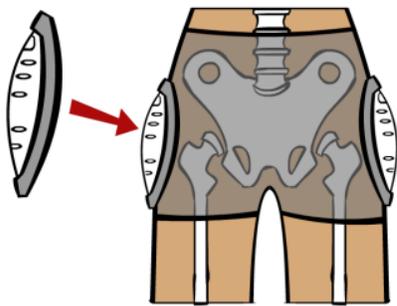


Your Guide to Independent Living

Resources available in the community

Hip protectors

Hip protectors are special garments (underwear, shorts, or pants) containing soft pads designed to protect your hips should you fall.



Hip protectors absorb the force of a fall and divert this force away from the bone. Hip protectors reduce the risk of hip fractures by up to 80%!

The hip protectors approved by Fraser Health are **HipSaver** and **SafeHip**.

When purchasing, measure the widest part of the hip to ensure that it fits comfortably.

Want information on where to buy hip protectors? Contact us.

604-587-7866
fallsprevention@fraserhealth.ca

Lifeline

Lifeline is a personal emergency response service that ensures assistance to you 24 hours a day, 7 days a week.

It gives you and your loved ones comfort and reassurance that you will have help right away if you push the button.



Image Courtesy of Phillips Lifeline

For more information:

604-517-8617	Burnaby to Langley and Coquitlam to White Rock
604-854-5991	Abbotsford to Hope

Email: lifeline@fraserhealth.ca

HandyDART

HandyDART is a door-to-door shared-ride service designed to make going places easier for you.

It uses specially-equipped vehicles to carry passengers who need help to use public transit.



Image Courtesy of TransLink

To book or cancel a trip:

604-575-6600	Burnaby to Langley and Coquitlam to White Rock
604-855-0080	Abbotsford and Mission
604-795-5121	Chilliwack