

Personal Lifestyle Support Inc.

July - September 2026

Volume 3 | Issue 3

MISSION STATEMENT

Personal Lifestyle Support Inc. will empower those who we support through person centered planning, helping them achieve their goals and dreams. By doing this we aspire to enhance their self-confidence and quality of life through community inclusion.

We will work together by keeping the focus on person centered support to promote healthy self-esteem. We will continue to offer the highest level of quality service with strong ethics and integrity.



Stay Updated with PLS!

Please see attached training guide that focuses on **Reducing Physical Risks**. Physical risks can be present in many everyday situations, both at home and in the community. Understanding how to identify potential hazards and make safe choices can help prevent injuries, support personal well-being, and increase confidence when participating in daily activities.

We encourage all persons served, along with their families and support networks, to take time to review this guide. The information provided offers practical tips and strategies for recognizing unsafe situations, preventing accidents, and maintaining a safe environment wherever you live, work, or spend time.

If you have any questions about the information in this guide or would like support in applying these strategies to your daily life, please speak with your Community Support Worker.

“at PLS we believe success is measured through happiness”

Reminders!

Heat Safety Tips for Hot Days.

As summer heats up, it's important to stay cool and safe — especially during support times. Here are some simple reminders:

What to Bring:

-  **Water Bottle** – Stay hydrated all day
-  **Hat** – Keep the sun off your face and head
-  **Sunscreen** – Apply before you go outside
-  **Cooling Items** – Hand fan, cooling towel, or misting spray
-  **Umbrella or Shade** – Great for lake or park visits with little shade

What to Wear:

-  **Loose, Light-Coloured Clothes** – Helps your body stay cool

Where to Be:

-  **Air-Conditioned Places** – Try to plan activities indoors when it's really hot
-  **Limit Time Outdoors** – Hottest part of the day (11am–4pm)

Let's stay safe and cool together this summer!

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Mark Your Calendars!



VISION STATEMENT

The vision of Personal Lifestyle Support Inc. is to create a world where every individual, regardless of their abilities or challenges, is valued, included, and empowered to reach their full potential. We envision a society that celebrates diversity, embraces inclusion, and fosters a culture of respect, dignity, and opportunity for all.



July 2025



Office Closure:

Canada Day – July 1st

National Sidewalk Egg Frying Day – July 4th
World Chocolate Day – July 7th
Global Forgiveness Day – July 7th
National Mac & Cheese Day – July 14th
National Ice Cream Day – July 19th
International Self-Care Day – July 24th

August 2026

Office Closure:

BC Day – August 3rd

Friday Night Dances @ PRC

August 21st – Mario Dance

August 28th – Glow Dance

\$5 entry, chips & pop! 7pm – 9pm

National Watermelon Day – Aug 3rd

International Cat Day – Aug 8th

Lazy Day – Aug 10th

Left-Handers Day – Aug 13th

National Waffle Day – Aug 24th

National Beach Day – Aug 30th

International Overdose Awareness Day – Aug 31

September 2026

Labour Day – Sept 7th

Truth & Reconciliation Day – Sept 30th

Concussion Awareness Month
FASD Awareness Month

National Cheese Pizza Day – Sept 5th

FASD Awareness Day – Sept 9th

World Suicide Prevention Day – Sept 10th

National Day of Encouragement – Sept 12th

Terry Fox Run – Sept 20th

Staff Meetings:

July 8th 4pm-5pm

August 5th 4pm-5pm

September 2nd 4pm-5pm

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MANDATE

To provide comprehensive support and advocacy for individuals with diverse abilities, empowering them to lead fulfilling lives and participate activity in their communities. We are committed to promoting inclusion, accessibility, and equality of opportunity for individuals of all abilities, ensuring they receive the support and resources necessary to thrive and achieve their goals bearing in mind always, the strengths of the individuals.



Celebrating Milestones!

At PLS, we're proud to recognize the incredible dedication and service of our team members. Your commitment helps shape the heart of the work we do every day.

Samara will be celebrating **10 years** with PLS this July! Your dedication, experience, and ongoing support have made a meaningful impact over the years. Thank you for all you contribute—we're fortunate to have you on our team!

Serenna will celebrate **5 years** with PLS this August! Your dependability and compassion are truly appreciated. Thank you for everything you do to support those around you!

Rebecca will celebrate **4 years** with PLS this August! Your commitment, collaboration, and hard work continue to make a difference every day. Thank you for being such a valued member of the team!

Deo will reach **2 years** with PLS this August! We appreciate the energy, dedication, and positivity you bring to your role. Thank you for being an important part of our team!

A heartfelt thank you to all of our staff — your dedication, care, and commitment are the foundation of our success. Here's to another great year ahead!

Celebrating You!

A heartfelt thank you to everyone who attended our **Individual Appreciation Day** celebration! It was wonderful to see so many smiling faces come together for an afternoon filled with fun, connection, and memorable moments. To those who couldn't attend, you were certainly missed, and we hope you'll be able to join us next time.

Your Input

Just a friendly reminder that Complaint Forms, as well as Comments and Feedback Forms, are available on our website and can be easily uploaded. We value your input, so please let us know what's working well and where improvements can be made. Your feedback helps us continually enhance the quality of our supports and services. Thank you for your contribution!

www.personallifestylesupport.com

Training Guide: Reducing Identified Physical Risks for Persons Served

Purpose: To help persons served with disabilities identify common physical risks in their environment and learn how to use assistive devices properly to avoid injury, stay independent, and improve overall safety.

Importance: Minimizing physical risks ensures a safer environment, promotes independence, and helps maintain the dignity and well-being of persons served. Reducing risks can prevent accidents, falls, and injuries that could lead to long-term health issues or impair quality of life.

Definition: Physical risks refer to hazards that could cause harm, injury, or discomfort to individuals, particularly those with disabilities, who may be more vulnerable to environmental or situational dangers.

1. Recognizing Physical Risks in Your Environment

Common Trip Hazards

There are several things in your environment that may increase the risk of falling or injury. Be mindful of the following potential hazards:

- **Loose Rugs or Mats:** Rugs that are not secured can cause tripping. Consider removing them or using non-slip mats underneath.
- **Electrical Cords:** Wires that cross pathways or are left on the floor can be tripped over. Keep cords out of walkways and organized.
- **Uneven Floors:** Uneven or cracked flooring can be a risk, especially if you use a wheelchair, walker, or cane. Be mindful of raised edges or dips in the floor.
- **Low Furniture:** Furniture like coffee tables or chairs can be hard to see and pose a tripping hazard. Keep walkways clear of furniture.
- **Wet or Slippery Areas:** Spills in the kitchen, bathroom, or other areas can cause slips. Clean up spills immediately.

2. Using Assistive Devices Safely

If you use assistive devices like a cane, walker, or wheelchair, it's important to use them correctly to stay safe and stable:

- **Cane:** Hold the cane in the hand opposite to your weaker side. Make sure the tip of the cane is in contact with the ground and use it to help support your balance.
- **Walker:** Make sure your walker is the right height and place it firmly in front of you. Always make sure all four legs of the walker are touching the ground before you step forward.
- **Wheelchair:** Ensure that the wheels are clear of obstacles and in good condition. If you're using a manual wheelchair, be mindful of the floor surface to avoid difficulty moving.

If you have **visual impairments**, ensure that your environment is safe for travel and look out for tactile markers or familiar surfaces to help guide you.

3. Posture and Safe Movement

Good posture and careful movement are essential for safety. Here are some tips to help:

- **Stand Tall:** Keep your back straight and your head up to improve balance and awareness of your surroundings.

- **Move Slowly and Deliberately:** Take your time when walking or moving, especially if you're using an assistive device. This reduces the chance of losing balance or tripping.
- **Be Aware of Your Surroundings:** Look around for any obstacles or changes in the floor that could be a trip hazard. If you have a visual impairment, use your cane or other aids to help navigate safely.

4. Safety Tips for Common Areas

Certain areas of your home or facility can be riskier than others. Here are some tips for keeping these areas safe:

- **Kitchen:** Keep the floor clean and dry and avoid leaving items in walkways. Store things at reachable heights to avoid bending down or stretching.
- **Bathroom:** Install grab bars in the shower or near the toilet to help with balance. Use non-slip mats to prevent slipping in the shower or on the floor.
- **Stairways:** If possible, install handrails on both sides of stairs to help with balance. Use ramps if available, especially if you use a wheelchair or walker.

5. Emergency Plan and Communication

It's important to have a safety plan and know who to contact in case of an emergency:

- **Know Emergency Contacts:** Have a list of emergency contacts (family members, caregivers, healthcare providers) readily available.
- **Alert Systems:** If you have an alert system, make sure you know how to use it to call for help if needed.
- **Communication:** Always let someone know where you're going or if you plan to do something unfamiliar. This helps others assist you if necessary.

6. Creating a Safe Environment

To reduce physical risks in your environment, consider these general tips:

- **Clear Pathways:** Keep areas where you walk or move free from clutter and obstacles.
- **Lighting:** Ensure that rooms, hallways, and stairs are well-lit, especially at night.
- **Accessibility:** Make sure that all areas are accessible for you, whether you use a wheelchair, walker, or cane. Ensure that furniture or other items are positioned to allow clear movement.

Conclusion: By being mindful of your environment and using assistive devices correctly, you can greatly reduce the risk of falls and injuries. Always take your time, look around for potential hazards, and make sure your space is clear and safe. Communication with caregivers or others around you is also important in case you need help.