

# Empowering Choices for Healthy Aging

Presentations by Fraser Health Teams

**Event:** Empowering Choices for Healthy Aging  
**Date:** Tuesday, June 25, 2024  
**Location:** Evergreen Hall – 9291 Corbould Street  
**Time:** 9:00am – 12:00pm  
(Doors open at 8:45am)

## Home Health and Social Prescribing

Overview of services for older adults provided by Fraser Health including: professional services, personal care supports, referrals to community care partners and access to facility care.

## Falls and Injury Prevention

The 4 Pillars of Falls Prevention discusses risk factors around vision, medication, exercise and home safety. By working to reduce one's risk factors an individual can help to reduce their risk of having a fall.

## Advance Care Planning

Advance Care Planning is a process of reflection and communication. It is a time for you to reflect on your values and wishes, and to let people know what kind of health and personal care you would want in the future if you were unable to speak for yourself. Advance care planning is for everyone – no matter where you find yourself on your health care journey. In a few simple steps you can begin planning that may help ensure you have a voice in our health care now and in the future. Join the Fraser Health Advance Care Planning team to learn about the laws related to health care and decision making and how to begin your own advance care plan. It's never too early... until it is too late.

