



# Health and Safety

## Planning to stay healthy

Health and safety are key components of an independent and active lifestyle for seniors. Being healthy is critical to staying independent. Living a healthy lifestyle will promote good health and can help prevent injuries, but it's also important to be pro-active about maintaining your health.

### Questions to consider when planning for your good health:

**Do you keep a health journal making note of physical and emotional changes to your health and well-being?** You can track how you are feeling, when you first noticed symptoms, list questions you want to ask your physician and write down answers, test results, prescriptions and how the prescribed medication is affecting you.

---

---

---

**Do you schedule regular dental and medical check-ups?** The purpose of scheduling regular appointments is to discover potential health problems before they require serious medical care.

---

---

**Do you prepare for your medical appointments (e.g. take along a list of questions)?**

---

---

**Do you have your medication needs regularly reviewed by your pharmacist or physician?**

---

---

---

**Have you had your vision and hearing checked lately?** Vision loss will affect your ability to drive safely and hearing loss could be affecting your relationships.

---

---

---

**How often do you have general medical screening (e.g. bone density, colorectal or prostate cancer) tests?** Preventive screenings may identify potential health problems before they develop or worsen. Initiate the discussion with your family doctor if you have cause for concern.

---

---

---

**Have you considered planning to remain active and engaged by reducing behaviours that can negatively affect your health?** As you age, your body has more difficulty processing alcohol and drinking too much alcohol can make some health problems worse.

---

---

---

**Did you know that the body starts healing itself almost immediately after you quit smoking?** Within days of quitting, breathing becomes easier and taste and smell improve.

---

---

---

[Health and Safety](#) (link)

[Health Care Programs and Services](#) (link)

[Work Closely With Your Doctor](#) (link)

[Alcohol and Aging](#) (link)

[Seniors and Tobacco](#) (link)

[Planning for Healthy Aging](#) (link)