

## FALL PREVENTION & OTHER SENIOR RESOURCES

- **Desiree King**  
*Home Safety Advisor*  
*Senior Living 411 Inc.*  
1-800-439-8750  
[desiree@seniorliving411.com](mailto:desiree@seniorliving411.com)  
<https://seniorliving411.com/>
- **Educational Videos on Fall Prevention & Topics Concerning Seniors**  
*The Senior Living 411 Series*  
YouTube: <https://bit.ly/3oRjarL>  
Podcast: <https://anchor.fm/seniorliving411series>
- **Stephanie Santos-Spraggett**  
*Lifeline Community Representative*  
*Philips Lifeline, Aging & Caregiving*  
Tel: 1-800-387-8120 ext. 7043  
[stephaniespraggett@philips.com](mailto:stephaniespraggett@philips.com)  
[www.lifeline.ca](http://www.lifeline.ca)
- **Rate My Treads**  
<https://www.ratemytreads.com/>
- **Falls Assistant Website:**  
Falls Assistant is a falls prevention and self-management tool specifically designed and created to help prevent falls, keep people steady on their feet and stay as independent as possible. It enables older people, their carers and family members to assess their own falls risk, and then provides tailored advice that will give them a plan to reduce their future risk of falls and fractures.  
  
<https://fallsassistant.org.uk/>
- **A-Supreme Foundation:**  
A-Supreme Foundation began as a compassionate response by the founders of A-Supreme Nursing and Home Care Agency to the plight of community seniors who were unable to afford in-home care. providing advocacy, education and health support services to vulnerable seniors across the Greater Toronto Area (GTA).  
<https://asupremefoundation.com>