



RINGERIKE
nærmest det meste

Information Brochure for Seniors in Ringerike.

Opportunities, Tips & Advice



© Mona Tenold Lundemo

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INTRODUCTION

We want all the inhabitants of Ringerike to be healthy and happy all their lives. It is especially important that our elderly inhabitants live healthy as long as possible and feel that the quality of life is good, and that they are the masters of their own lives. It should also be reassuring that they receive the health care they need whenever they need it.

Proposition to Storting 15 (2017-2018), Live Your Whole Life, is a quality reform for the elderly. It describes tried and tested solutions that the municipalities can introduce in line with the reform.

The Norwegian Institute of Public Health highlights four key factors of importance to excellent health throughout life: cognitive activity, physical activity, active social life and diet.

Today's elderly have many different resources than previous generations had to face old age. Many have completed higher education, our housing is better, their finances are better and they grew up under different conditions.

The elderly and the rest of the population need to work together to create a more age-friendly Norway. An age-friendly society would facilitate active participation and provides seniors with resources that are different from those available today.

This brochure hopes to inspire you to do things you can do yourself to have good and active elderly years. It also provides information that is relevant to our municipality in particular.

We encourage you to contact the sources of information below if you want to know more about the different offers available to you. We also refer you to various websites that we recommend you take a closer look at.

"I want to be in such good shape that I can join any enjoyable activity."

Dagfinn Haarr, Chief medical officer for Kristiansand

Sources:

<https://www.ringerike.kommune.no/innhold/helse/leve-hele-livet/>

DO SOME PLANNING

Please check these webpages: <https://www.planleggelitt.no/en/good-advice/>

*SOME OF THE FINEST MOMENTS OF
LIFE ARE PLANNED.*

Why would that suddenly change even after having some years under your belt?

How would I feel?

What do I want to fill my time with?

Who do I want around me?

Where do I want to live?

How do I want to live?



A good life, your whole life, often means continuing to do the things you enjoy doing today.

You just need to plan a little.



Senteret for et
aldersvennlig
Norge

EVERYDAY COPING

"Good health is about mastering the demands of everyday life", Professor Peter F. Hjort.

Daily life is full of opportunities to take care for one's own health: mowing the lawn, cleaning the house, washing the car, looking after grandchildren, using social media, climbing stairs, going to a café, shopping, cooking, walking the dog, helping a neighbour ...

Routines and habits help to ensure an active everyday life. We repeat everyday activities often, and they keep us active every single day, automatically! This is of great importance for maintaining our health and level of functioning.



It can be tempting to accept help with "boring" or difficult tasks, especially if we are not as strong as we once were. But if you stop doing such tasks, you might forget how to do them at all! It is easy to accept too much help and it is also easy for relatives or others to help out too much, so that you no longer do the activity yourself and become dependent on others. We call these "assistance traps". Caring for others can also be shown by encouraging and supporting people to master things themselves.



DIET

Simple, healthy decisions in everyday life can provide great health benefits

National recommendations

- Eat varied meals and be physically active
- The keyhole website (<https://www.helsenorge.no/kosthold-og-ernaring/nokkelhullet/>) can help you make healthier choices
- Choose water as a thirst quencher
- At least five servings of vegetables, fruits and berries a day
- Eat coarse grain products every day
- Fish for dinner two to three times a week, also preferably as a sandwich topping
- Choose lean meats and lean meat products. Limit the amount of processed meat and red meat you eat
- Choose cooking oils, liquid or soft margarine, over hard margarine and butter
- Choose low-fat dairy products
- Choose foods that are low in salt, and use little salt on the food
- Avoid foods and drinks high in sugar on an everyday basis



Do you have a poor appetite? _____	→	Contact your
Are you losing weight for no reason? _____		family doctor/GP

Source: Directorate for Health and Social Affairs

MEAL DELIVERY SERVICE

For some, making dinner can be a challenge. **Ringerikskjøkken** is the municipal kitchen that delivers food to people living at home. They have a 5-week rolling menu, and a day menu consisting of dinner + dessert or soup.

The meal delivery service is an offer for the elderly and disabled. Ringerike Volunteer Center delivers dinners every Tuesday and Friday between 10:00 and 12:00.

Dinner is delivered cold and can be stored in the refrigerator until you are hungry. They also offer special and varied diets on request.

If you would like to order dinner, contact Ringerikskjøkken by phone: 32111815.

If you need help heating your food, contact the Allocations Office so you can apply for help with this.



MEDICATIONS

Ask for the Medication List

Some medicines should not be combined because the combination can cause serious side effects or affect how a medication works. That is why it is important to keep track of your medicines using the Medication List, especially in emergency situations.

Ask your doctor for your Medication List. That gives you both an overview of the medications you are taking, and it explains the contraindications of how they affect each other.

Be sure to tell your doctor if you take:

- over-the-counter medicines
- natural remedies
- dietary supplements

Then your doctor can make sure these are safe to combine with your medicines.

Your doctor will update your Medication List and give you a new copy whenever changes occur, e.g. when you are discharged from a hospital.

Your doctor will also make sure the other people who need it, like the home care service, receive a copy.

Multidose packs

You may be given a roll of small bags marked with the date and time, which tell you when to take your medicine.

Your doctor will order this from a pharmacy that offers multidose packs.

Annual medication review

You should ask your doctor for an annual review of your medications if you are taking many at the same time.

This is especially important if you:

- suspect side effects
- are disappointed with the effects of the medicines you are taking

The doctor will then carefully review your Medication List using a tool designed to detect errors. If you find an error, your doctor may:

- remove or add medication
- change the dose of medicines you are already taking

It is important to schedule this control check to assess the effect of such changes.

Report side effects

Many common ailments can be caused by the side effects of medications, such as:

- fatigue
- dizziness
- dry mouth
- vision problems
- pain
- digestion problems
- urination problems



That is why you should ask your doctor if the side effects may be the explanation for your problems.

It is important that you speak honestly about the good AND bad experiences after starting a new medicine. You should not stop taking medication abruptly without talking to your doctor

EVERYDAY ENJOYMENT

Taken from the webpage of The Norwegian Council for Mental Health:

<https://psykiskhelse.no/kurs/hverdagsglede/>

International research shows that the things we do are of great importance for enjoying everyday life. Become aware of the power of small adjustments; small steps can lead to big changes.

Everyday enjoyment is the Five A Day of mental health. These five measures are based on extensive research and are relevant for everyone regardless of age, gender, socioeconomic background and culture.

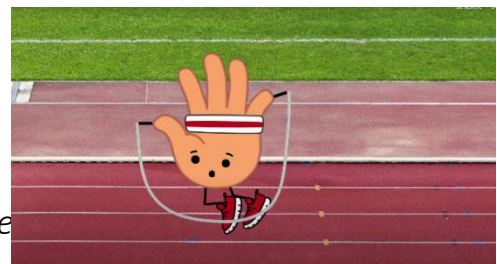
Measure 1: Stay attentive

Stay curious, notice beautiful things, whether interesting or unusual, be present in the moment.



Measure 2: Stay active

Do something that gets your heart rate up, sometimes just enjoy doing.



Measure 3: Keep learning

Try something new, repair a bike, create a blog, play a musical instrument, try a new recipe.



Measure 4: Meaningful relationships

Contact former acquaintances, stay in touch with family/friends, join activities at a club or association.



Measure 5: Generosity

Do something for a friend, lend a stranger a helping hand, take part in a group activity.



PHYSICAL ACTIVITY AND EXERCISE

Source: <https://www.helsenorge.no/trening-og-fysisk-aktivitet/rad-om-fysisk-aktivitet/>

It is not necessary to train hard to stay healthy; all activities count. Regular physical activity prevents ailments and is an important source of good health, quality of life and energy in everyday life. Activity provides positive gains throughout life, and it is never too late to start. Physical activity means any bodily movement that causes you to expend more energy than when resting. This also includes moving slowly in everyday life and exercise.

Even a little more muscle activity has positive effects for the body. Blood circulation increases, blood sugar is better regulated than at rest, and it provides a higher daily energy expenditure compared to sitting completely still. If you are a little out of breath, the health effect is better than if you do not increase your breath rate.

4 great tips for physical activity for adults and the elderly

1. Be regularly physically active in everyday life
2. Be moderately physically active for at least 2.5 – 5 hours per week.
3. For more health benefits, be more active than the recommendations say.
4. Compensate with increased activity if you sit a lot.



Recommendations on activity for adults and the elderly

It is recommended to be moderately physically active for at least 2.5 hours to 5 hours during the week. That is about 20 to 40 minutes every day. If the activity level is increased to high-intensity or exertion workouts, the time can be halved. You can distribute the time over many days if you wish.

If you are initially physically inactive, you will see significant health benefits from being in moderate physical activity for an average of 20 minutes a day.

How do I follow the recommendations?

Small steps in everyday life are enough for most of us. It is easier to succeed if the activities are pleasurable and become a natural part of your daily routines. Below are some examples of how to meet the minimum recommendation every week:

Slightly strenuous activity/moderate intensity

- Small sessions every day: walk the dog, walk to and from the bus, walk to the store and similar places, for 2.5 hours each week.
- One 20-minute brisk walk every weekday – remember that you need to increase your breathing rate.
- A brisk 20-minute walk to get to or from work 4 days a week, and some strenuous strength training 35 minutes twice a week.

Strenuous activity/high intensity

- One 75-minute aerobics class that leaves you really out of breath.
- Two strenuous jogs, totalling 75 minutes.

Combination

- One 30-minute jog where you increase your rate of breathing, two strength workouts of 30 minutes at moderate intensity and one 30-minute rapid evening walk.
- One dance session of 50 minutes that increases your rate of breathing, and one 50-minute jog that raises your pulse and more rapid pulse.
- Three sessions of combined strength training and cardio for 50 minutes.
- One session of cycling, skiing, swimming, or dancing for 100 minutes at medium intensity and one 2-minute session of interval training at high intensity.

A mini-plan to increase activity

- 5-minute daily walk the first week.
- 10 minutes in the second and third weeks.
- 15 minutes in the fourth week.

Increase your intensity gradually!



Did you know that – for most people – just a little activity such as standing or walking slowly is positive for functioning and health compared to sitting still?



Aktivitet	Intensity	METs
Lying at rest	Light	1,0
Sitting with little movement	Light	1,3
Kissing and hugging	Light	1,3
Ironing clothes	Light	1,8
Walking, light	Light	2,0
Driving a bus	Light	2,0
Playing guitar	Light	2,3
Clearing the dining table	Light	2,5
Housework	Light	2,8
Sexual activity	Light	2,8
Raking leaves	Moderate	3,8
Bowling	Moderate	3,8
Power yoga	Moderate	4,0
Taking the stairs - calm, no weights	Moderate	4,0
Table tennis	Moderate	4,0
Walking, moderate	Moderate	4,3
Golf	Moderate	4,8
Shovelling snow	Moderate	5,3
Carrying 10kg up the stairs	High	6,0
Aerobics	High	7,3
Digging dirt	High	7,8
Jogging	High	8,3
Horse riding - jumping obstacle	High	9,0
Swimming	High	9,8

RINGERIKE VOLUNTEER CENTER

Ringerike Volunteer Center has many activities and offers activities open to everyone. Here you can volunteer as a helper and contribute with tasks that benefit both yourself and others, or you can join one of our many group activities. You can also get help with different tasks.

Our assistance tasks:

- Shopping/bringing things home
- Simple, practical tasks
- Social contact/walking friend
- Phone friend
- Environmental patrol
- BUA Ringerike
- Food distribution
- Audio newspaper reading
- Institutional work
- Activity friend for persons with dementia
- Singing café
- Senior gatherings
- Food delivery
- Handcrafts at schools
- Night owl, street patrols
- Multicultural activities
- Language café



The Ringerike Volunteer Center is located in Torvgata 10, on the 2nd floor.



The Ringerike Volunteer Center is a neutral meeting place where everyone is welcome regardless of age, nationality, beliefs, political views etc.

Open group activities:

- Bridge club
- Needlework group
- Reminiscing club
- Reading
- English group
- History group
- Life skills group
- Quiz
- Breathing group
- Activity group
- Rune's exercise and motivation group
- Cool Cultural Trips
- Theme café



We have handicrafts for sale.

You are free to decide how much time you would like to devote to volunteer work, and what tasks you want to join. You also decide when the tasks end.

Other offers:

- Legal advice
- Christmas gift collection
- Fruit and berry sharing
- Sale of hearing aid batteries
- Sale of needlework
- Boat safety lessons

Feel free to stop by at Torvgata 10, 2nd floor to learn more about our offers and activities. Office hours are Monday - Friday 10:00 -14:00.

Tel. 32 14 21 00 - WELCOME!

post@ringerike.frivilligsentral.no - ringerike.frivilligsentral.no





HEALTHY LIFE CENTER

Frisklivssentralen, the healthy life center, is a health-promoting and preventive municipal health service. Frisklivssentralen helps and supports those who want to change lifestyle habits related to physical activity, diet or tobacco. We can also help with sleep problems and depressed mood or mild depression.

Frisklivssentralen offers the following help:

Health chat: Individual screening interview focusing on lifestyle habits and motivation. Goals and measures are set up for the time until the following session.

Exercise groups: Various offers that contribute to better endurance and muscle strength, as well as the joy of being physically active with others. Exercise selection and intensity are adapted to each participant.

Good food for better health: This is an inspirational course that will contribute to positive and lasting dietary changes. The course is based on the national dietary advice and consists of facts, discussions and practical cooking.

KiD courses: The KiD course is designed for adults who periodically feel sad or depressed in such a way that it affects their quality of life and functional ability.

KiB courses: The course is for people who have the need and desire to improve their ability to master stress in working life and private life.

Tobacco-free: Course for those who want to quit smoking or snuff. We are part of a pilot project for all residents of Vestre Viken County. Everyone who smokes daily is offered free counselling and medications to stop smoking for up to 12 weeks. We supervise individuals and groups.

Sleep Well: Sleep training for those who struggle with sleep and who want to improve the quality of sleep without the use of medication.

Yoga: We regularly set up yoga classes, both digitally and in person. The focus is on easy movements and breathing techniques.

Contact us:

Phone: 409 17 819, weekdays from 9-15

E-mail: Frisklivssentralen@ringerike.kommune.no

Mailing address: Municipality of Ringerike, Frisklivssentralen, Postboks 123 Sentrum, 3502 Hønefoss

[Follow us on Facebook](#) "Frisklivssentralen Ringerike"



Photo: Ann Kristin the Duster/Futura

SENIORKINO

Seniorkino er vårt tilbud spesielt tilrettelagt for et voksent publikum hvor man kan oppleve kvalitetsfilmer i behagelige omgivelser og med dempet lyd. Seniorkino avholdes på dagtid og det tilbys de samme gode og aktuelle filmene som ellers i programmet.

Du finner også informasjonen på www.nfkino.no



SENIOR CINEMA

at Hønefoss Kino

Every Wednesday at 12:00

Senior cinema in Ringerikssalen (hall 1).

Senior cinema is facilitated with lower sound than regular movie showings.

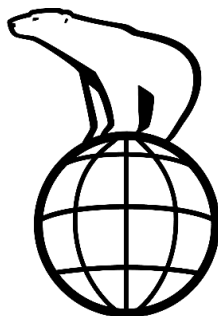
Relevant quality films are shown, and you are allowed to submit your wishes for films in the cinema programme.

Everyone is welcome to senior cinema!

*Some holidays are excluded;

Contact the cinema by phone for questions: 93238945.

<http://www.nfkino.no/honefoss/>



NORDISK FILM KINO

RINGERIKE LIBRARY

a place for information, knowledge, learning, experience, creativity, well-being
and recreation

Reading is good for mental health, and exercise for the brain! It is also enjoyable, cosy, exciting and educational!

You can read newspapers and magazines at the library. You can get help finding books that suit you, whether you are learning fly tying, reading up on local history or borrowing one of this year's new novels. And it costs nothing to borrow a book!

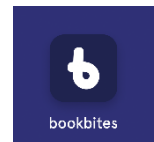
Digital services

Newer audiobooks and e-books can be borrowed using the app



Bookbites.

You can have your library card on the **BiblioFil** app. Here you also find an overview of your borrowed books with return dates, and it is easy to extend a loan or order what you want to borrow next time.



You will find the library's "Between the Books" podcast (**Mellom Bøkene**) on the library's website. Here we mainly talk about literature and reading experiences.

Digital solutions make it possible to enjoy the library from home, but the most pleasant thing is of course showing up at the library! The library is a meeting place for everyone, regardless of age. Maybe you will meet someone you can have a chat with, or you can find new friends at the Language Café or other types of events the library hosts?



Reading with grandchildren is very pleasant for both young and old.

The library has various events where you are served literature, experience or knowledge. You can also chat with our employees.

We have events such as General Quiz, Saturday University, and a number of literary events and children's events. The latter is great for the whole family.



Seniornett currently meets at the library on Thursdays every 14 days during the season. They offer lectures on current topics and can also help if you need help using a PC, tablet PC or cell phone.

More information about the Ringerike Library and its event

programme can be found on our website: www.ringerikebibliotek.no or follow us on Facebook.

E-mail: bibliotek@ringerike.kommune.no

Main library in Hønefoss

Sentrumskvartalet

Phone 32 11 75 00

Sokna branch

The community center at Sokna School

Tel: 32 14 55 95

Nes branch

Nes School, downstairs

Phone 40 80 45 25

SENIORNETT, STRENGTHENING THE DIGITAL COMPETENCE OF THE ELDERLY

Digital development has taken place at an extra rapid pace during the corona pandemic, and many people find it difficult to keep up. This is something that especially older people can feel.

That is why the municipality has entered into a partnership with Seniornett in Hønefoss. Together we have connected with many new counsellors who hold courses at Nes, Hallingby, Tyristrand, Hønefoss and Sokna.

Seniornett and the municipality want to collaborate with the elderly and their relatives to be able to offer good meeting places for computer help in our city or in your town. We believe that there are many benefits to creating good digital meeting places together! We always serve coffee and something to snack on as well.

There will be training both in groups and as one-to-one tutorials to teach you how to download apps on your phone, and how to use a PC or tablet PC. Other useful things to learn are using e-mail, Facetime, BankID and online banking. By being able to download apps on your phone, you can book bus tickets, movie tickets or pay for parking.

The courses are free and will be announced in Ring Blad under "Det Skjer!".

Photo: Seniornett.no

Contact

Anne Nereng, Seniornett Hønefoss, Phone
415 08 160, anne.nereng@gmail.com

or

Astrid Lundesgaard, Municipality of Ringerike,
Phone 913 95 854
astrid.lundesgaard@ringerike.kommune.no



SENIOR DANCE



What is Senior Dance?

Senior Dance is movement, steps and trips that are built up to strengthen muscles, balance, agility and especially memory.

Research has shown that no type of *physical activity* reduces the risk of developing dementia, with one important exception: DANCE.

Seniordans Norge is a nationwide, volunteer organization divided into 24 regions and a number of subgroups.

At Ringerike, we currently have two groups (Ullerål and Haugvang) that belong to the Buskerud region. Seniordans Norge's mission statement is to train the elderly in a selection of dances in a positive learning environment, where well-being and mastery should be in focus, and where the benefit should be health-promoting for each participant.

Ringerike Senior Dance.

Ullerål Senior Dance started in 2005. The initiator was Grete Loeshagen. She was joined by Herman Storvik, who has a professional background in dance. Grete started a similar group at Haugvang some time later.

Senior Dance uses a large and varied selection of dance melodies and dance rhythms. The dances are built on catchy music. The choreography is designed so that the dances should be suitably challenging, so that the brain and feet have something to work with.

Some participants find the dancing difficult, but part of the point is to benefit from a challenge, and it still feels good to get a sense of accomplishment after a little "hard work". Our dance instructors are committed and skilled. They keep themselves constantly updated by participating in various courses and gatherings both at home and abroad. The most important is to make exercise "fun" and that the workouts are not only exercise, but also offer a pleasant way of socialising.

Could this be something for you?

Contact Ullerål Seniordans c/o Ranveig Borlaug-Olsen, Tel. 47041958

or Haugvang Seniordans c/o Marianne Rånes, Tel. 91605851

or just show up at Ullerål Church on Tuesdays from 18 – 20 or Wednesdays 11 – 13. Haugvang on Thursdays from 11 – 13.

The dates and times are advertised in Ring Blad under "Det Skjer!".



DNT RINGERIKE – SENIOR GROUP



Around 500 of DNT Ringerike's members have reached the age of 60 and are thus automatically affiliated with the senior group. The group's primary task is to plan and carry out nature hikes on Tuesdays. One prerequisite is to keep the hikes low-threshold, so that as many people as possible can dare to participate without fear of being left behind. The hikes nevertheless last several hours and in sometimes rough terrain; if you are unsure, feel free to ask us so that your first hike is not one of the most demanding. The leaders of the Senior Group consist of six hiking enthusiasts who together possess great local knowledge of our nearby hiking trails, so there is no shortage of ideas about varied hiking destinations. The tour leaders are educated through the Norwegian Trekking Association (DNT) tour leader training for near-town hiking, and lead trips voluntarily for DNT Ringerike. DNT is a member association and we encourage membership if you participate regularly.

The Senior Group hikes depart every Tuesday at 09:30 from Osloveien 10, and we often drive to the trailhead in shared cars. The season is from April to October, with some café get-togethers and skiing trips when hiking season ends. The trips can be found by date online: <https://www.dntringerike.no/senior/> and Ringerikes Blad under "Det Skjer!".

Weekend and Thursday hikes are open to everyone, and we also have some mountain hikes in the summer that are suited for fit seniors.



Tuesday hike with the senior group.

Become a facilitator for outdoor life

About half of DNT Ringerike's volunteers are seniors. If you want to help facilitate outdoor experiences for yourself and others, you are most welcome to join our volunteer corps. Our volunteers are trained as DNT tour leaders to take others on hikes and trips, they help clean and mark our 360 kilometers of blue-marked trail network, and they keep our 10 beautiful cabins in Vassfaret, Holleia and Vikerfjell in good condition through annual volunteer workdays. The volunteers also participate in hiking days and events for children and young people. Barnas Turlag, the children's hiking group, especially welcomes grandparents on our trips, and seniors without grandchildren can also contribute a lot on hikes for our youngest. Many volunteers also participate actively on managing boards and other positions of trust. We offer chainsaw courses, trail marking courses, first aid courses etc. that our volunteers need in their positions and volunteer work. Volunteering cuts across age groups, so we share our knowledge with each other.



For more information, check out the website: <https://www.dntringerike.no/> or stop by our office at Osloveien 10 for a nice chat.

The office is open Monday from 10 to 17, Tuesday from 10 to 14 and Thursday from 10 to 19 (between 17-19, the office is manned by our senior volunteers).



INFORMATION FROM THE RINGERIKE FIRE AND RESCUE SERVICE

Smoke detector

- All homes should have at least one smoke alarm on each floor.
- The fire department recommends series-connected smoke detectors or fire alarm systems.
- Test your smoke alarm regularly and replace the battery once a year or as needed.



Escape routes

- All homes must have escape routes.
 - Test your escape routes to make sure you can navigate them easily.



Extinguishing equipment

- All homes must be equipped with hand-held extinguishers or fire hoses.
- The extinguishing equipment must be easily accessible.
- Learn to know your extinguishing equipment.



Tips for fire prevention

- Always monitor the stove while it is on. If you are interrupted in cooking, turn the heat off/down. A stove guard is recommended!
- Avoid using electrical appliances when sleeping.
- Charging should take place when we are awake.
- Check candles; make sure they are extinguished before leaving the room.
- Check that no heaters are covered.
- Think about how you handle ash from the stove.
- Avoid extensive use of extension cords.
- Smoking in bed is FORBIDDEN!

More good tips. Go online for more info: **Sikkerhverdag.no**

You can contact the fire department here:

Ringerike Fire and Rescue Service

Dronning Åstas gate 12, 3511 Hønefoss

Tel: 32 11 74 00 (09-15)

e-mail: brann@ringerike.kommune.no

Service number. 24 hours a day: 333 14 110 (Southeast 110 IKS)

In case of crisis, contact the emergency services as follows:

Fire 110

Police 112

Ambulance 113

AN ACCESSIBLE HOME



*Is your dwelling suitable for living in, regardless of your level of functionality?
Can family and friends visit you regardless of your physical function?*

Checklist

These are some tips on what to consider.

This applies to your current home, after renovation or if you buy a new home.

Current situation and future needs

- What are your/your family's needs and wants?
- What daily tasks are problematic?
- What is not currently working properly at your home – inside and outside?
- What changes are needed now and in the future?
- Adapt your home or move?
- The importance of your neighbourhood when moving; availability to shops/services, public transport?

Identify possible solutions

- What can be done in your current home?
- Consider outdoor areas and access.
- Consider accessibility inside, the location of rooms/merging rooms, furniture and use of all rooms.
- If you need assistive technology, consider whether there is room for these.

Tips for accessible housing:

- **Outdoor area and access road:** Small differences between heights/steps, and a firm, flat and non-slip surface, good lighting

- **Garage and carport:** Short distance between garage/carport and home. Automatic garage door opener
- **Entrance:** As few steps as possible, plenty of space next to the door so that it is easy to open. If there is a staircase, it should have handrails on both sides. Is it possible to raise the ground level outside or inside to reduce steps and level differences? For example, you can apply to the NAV Assistive Technology Center for grants for renovations instead of ramps.
- **Doors and thresholds:** Door thresholds and narrow doors are common obstacles when using a walker or wheelchair. Expanding doorways and removing thresholds. Small height differences can be smoothed out with threshold eliminators.
- **Living room and patio:** Not too much furniture so there is good passage space around cabinets, the television, windows and doors. Stable furniture to lean on when needed. Chairs that are good to sit in and have the right height for standing up again. Good lighting. Enough socket outlets that are easy to reach. As much step-free access as possible to patio/veranda.
- **Bedroom:** Free floor space next to the bed, closet and window. It may be cramped if you use walking aids. Lights that can be turned on and off from the bed. If the bed is too low and difficult to get out of, consider a new bed or need for height adjustment.
- **Bathroom:** The threshold should be reduced as much as possible. The bathroom should be located near the bedroom. Good lighting to and from the bedroom. Spacious and step-free shower. Shower stool. Plenty of space around the toilet and sink. Elevate the toilet and add wall handles, or replace with a higher toilet. Non-slip floor covering.
- **Kitchen:** It should be easy to see and reach the contents of large drawers than having lower cabinets with shelves. Place what you often use where it is easy to reach. A two-piece stove allows the oven to reach a good working height. Kitchen furnishing with a continuous countertop is a practical solution.
- **Staircase:** Handrails on both sides. Good lighting. Light switches both upstairs and downstairs. Non-slip and highly visible steps.

All necessary rooms on one level (bathroom, bedroom, kitchen and living room).

Source: Norwegian Association of Disabled: Accessible dwellings – adaptations to existing dwellings. <https://nhf.no/tilgjengelige-boliger/>

HOME ADAPTATIONS

Do you need adaptations to your home? You can apply for funding if you do not get a mortgage from an ordinary bank or have money in your account. Mortgages/benefits can be granted for small or large renovations and adaptations.

Adapting a home means making it suitable so that you can continue to live in it, even if you have a disability. The adjustment must be appropriate and the need for mortgages and/or an allowance or grant is assessed in its entirety based on the household's financial situation in the long term.

There are both loan schemes and grant schemes that can make it possible to finance the adaptation of your home. The municipality's case officer will be able to help identify the opportunities that exist for you.

The municipality may, on application, provide grants/mortgages that help people who need to adapt their home now or in the future to finance the necessary adaptations. Grants/mortgages are financially need-tested. Grants/mortgages for adaptation can be given both for simple measures, for major renovations, and to finance professional planning and investigations.

How to apply?

Funding for adaptation is sought via the municipality in which you reside. The municipality can help you fill out the application.

Applications are submitted electronically online: www.husbanken.no

Contact persons for Ringerike: Tine Solbakken or Ann-Kristin Hoås.

Contact your municipality for more information.



FALL PREVENTION

About 1/3 of all those over 65 have fallen at least once a year, and of those who fall, half are exposed to repeated falls. About half of all fall accidents occur indoors and women fall more often than men. Approximately 9000 hip fractures occur each year in Norway. Seven out of ten hip fractures affect women.

Taken from: www.helsedirektoratet.no/NHI.NO



Tips for a safer home:

- Remove loose carpets or use non-slip surfaces.
- Fasten loose wires. Avoid using extension cords; get more socket outlets instead.
- Good lighting. Night lamp with easily accessible switch.
- Sturdy indoor shoes with heel cap. Be careful with slippery socks.
- Safeguard smooth and wet surfaces in the bathroom with e.g. non-slip mats/strips, wall handles and stools.
- Railings on both sides and anti-slip coating on the staircase. If necessary, mark the top and bottom steps with a contrasting colour.
- Support handrails for high thresholds, slippery floors and other places where there is a risk of losing balance.
- A stable curtain ladder when you want to get something from a high cabinet and the like.
- Sturdy furniture, but do not over-furnish your home to create more tripping hazards.
- Sand at the entrance for icy surfaces to the mailbox, garbage cans and the parking lot.
- Use spikes on your shoes when it is icy and slippery outside.

What can *you* do to prevent falls?

Exercise is the single most effective measure to prevent falls. The exercise should include balance, strengthening muscles in the hip, knee and ankle joints and coordination training. The exercises should be done 3 times a week or more. They have to be suited to your level; if it becomes too easy, try more challenging exercises.

Everyday activity: Be as active as possible doing everyday chores inside and outside. Sit still less – take active breaks from sitting still. Do things with others.

Eat nutritious food

Medication review with your doctor.

There are many tips on fall prevention exercises to be found online, both on paper, as instructional videos or online training at various gyms or associations. Some examples:

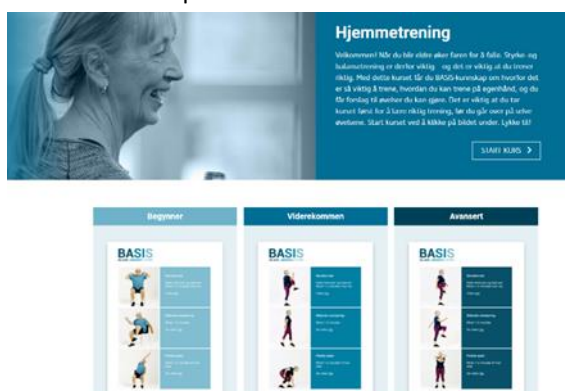
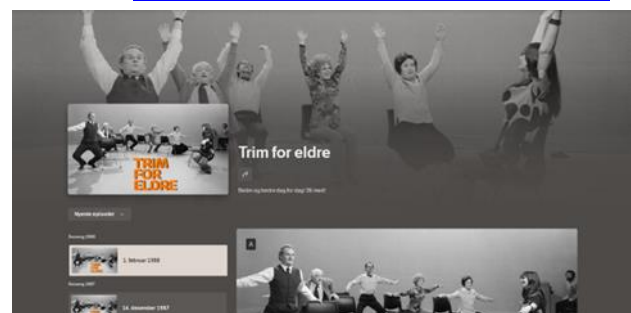


Illustration: Astrid Lorentzen, Municipality of Ringerike

E-learning course from the Norwegian Directorate of Health:

<https://www.basis-fallforebygging.no/home/selv/>

NRK TV: <https://tv.nrk.no/serie/trim-for-eldre>



YouTube.com, Senior 30 min. <https://www.youtube.com/watch?v=Qkzvdsp93G8>

Examples of fall prevention exercises

from the Directorate of Health: <https://www.helsedirektoratet.no/brosjyrer/ovelser-for-a-forebygge-fall>

1. Reise/sette seg

Sitt oppreist ytterst på stolen (gjærne med armer i kryss over brystet).

- Bøy overkroppen fram og reis deg raskt og kontrollert opp.
- Sett deg kontrollert og langsomt ned igjen.

GJENTA ØVELSEN 10 GANGER



2. Stå på tå



Stå oppreist med hoftebreddes avstand mellom føttene. Støtt deg til en stol eller kjøkkenbenken ved behov.

- Løft deg raskt og kontrollert opp på tå. Hold 1-2 sekund. Senk hælene langsomt og kontrollert ned.

GJENTA ØVELSEN 10 GANGER

3. Stå på ett ben

Stå oppreist. Støtt deg så lite som mulig, eventuelt med fingertuppstøtte til en stol eller kjøkkenbenken.

- Stå på ett ben.

Hold posisjonen i 10 sekunder.

GJENTA PÅ MOTSAIT BEN



4. Telemarksnedslag

Stå med samlede ben. Støtt deg til en stol eller kjøkkenbenken ved behov.

- Ta et langt steg framover og skyv kroppsvekten over på det forreste benet.
- Skyv i fra og flytt benet tilbake til utgangspunktet.

GJENTA 10 GANGER PÅ HVERT BEN



5. Plukke epler

Stå foran kjøkkenbenken eller ved en stol. Lat som du står ved et epletre. Stå litt bredbeint og bruk minst mulig støtte.

- Strekk deg rolig, og plukk et eple så langt opp til den ene siden som du kan, uten å flytte på føttene.
- Bøy deg rolig ned mot en tenkt bøtte du har på den andre siden, og legg eplet i bøtta. Gjenta på den andre siden.

SKIFT RETNING. GJENTA 8-12 GANGER



6. Balanser på en linje



Stå oppreist med siden mot en stol eller kjøkkenbenken.

- Sett ett ben rett foran det andre og gå så 10 steg framover på en rett linje.
- Se framover og prøv å gå stødig.

SKIFT RETNING

7. Strekk og rotasjon (overkropp)

Sitt oppreist fram på stolen. Ha hoftebreddes avstand mellom føttene og med knær over ankler.

- Plasser høyre hånd på motsatt kne og vri overkroppen mot venstre til du kjenner det strekker i siden.
- Hold mens du teller til 10, returner til utgangsstilling.

GJENTA 2 GANGER TIL HVER SIDE



GROUP WORKOUTS

The Municipality of Ringerike offers group exercise sessions for elderly people living at home.

The groups are suited to people with and without walking aids and are located in different places in the municipality.

The training lasts about 45 minutes each session and consists of simple standing or sitting strength and balance exercises where participants join the exercises they can manage. Some of the groups have social time with light refreshments after the workout.



Contact us:

May Kristin Holmås Janshaug, physiotherapist.

Cell phone: 45 72 35 68

THE GLEDEN ACTIVITY CENTER

Daytime activities are offered to people who need a more meaningful everyday life, both in terms of physical and mental needs.

The daytime activities are a paid service. Applications should be submitted to the Allocations Office, Health and Care Services, which will conduct an assessment.



We want users of the activity center to have fun moments with a lot of humour, meaningful activities and socialising. We take walks and trips and have a strong focus on exercise and prevention of functional decline.

We can offer:

Exercise of various kinds, at the gym with machines, exercise in a gymnasium, hobby activities, singing and music, pleasant companionship and good food.

Opening hours:

Monday – Friday, 08:00 – 15:30

We are located at Austjord, Lundstadveien 74, 3514 Hønefoss.



ASSISTIVE TECHNOLOGY AND WELFARE TECHNOLOGY



Being self-reliant in daily life is important to most of us. It does not always take much to manage at home on your own, or with a little extra help. But should you experience challenges in one or more areas, perhaps something can be solved with simple aids or assistive technology

Where can I borrow the assistive technology?

The municipal short-term use office

Temporary loaning of simple assistive technology and aids such as walkers, wheelchairs, shower stool, toilet elevators and the like. Tel.: 32 12 87 15.

NAV Assistive Technology Centre for Buskerud

Borrowing aids for long-term and more complex needs. A municipal occupational therapist or physiotherapist will usually help you apply for these, but they are delivered by the short-term use office.

Minor aids such as gripping pliers, crutches and support handrails must be purchased by the individual. These can be purchased from e.g. Banda.

What is welfare technology?

This technological equipment will help make you safer in daily life, make you more self-reliant, and give you a better quality of life

This technology includes e.g. security alarm, stove guard, simplified remote control for the TV, digital calendar, electronic medicine dispenser and GPS map/navigation tool



The assistive technology office is open for pick-up and delivery of assistive technology on Mondays from 12 to 15 and Thursdays from 12 to 15

Lundstadveien 74, 3514 Hønefoss

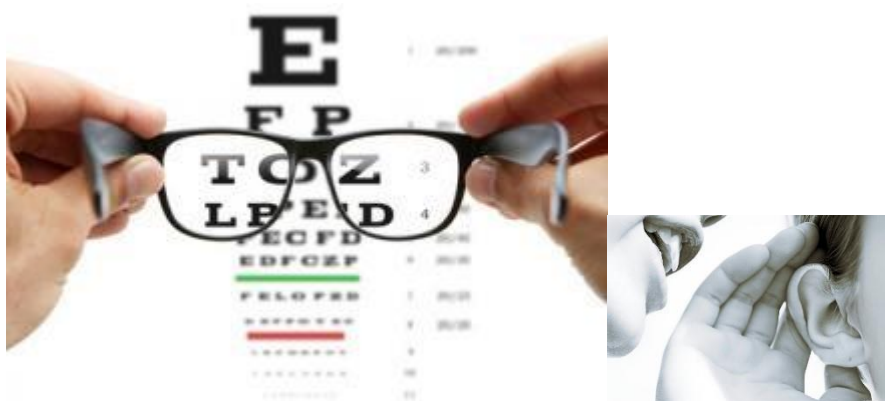
Tel: 32 12 87 15 if you have any questions

VISION AND HEARING

Do you have trouble hearing?

Assistive listening devices

These include doorbells, smoke detectors and amplifiers for television and telephone. Contact your municipality's hearing assistance office or the Buskerud Assistive Technology Center.



Do you have trouble with vision?

What is the definition of visually impaired?

A person is *visually impaired* when he/she has been to an ophthalmologist/optician and with the best glasses still has difficulty reading, writing or making his way around town. Funding and aids are available if you are diagnosed with impaired vision.

Municipal vision assistance office

Responsible for screening, testing and assessing needs, and training in the use of visual aids.

Assistive Technology Center

Overall responsibility for the dissemination of visual aids and works closely with the municipal visual assistance office.

Contact info for municipal hearing and vision assistance, Tel. 90 07 21 44, 96 94
40 41 or
96 94 05 61

EVERYDAY REHABILITATION

Everyday rehabilitation is provided by the municipal home care service. It is an interdisciplinary rehabilitation in the home and/or in the local community and is about training in everyday tasks. The starting point is identifying the activities that are important for the person to master.

Perhaps you have been ill and hospitalised and find that you are not functioning as before when you return home? Is there anything you need help with today that you want to do on your own again soon?

In that case, Everyday Rehabilitation may be relevant for you.

The physiotherapist and occupational therapist will first conduct an assessment interview with you, where a plan is made to work towards the goals that are important to you. In the further process, you will be followed up by the home care service, therapists and, if necessary, a nurse.

You must be prepared to make an effort of your own for a period of time (usually 4-8 weeks). It is a good idea to inform those closest to you about what you are working towards, so that they too can help you master what you want.

If professional assessments show that other services in the municipality can give you a better chance of achieving what you want, the employees will guide you further in this process.

If are interested in Everyday Rehabilitation, you can either apply for it online (ringerike.kommune.no) under Health and care (helse og omsorg), talk to your doctor, the home care service in your neighbourhood or contact a physiotherapist/occupational therapist in your area.

If you have any questions, please contact the coordinators at Everyday Rehabilitation

Bente Nordengen Ringen (occupational therapist)
bente.ringen@ringerike.kommune.no

Tel: 40 91 78 44

Astrid Lorentzen (physiotherapist)
astrid.lorentzen@ringerike.kommune.no

Tel: 40 91 78 45





RINGERIKE
KOMMUNE



DEMENTIA COORDINATOR FOR THE MUNICIPALITY OF RINGERIKE

As a dementia coordinator, I can assist with:

- Advice and guidance for people with dementia and their relatives.
- Individual conversations and follow-up
- Assist in assessments of suspected dementia in collaboration with the family doctor, the specialist health service and other health personnel in the municipality.

- Provide information about municipal services to people with dementia and their relatives.
- Arranging municipal training and courses for loved ones.

Who can contact the dementia coordinator:

- People who have been told they have dementia.
- Affected family members of persons with dementia.
- People who wonder if they or anyone in their family has dementia.
- Health care personnel

Contact can be made by phone or e-mail.

Dementia Coordinator: Aina Glimsdal Bakke

E-mail: demens@ringerike.kommune.no

Phone: 48 00 80 52

Dementia Guidelines, check these webpages:

<https://veiviserdemens.aldringoghelse.no/>



CANCER/PALLIATIVE CARE COORDINATOR

What is most important to YOU?

- Today and in the times ahead

Those who wish to do so should be able to stay at home with the best possible quality of life and safety for the patient, their relatives and their helpers. This is a low-threshold service, where the person in need (patient/relative/neighbour/friend/health care personnel etc.) can contact the coordinator directly, without going through the Allocations Office. The coordinator can provide information, advice and guidance related to diagnosis, treatment, rehabilitation and also palliative care and end-of-life care.

Contact details:

E-mail: dorte.ragna.loftheim@ringerike.kommune.no

Dorte Ragna Loftheim, Tel. 41 45 66 34



Source: helsenett.no

HEALTH AND CARE SERVICES

The Allocations Office is the municipal administrative office in charge of health and care services. We process applications for health and care services, and are also available for guidance and information. Affiliated with the office are case officers with broad and interdisciplinary experience.

The Municipality of Ringerike's website provides information about which services the municipality can offer. Here you will also find the application form and the municipality's criteria for allocation.

<https://www.ringerike.kommune.no/innhold/helse/tildelingskontoret/>

When the Allocations Office receives an application, a review of your health situation/resources and assistance needs to be done. The services can be awarded on the basis of the criteria for allocation of help and funds.

You can also contact us by phone at 40 90 01 39.

Changes in health can come suddenly and unexpectedly. By that time, it may be appropriate to think about:

- What preventive measures can I take today that can provide a positive health benefit?
- Where do I want to live if my health situation changes, and what choices must I make today to achieve this? Is there a need for upgrading my home, or may it be appropriate to consider a different living arrangement?
- Who are my affected family members, and who will plead my case if I am no longer able to do so myself? Is there a need for a power of attorney in the future, which is an alternative to guardianship?

Read more about future power of attorney at:

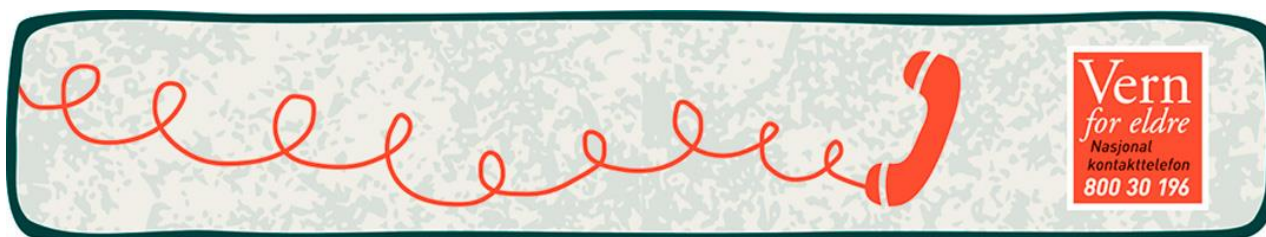
www.statsforvalteren.no/oslo-og-viken/

www.vergemal.no

PROTECTION FOR THE ELDERLY

If you are over 62 and subjected to violence, threats or other offensive acts, you are by no means alone. Feelings of guilt and shame are common when abuse happens. Remember that it is never your fault that it happens, and that it rarely stops on its own.

– Insecurity has no age limit



Elder abuse occurs both in private homes and in institutions. The abuse can take many forms, but it is usually mental, physical, economic or sexual in nature. Vern for Eldre helps people over the age of 62 who are at risk of or are victims of abuse. Affected family members or others who suspect elder abuse can also call this number.

- The national hotline is operated by professionals with extensive experience in the field.
- You can get support, advice, guidance and information about relevant support agencies if needed.
- The offer is free and you can remain anonymous.

For further information:

<https://www.vernforeldre.no/>

USEFUL PHONE NUMBERS

Municipal Service Square	32 11 74 00
Allocations Office	40 90 01 39
Assistive Technology Center	32 12 87 15
Hearing and vision assistance office	90 07 21 44 96 94 40 41 96 94 05 61
Frivilligsentralen (Volunteer Center)	32 14 21 00
Frisklivscentralen (Healthy Life Center)	40 91 78 19
Everyday Rehabilitation Coordinator	40 91 78 44 40 91 78 45
Dementia Coordinator	48 00 80 52
Cancer/palliative care coordinator	41 45 66 34
Ringerike Fire and Rescue Service	32 11 74 00
Accident and emergency department	116117

Municipal website: <https://www.ringerike.kommune.no/>



Responsible for the brochure:

Astrid Lorentzen, Tel: 40 91 78 45

Astrid.lorentzen@ringerike.kommune.no

Bente Nordengen Ringen, Tel: 40 91 78 44

Bente.ringen@ringerike.kommune.no