positive-aging-directory.pdf). To access programs and find the right type of equipment, you will need an assessment through NSH Continuing Care.

As equipment and assistive devices can be costly, check out these financial tips:

- You may be able to recover some out-of-pocket costs through your taxes. Please save your receipts.
- If you have an insurance plan, check to see if the equipment you need is covered.
- Member of the Canada Armed Forces or the RCMP? Current and former members and their families may be eligible for Veteran's Disability Benefits. For more information call 1-866-522-2122 (toll free).
- Be careful not to buy equipment—new or used—that doesn't suit your body or specific needs.

The Seniors Care Grant

The **Seniors Care Grant** can help older adults living on a low income with the cost of some healthcare services, as well as household services and home heating.

- Apply online: https://www.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant
- Call: 902-424-5200 or toll-free: 1-800-670-4357 for other ways to apply.

SCAN for the website

For more fall prevention information and **resources for older adults and caregivers**, visit the Finding Balance NS website at ***www.FindingBalanceNS.ca***

This material has been developed and adapted with the permission of Trauma NB © 2025