

## Did you know?

You and your family are also a part of our health care team and play a very important role in ensuring that all of our services are provided in the safest manner possible.



One of the easiest and most important things you can do is to talk to your health care

team about what safety risks affect you and what you can do to avoid them.

Feel free to ask questions and let us know your ideas

We are always open to your suggestions

After all, you are the expert on you!

## Your Safety!

For more information on **CLIENT SAFETY** Please contact our Safety at Home Coordinator (905) 522-6887 x. 2237

St. Joseph's  
Home Care

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— a member of St. Joseph's Health System —



[www.stjosephshomecare.ca](http://www.stjosephshomecare.ca)

## Your Safety!



*A Guide for Clients and Families*

St. Joseph's  
Home Care

A trusted and proven name in home care since 1921

# Your Safety

By taking part and being involved in your care, you are creating a safer environment for everyone.

We need your help as part of our team.

Learn about your conditions, know what medication you are on and ask questions whenever you feel unsure or have concerns.



At St. Joseph's Home Care, we live our values of compassion, accountability, respect and excellence in providing a safe environment.

*It's your safety,  
be involved!*

# Three Major Risks

Three of the most common risks to your safety are falls, infections and medications. You can learn how to avoid these risks by talking to your health care team and by following these suggestions:

## Falls

Ask for help if you need it

Take your time when rising from a sitting or lying position

Make sure the path to the bathroom is well-lighted and nothing is in your way.

Some medications may make you dizzy or sleepy – know how your medications affect you

Wear footwear with non-skid soles that fit properly

Keep your walker or cane within reach in case you need it

Please check the falls prevention section in our website

## Infections

Frequent hand-washing is the best way to prevent infections

Remind your health care providers to wash their hands before providing your care

Cough or sneeze into a tissue or into your sleeve and wash your hands afterwards

Finish your antibiotics prescription, even if you are feeling better before the prescription is finished

## Medications

Make certain your health care provider identifies you correctly before giving you any medication

Never start, stop or change the dose of any medication (including non-prescription) without talking to your doctor or pharmacist first

Tell your health care provider if you have any questions or concerns about any medication you are taking