

# Safe at Home by



**A Guide to Aging in Place**



# There's no retirement like home

And 93%<sup>1</sup> of Canadians agree

The overwhelming majority of Canadians want to retire at home. And we understand this feeling. Staying in your home as you get older maintains a sense of independence, while allowing you to stay close to friends, family, and the community you know.

However, aging at home can come with extra costs – like adapting for mobility or paying someone to help with chores – leading many Canadians to believe that downsizing is their only option.

If this sounds like you, the CHIP Reverse Mortgage® could help. It allows you to access up to 55% of your home's value in tax-free cash, so you can afford to stay in the home you love, and continue to benefit from any potential home appreciation.

## Let your home look after you

- ✓ Retrofit or renovate your home
- ✓ Pay for healthcare or mobility equipment
- ✓ Cover monthly expenses
- ✓ Pay off existing debt
- ✓ Retain full title and control of your home
- ✓ Benefit from future potential home appreciation
- ✓ And much more!

 **Trustpilot**  4.6 out of 5

*"I no longer have to worry about my future, knowing I have the funds to comfortably deal with future healthcare needs and in the meantime can enjoy my life!"*  
– Susan D.

- 30+ years in business
- Schedule 1 Federally Regulated Bank
- A+ Rating by Better Business Bureau<sup>2</sup>

1. Based on a survey conducted by Ipsos Canada and commissioned by HomeEquity Bank. 2. Current as of September 2020.

Contact us at 1.855.207.2598  
to see how much tax-free cash you could qualify for

**CHIP Reverse Mortgage**   
by HomeEquity Bank

# Motion – The Aging in Place Experts

**Remaining in your own home as you grow older is known as “aging in place.”**

At Motion, we offer Canada’s largest selection of Mobility, Home Accessibility and Daily Living products to allow you to stay at home comfortably, independently and safe; with or without the support of a loved one or caregiver.

## **Book a Consultation**

Call us today to book an in-person or virtual consultation with one of our knowledgeable and caring experts! We can help you stay at home longer with products customized to support your unique needs.

[www.motioncares.ca/safeathome](http://www.motioncares.ca/safeathome)

## **Did You Know?**

Selecting the right products and making home modifications can decrease the chance of falls to help you stay safe at home.



## **In-Home Consultations**

Representatives entering our clients’ homes have been trained to conduct proper hand hygiene and will wear a mask at all times. For our comprehensive COVID-19 response plan, visit [www.motioncares.ca](http://www.motioncares.ca)



## **Virtual Consultations**

Schedule a time to meet with one of our representatives by video using the platform that you’re most comfortable with

# Healthy Aging:

**Mobility issues can affect the suitability of your home as you age.**

## Long-Term Planning for Remaining Independent

For many Canadians, retirement planning is about remaining independent and in the family home for as long as possible. You want to stay in the home where you raised your kids and have so many memories, but there's also a financial advantage. It can be considerably cheaper than downsizing or moving to an assisted living facility. By preparing now, you can overcome any potential challenges that may come as you age in place.

### Adapting your home for successful aging

Mobility issues can affect the suitability of your home as you age. Stairs often pose the greatest challenge, as well as getting in and out of the bath. Many people need to carry out some renovations to make their home more accessible. Ramps or stairlifts can be invaluable ways to give you access to your home, inside and out. Fitting grab bars in the bath and handrails for stairs, installing first floor bathrooms and renovating your kitchen can all improve your home's accessibility.

### Making daily life manageable and keeping you safe

If you find that some chores are becoming too much for you, in-home care services can help to keep you in your home. They will do everything from helping you to get in and out of bed to cleaning the house, doing the laundry and preparing meals. Personal emergency response systems can be lifesavers. Worn as a pendant or wristband, you simply press the button if you need urgent help.

### Making your retirement fun

Loneliness and isolation can be a serious challenge in retirement. There are plenty of websites listing activities for most communities. They provide information on entertainment, local hobby and interest groups, ideas for indoor and outdoor fitness programs, community centres and government programs. Most offer discounted or free transport.



### Age gracefully in your home

Ensuring you have a happy and healthy life while staying in the home you love can cost money. You could tap into your retirement savings, sell some assets or take out a home equity line of credit (HELOC) to cover the costs. Another option is to take out a reverse mortgage, such as the CHIP Reverse Mortgage® from HomeEquity Bank. With CHIP, you can borrow up to 55% of your home's value and you won't have to make a single payment of principal or interest until you decide to move out or sell.

Imagine, turning your home into the perfect place to enjoy your retirement, for many years, without reducing your income. That's certainly one key to successful aging.

# Home Safety:

63% of injuries involving adults aged 65+ are the result of a fall.

## How Retirees Can Prevent Accidents at Home

It really pays to take home safety seriously. Did you know that every year there are around 1.5 million visits to the hospital as a result of accidents? Almost a third of those injuries are caused by accidental falls and many of those happen at home. Of all the different types of home accidents, most can be avoided. The consequences of an accident at home can vary greatly. At best, it might just mean a trip to your local hospital and a week or so of recovery. More serious injuries could lead to either temporary or permanent restricted mobility.

You might have to pay for home renovations to make your home more accessible for your new restricted mobility. Or, you may be forced to sell your home and move into a retirement or assisted living accommodation where you can be better looked after.

Retirees need to be more careful than most, as they account for over half of accident-related hospitalizations.

### Tips for prevention of home accidents

Many people feel safest in their home, after all, it's where they spend most of their free time and feel the most comfortable. Not surprisingly, a whopping **93% of Canadians prefer aging in place**. Reasons include feeling secure and independent, loving their home, location convenience and familiarity with their neighbourhood. However, retiree accidents happen in the home more than anywhere else. If you or your loved ones are older retirees living at home alone, it's good to be aware of some of the risks:

- **Elderly accidents in the home:**

According to Statistics Canada, 63% of injuries involving adults aged 65+ are the result of a fall. Of these, 55% take place at home, while walking around or performing daily chores.

- **Crimes and scams:**

Households with retirees may be more vulnerable to thefts, house break-ins or scams. Older people are often targeted by thieves and fraudsters.

All types of accidents at home can badly affect your physical and emotional well-being and your living arrangements may become very expensive. Depending on your healthcare plans and insurance, any out-of-pocket medical expenses could start eating into your retirement funds. The prevention of home accidents should therefore be a top priority.

Learn more about home safety and how you can access up to 55% of the value of your home to cover any medical expenses without having to move or incur any monthly payments. See how the CHIP Reverse Mortgage® from HomeEquity Bank can help at [www.CHIP.ca](http://www.CHIP.ca).



We help people to regain their mobility and independence by providing the complete solution to their staircase challenges.

# RENEWED FREEDOM

ACCESS



Proud to supply Canada with our straight and curved stairlifts with our partner, Motion.



**MOTION**<sup>™</sup>  
Make life accessible.

Learn more at [accessbdd.com](http://accessbdd.com)

# Entry & Exit

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## QRamp™ Modular Ramps

Safe, attractive, easy to install and virtually maintenance free, QRamp™ is a non-permanent modular ramp designed to look good and perform flawlessly.

Easy to install



## EZ-ACCESS Portable Ramps

Whether you're seeking a foldable ramp to transport or a solid easy set-up, one-piece ramp with handrail options, EZ-ACCESS offers solutions that can provide easier access into your home or another location while you're out and about.

Portable

## Serenity Vertical Platform Lifts

Serenity Vertical Platform Lifts stand the test of time. This visually pleasing unit is comprised of coated steel, stainless steel, aluminum, powder coating and plexi-glass to ensure a non-intrusive access point to your home. Made in Canada.

Visually pleasing



# Stairways

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## Access BDD Homeglide Stairlift

With a smooth aluminium track, the Homeglide stairlift can be fitted to almost any straight staircase. This allows the lift to be installed quickly, easily and with minimal disruption to your home. Features include an easy to use and removable joystick, transportable call remote and seat belt.

**Straight, smooth ride stairlift**



## Bruno Elan Stairlift

Bruno's most popular stairlift, the Elan stairlift makes getting around your entire home safe and simple. Designed for straight indoor staircases, this sleek, space-saving stairlift offers a mix of high-quality standard functionality, unsurpassed reliability and ease-of-use design.

**Straight, space-saving stairlift**

## Bruno Elite Stairlift

Enjoy a stairlift built specifically for your home. The Bruno Elite curved stairlift delivers an unmatched smooth, quiet ride from start to finish. With Bruno's signature stairlift, the quality and comfort are second to none. Add power options to further customize your Elite curved stairlift to fit your lifestyle.

**Curved, customizable stairlift**





## Access BDD Flow2 Stairlift

The Flow2 curved, single rail stairlift is the smartest lift of its type. The Flow2 is fitted onto the staircase and not the wall, allowing the lift to be installed quickly, easily and with minimal disruption to your home. Its sleek and contemporary design fits well with any home décor.

Curved, single rail stairlift



# Bring Home Comfort and Access



**AFFORDABLE. QUIET. RELIABLE.**

Glide up your stairs with ease and comfort with a high-quality Bruno stairlift.

- Straight or Curved
- Indoor or Outdoor
- High performance up to 400lbs



[www.bruno.com](http://www.bruno.com)

Stairlifts | Vertical Platform Lifts

# Living Area

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## Pride® Power Lift Recliners

With so many styles, colours and materials available, Pride® Power Lift Recliners are designed to be a functional and fashionable part of your home décor. Each lift recliner is built for quality and reliability, so you can enjoy it worry-free for many years to come.



## Functional and fashionable



## Golden Technologies Lift Chairs

With six series and dozens of models to choose from, Golden Technologies Lift Chairs can offer the optimal combination of size, weight capacity, options and accessories. Made with the finest materials and most advanced technology, they provide comfort, convenience, performance and durability.



## Tray Tables & Furniture Risers

Get the assistance you need to more easily stand from a seated position.



## Rollators/Walkers

Walk in style and with peace of mind with a wheeled-walker, also known as a rollator. This versatile product will offer stability as well as allow you to carry personal items in its handy basket and take rests on its padded seat.

Handy basket and seat



## Canes

Canes can also help you walk with ease. Available in a variety of materials and lightweight, foldable models for people on the go.

Provides stability



Did you know you can be sized to find the safest & most comfortable lift chair?

**Canada's** favorite lift recliner for 35 years - now better than ever!



 **GOLDEN**

Visit your local Motion location for a sizing consultation to find your perfect fit today!

Visit our website: [www.goldentechnologies.ca](http://www.goldentechnologies.ca)

# GET OUT THERE.



**ZERO  
TURN 10**  
iTURN  
TECHNOLOGY



**CUTTING-EDGE  
VERSATILITY**

**WRANGLER**



**OFF ROAD  
TOUGH**



888.570.1113  
pridemobility.ca



**PRIDE**  
MOBILITY  
LIVE YOUR BEST®

# On the Go

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## Pride Mobility Scooters

Pride Mobility's GoGo and Victory 10 Series bring a whole new level of comfort and performance to mobility scooters, including feather-touch disassembly. With advanced suspension components for improved absorption over various terrains, you can continue to enjoy the outdoor activities that you love.

Feather-touch disassembly



## Sunrise Medical Mobility Scooters

There's no need to worry about distance with Sunrise Medical's S700 mobility scooter. With superior outdoor performance features, it's truly a mobility scooter designed for those who just can't sit still.

No need to worry about distance

## Transport Wheelchairs

Whether going to a medical appointment or visiting family and friends, transport wheelchairs allow for added safety and assistance between destinations.



# Bedroom

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## Harmony Adjustable Beds & Mattresses

For those who may need a little assistance transitioning from sitting to standing to get out of bed, Harmony Adjustable Beds and Mattresses can help you stand with the touch of a button. Select bed frames even allow the user to attach their own headboard, making it a beautiful addition to any bedroom.

Ultimate comfort at the touch of a button



## Homecare Beds & Mattresses

For more advanced medical needs, homecare beds and mattresses offer additional sleep support and safety.

Additional sleep support

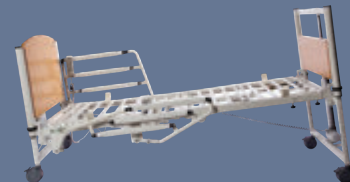


## Bed Tables & Trays

Enjoy even more from the comfort of your bed. Over-bed tables and swivel trays are optimal for laptops, meals and storage.

Meet the new **Harmony** 8199 Home Care Bed  
Visit your local Motion location for  
more information today!

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



**Harmony**  
PRODUCTS INC.

# Bedroom & Bathroom

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## Bed Rails

Designed to provide support when getting in and out of bed, bed rails are a non-intrusive way to make any bed safer.

Make any bed safer



## Bath Rails & Grab Bars

Bath rails can easily attach onto any bathtub while grab bars are affixed to the wall to provide support when getting in and out of the bath.

Adds safety and stability

## Super Poles

Super poles can be introduced to further support transfers in and out of the bed, bath or shower. They are secured between the ceiling and floor in any position.

Secured between the ceiling and floor





# Bathroom

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## Bath Lifts

For added support getting in and out of the tub, bath lifts lower and raise you safely and with ease to help maintain your independence and privacy.



Lower and raise with ease



## Shower/Bath Seats

Bathe with confidence from a seated position with a shower/bath seat. Available with and without backs and in a variety of styles that accommodate a range of heights and weights.

Bathe from a seated position

## Hand-Held Showers

To complement your bath lift or shower seat, add an affordable and easy to install hand-held shower.



Bring the water to you



## Raised Toilet Seats

As we age, it can become more of a challenge to raise up from a seated position. Adding a raised seat to any washroom helps minimize the anxiety around using the toilet safely by adding necessary height.

Minimize anxiety

# Daily Living Aids

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Make your everyday tasks easier with a wide variety of Daily Living Aids. These products support common tasks, such as dressing, grooming, travel, meal preparation and exercise, by providing added safety and independence as well as promoting health.

Everyday tasks made easier





Atlas Plus shown



# VivaLIFT!®

POWER RECLINER COLLECTION

## THE MOST COMFORTABLE RECLINER IN THE WORLD.

**PRIDE**  
MOBILITY  
LIVE YOUR BEST®

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### THE VIVA DIFFERENCE

**POWER LUMBAR** for personalized comfort.



**FOOTREST EXTENSION** lets you relax and stretch out.



**POWER HEADREST** lifts the head, neck and shoulders for maximum support.



**UPWARD LIFT** offers convenient stand assist for getting in and out of the recliner.





**MOTION™**

Make life accessible.

**1 (888) 222-2172**

[contact@motioncares.ca](mailto:contact@motioncares.ca)

[www.motioncares.ca/safeathome](http://www.motioncares.ca/safeathome)