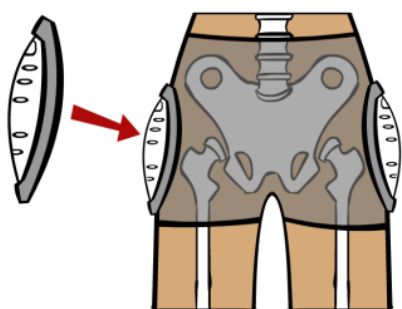


# Your Guide to Independent Living

## 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:

**604-953-4960** Burnaby to Langley and  
Coquitlam to White Rock

**604-854-5991** Abbotsford to Hope

Email: [lifeline@fraserhealth.ca](mailto: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