

# Living Well:

Taking steps to live a healthier safer life



*Inside:* identify your level of readiness to take steps to take care of your health.



VICTORIA LIFELINE  
Safe and independent living.

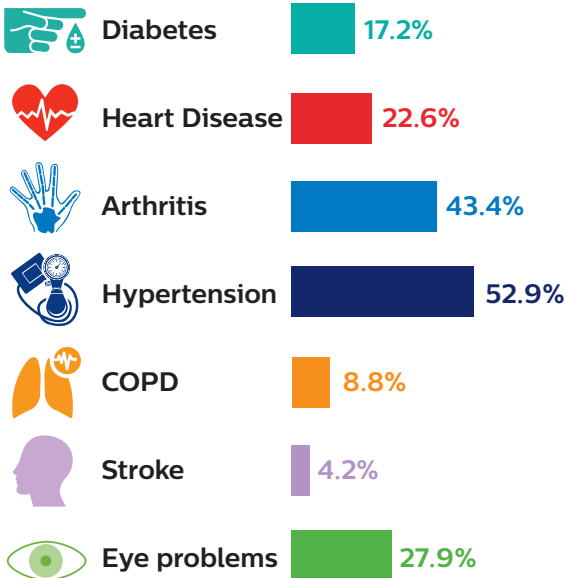
**PHILIPS**

Lifeline

Medical Alert Service

# Canadians are living longer than ever before and more people live with chronic health conditions.

## Prevalence of chronic conditions for 65+ in Canada<sup>1</sup>



# 80%

of seniors have at least one chronic condition and **68%** have two or more<sup>2</sup>

1 Stats Can. Population projections, 1971-2061.

2 Stats Can. Prevalence of chronic conditions, by age group, household population aged 45 or older, Canada, 2009.

# Are you aware of your health issues and are you willing to do something about it?

Managing your health often requires lifestyle changes. But before changing physical behaviours, it's sometimes necessary to change your thinking about the changes you have to make.

All of these tools can be found at [www.lifeline.ca/publications](http://www.lifeline.ca/publications).



# 1. Pre-contemplative:

People at the Pre-contemplative stage don't think their health is at risk and may not want to hear advice.

## PATIENT A:

Abby is a 58 year old female with a family history of diabetes. She has high blood pressure, is not very active and overweight.

Identifying Abby's stage of change:

Q “Abby, have you ever thought you may be at risk for diabetes?”

A “No. I have a few things to work on, but it's not a problem.”

Abby is at the **pre-contemplative stage**. Although she's at risk for developing diabetes, she does not recognize her risk. It's important to empower Abby to take control and increase her physical activity.

## Lifeline resources to help Abby:

Lifeline offers fitness information at [www.lifeline.ca](http://www.lifeline.ca). It shows simple exercises to increase activity levels and which contributes to overall health and wellbeing.





## 2. Contemplative:

People at the Contemplative stage may realize their health problems and the possible risks so they will likely listen to information.

### PATIENT B:

Burt is a 62 year old man suffering from heart disease. He's retaining fluid in his legs and feet, sometimes limiting his mobility. Burt has difficulty keeping all his pills organized and taking them as prescribed.

#### Identifying Burt's stage of change:

Q *"Burt, have you ever thought your heart condition could become much worse?"*

A *"No, but my neighbour just had a triple bypass and it took him months to recover."*

Burt is at the **contemplative stage**. He recognizes his risks, but does not view his lack of medication adherence as part of the problem. He needs some tips to manage his medications otherwise his health may get worse leading to a lower quality of life.

### Lifeline resources to help Burt:

Lifeline offers information about Medication Adherence that includes a handy list of questions that patients can ask their doctor or pharmacist. This is available at [www.lifeline.ca](http://www.lifeline.ca).





### 3. Action:

People in the Action phase know they need to make changes because they are worried about their health.

#### PATIENT C:

Carla is 67 years old, suffers from arthritis and has difficulty walking. She fell once and lay on the floor for several hours. She worries about having another fall.

Identifying Carla's stage of change:

Q "Carla, do you think you're at risk for another fall?"

A "Yes. I am very afraid of falling."

Carla is in the **action stage**. Her doctor has encouraged her to attend the falls safety program at the local hospital. She knows some of the falls risks and how to minimize those risks.

#### Lifeline resources to help Carla:

Having a service like Lifeline with AutoAlert is ideal for any patient at risk of, or worried about, falls. AutoAlert provides an added layer of protection and automatically calls for help when a fall is detected.<sup>3</sup>



3 AutoAlert does not detect 100% of falls. If able, users should always press their button when they need help.



## 4. Maintenance:

People in the Maintenance phase are concerned enough about their health that they have made changes and need to know that it's making a positive difference.

### PATIENT D:

Charles is a 55 year old man who suffered a stroke one year ago. Since he left the hospital, he's been working out three to four times per week despite weakness on his right side. He has made a lot of changes to his diet, lowered his blood pressure and stayed at a healthy weight.

#### Identifying Charles' stage of change:

Charles is currently at the **maintenance stage**. It's important to recognize that the changes that have been made have made a positive difference so he'll continue to stay active. Charles is well on his way to living well!

#### Lifeline resources to help Charles:

Charles appears to be self-motivated to work towards his recovery. He's ready to take further steps like making his house safer. A helpful tool might be Lifeline's *Safe at Home* tool which is a room-by-room guide to eliminate the most common causes of falls. This can be found at [www.lifeline.ca](http://www.lifeline.ca).



# Philips Lifeline has a system that's right for you.



**HomeSafe** quickly connects you to our Response Centre for 24/7 assistance with a simple push of your personal alert button.



**HomeSafe with AutoAlert** can automatically call for help if it detects a fall. Even if you can't push the button yourself.<sup>3</sup>



**GoSafe with AutoAlert** offers emergency assistance both inside your home and out.<sup>5</sup> It's the only mobile system with up to six advanced location technologies designed to help find you in an emergency.<sup>6</sup>

Now – No  
Phone Line  
Needed!<sup>4</sup>

<sup>4</sup> Philips Lifeline wireless communicators connect to the Philips Lifeline Response Centre using the third party cellular provider. No additional wireless equipment is needed. A customer phone number is required to enroll in the service.

<sup>5</sup> Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary.

<sup>6</sup> Lifeline may not always be able to determine your location

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**victorialifeline.ca**