



LOSS OF INDEPENDANCE

IMPACTS AND PREVENTION

santemc-homecare.ca

Québec 

If you are experiencing physical or mental difficulties that are limiting your ability to take care of yourself and to do your usual activities, you may be experiencing a decrease in your autonomy that can result in a loss of independence.



SIGNS OF A DECREASE IN AUTONOMY :

- Difficulties with balance that can result in falls.
- Changes in eating habits.
- Difficulties in carrying out personal hygiene.
- Memory loss (Ex: Increased forgetfulness, leaving pots on a lit burner on the stove, getting lost in familiar places).
- Hearing and visual loss, which can result in social isolation.
- An inactive lifestyle that can lead to reduced strength in arm and leg muscles.
- Mood swings or feeling depressed.



What you can do to prevent loss of independence:

- Choose to take care of yourself and take part in any decisions that concern you.
- Get regular medical check-ups. Get your hearing and sight checked.
- Use medication as prescribed.
- Use mobility aids such as canes or walkers as recommended.
- Keep active physically:
 - Walk as much as possible.
 - Do varied physical activities.
 - Check with your doctor before beginning a new activity or exercise programme.
- Make sure your home is safe.
- Engage in life:
 - Participate in group activities.
 - Socialize with friends and family.
 - Volunteer.
- Stimulate your brain:
 - Take courses.
 - Do puzzles.
 - Be creative.
- Eat a balanced diet.
- Refrain from the use of tobacco.

Community organizations and local health and social services offer help to deal with health problems and limitations that prevent you from accomplishing tasks of daily living and participating in activities. Services are also available to support family and friends.



Visit us at
santemc-homecare.ca



Homecare services in your area:

CLSC Samuel-de-Champlain

(Champlain Area)
450 462-5180 Ext 0

CLSC de la Vallée-des-Forts

(Haut-Richelieu–Rouville Area)
450 358-2578, Ext 4257 (health)
450 358-2578, Ext 4185 (psychosocial)

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