



Aging in Place – February 26th, 2026

2:15 pm to 3:15 pm

Games Rooms at The Station

Presented by Catherine Bennett, BSW
Community Engagement Lead
BuildABLE - Accessible Design & Renovations

Our goal is to provide up-to-date information on how seniors can remain safely and comfortably in their own homes, along with the steps and procedures that can help make that possible.

During this 1 hour session, we will cover:

- ❖ Current Canadian statistics on falls and practical strategies to reduce fall risks
- ❖ Tips for improving safety and accessibility within your home including a Home Safety Audit Check-List to do at home
- ❖ Available tax credits and other funding sources that can support home modifications or care needs
- ❖ Guidance on navigating the healthcare system including Government funded Home-Care Services
- ❖ An overview of in-home services and supports available
- ❖ Ways to support a loved one who wishes to remain at home

We hope you will join us for this informative event and take advantage of the resources and knowledge that can help you continue living independently in your community.

Catherine Bennet has a Social Work Degree from Carleton University and has worked with vulnerable populations for many years. She enjoys educating people and helping them learn and navigate our complicated health-care system which can always be a challenge.

