

# Let's be strong

**Staying strong is a holistic approach to reducing and removing barriers to healthy aging.**

## What it means to be strong:

Adopt healthy lifestyle choices to stay healthy, active, and independent. There are several steps you can take to be strong which will help maintain your balance and remove barriers to healthy aging.

## What can you do to be strong?

**Manage your health.** Regular checkups will make sure that you get early treatment and help prevent complications.

- Take action by learning about your conditions, asking your health care provider questions, finding fact sheets on health topics, and joining a local support group.

**Manage your medications.** Medications can help improve or maintain your health. These can include prescription, over-the-counter, vitamins, supplements, herbal, or topical creams. As you get older, the way medication affects you can change.

- Keep an up-to-date list of your medications, use only one pharmacy, and review medications with your health care provider or pharmacist every six to 12 months. Consider using a dosette or blister pack to help stay organized.
- Return any unused, unwanted, or expired medications to your local pharmacy or municipality for safe disposal.



**Manage your eyesight.** Most changes to eyesight are gradual, and you may not notice them immediately. It is important to watch for changes to your eyesight and get regular eye exams.

- Get your eyesight and eyewear checked. Check OHIP for current eye exam coverage for those 65 and older.

**Manage your hearing.** Hearing loss can reduce overall awareness of your environment.

- Talk to your health care provider if you have trouble with wax build up or a decrease in your hearing.

**Manage your oral health.** Good oral health contributes to your overall health by positively affecting your physical, mental, and social well-being. It allows you to speak, eat, and socialize without pain, discomfort, or embarrassment.

- The Canadian Dental Care Plan (Government of Canada) and the Ontario Seniors Dental Care Program (Government of Ontario) are financial assistance programs available for eligible older adults in Ontario. Visit the appropriate website, call your local public health unit, or ask your dentist for more information.

**Manage your foot health.** Common foot problems such as corns, calluses, or ingrown toenails can upset your balance and may even change how you walk.

- Consult your health care provider if you have concerns with your feet.
- Add foot exercises to your routine to maintain good circulation in your feet, ankles, and legs.

**Keep your home safe.** It is important to regularly identify, reduce, and remove hazards in your home to help prevent injuries and falls.

- Contact your local public health unit to get a copy of the Home Safety Checklist or visit [stayonyourfeet.ca](https://stayonyourfeet.ca).



**Eat well.** Eating regular healthy meals will reduce the risk of becoming weak, dizzy, or lightheaded.

- Eat a balanced diet, stay hydrated, and ask your health care provider any questions that you may have about healthy eating.
- Invite a friend to share a meal.
- Get answers to your nutrition questions. Call Health Connect Ontario, toll-free at 8-1-1 or visit [unlockfood.ca](https://unlockfood.ca).

Let's be **ACTIVE!** Let's be **SOCIAL!** Let's be **STRONG!**

For more information, visit [stayonyourfeet.ca](https://stayonyourfeet.ca) or call your local public health unit.



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