



SAFER TOGETHER

A Guide for Residents & Families

This guide provides important information for residents and families about safety, health, and daily living at The Brenda Strafford Foundation. It outlines practical tips on building safety, fall prevention, infection control, and dietary guidelines to help ensure a safe, comfortable, and supportive environment for everyone.

Building Safety

- Residents are asked to sign out when leaving the site and sign in on their return.
- Family and visitors are asked to sign in and out at Reception when visiting their loved one.
- Security cameras are installed at all entrances and the building is secured overnight.
- Give all electrical equipment to the Nurse to be checked by the Maintenance Department before use.
- Be alert to common hazards such as slippery floors, things that can be tripped on and poor lighting. Please report any hazards to the nearest staff member so it can be addressed.

Dietary

- If a fridge is provided by the family in the resident's room, the resident/family shall ensure it is cleaned weekly and outdated food items are removed.
- Check for food restrictions before bringing in food.
- All food should be dated when brought into the site.

Fall Prevention

Falling can result in serious injury. Falling is a risk when you are unwell and in unfamiliar surroundings.

- Do not crowd your room with furniture and we ask that you have no area rugs.
- Tell staff if you have fallen before or if you are unsteady on your feet.
- If needed, ask for help when walking. Use handrails, walkers, and wheelchairs when and as appropriate.
- Wear well-fitting, non-slip footwear with rubber soles.

Infection Control

- Use of the hand hygiene stations located throughout the site is encouraged. We ask that you perform hand hygiene upon entering and leaving the site, and when you leave your loved one's room.
- Residents will be asked to remain in their rooms when they have signs/symptoms of flu or gastrointestinal illness to help prevent the spread of infection.
- Visitors should not visit if they are experiencing flu or gastrointestinal like symptoms.
- Check with the Nurse when signs for extra precautions (having to wear gown, gloves, mask, or eye protection) are posted on the resident's door and follow the instructions posted.

Medication

Your health-care providers need to know the medication you take to prevent dangerous drug interactions.

- Bring a complete list of your medications,
- supplements, vitamins, and herbal remedies including the product name, the amount, and the time of the day you take them.
- Know why you are taking your medications (your medical condition) and how to take them (e.g., with food).
- Talk to the Nurse/Physician before using any drugs the Physician has NOT ordered, including alternative therapies and over-the-counter drugs.
- The Nurse, Pharmacist and Physician are available to answer any questions and/or concerns you might have about your medications.

Personal Safety/Personal Effects

- Prior to moving in, please tell us all the mobility aides you use. Our Restorative Therapy Department will assess them for proper fit, size and condition.
- Upon move in or with any newly purchased clothing, bring them to the nursing station for labelling prior to use.
- Do NOT leave valuable jewelry, cash, or any other valuable item with the resident.

Water Temperature

- Water temperatures for resident baths and showers are set at a comfortable 38 to 43 degrees. If at any time the water is too hot or too cold and/or outside this range, please check with the Nurse.
- Water temperatures at sinks within the site are set at a maximum of 49 degrees. If at any time the water is too hot or too cold, please check with the Nurse.

BE INVOLVED

Good communication is one of the best safety tools we have. It is very important that you and your family understand and take part in your care plan. We need to work together to keep each other informed.

- If you don't understand something, ask questions.
- If you have a concern speak up.
- Participate in decision-making and care decisions that are right for you.
- Discuss the options and possible risks of your treatment plan. Ask to have changes explained to you and to your family members.

For more information, please contact the Program Manager or Director of Care.