

Inventory of Fall Prevention Initiatives in Canada – 2005

Division of Aging and Seniors
Public Health Agency of Canada

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Introduction

This listing builds on the work previously commissioned by the *Federal/Provincial/Territorial Ministers Responsible for Seniors - Seniors Safety and Security Working Group* in 2003 to develop a listing of falls prevention programs/projects available for seniors living in the community. That listing was entitled *Listing of Initiatives for Falls Prevention Among Seniors Living in the Community*.

In 2005, the Division of Aging and Seniors undertook a review of the 2003 document which included a survey to organizations on the 2003 list, other seniors centres, public health agencies, provincial ministries of health, universities and colleges, an internet scan. The *Inventory of Fall Prevention Initiatives in Canada - August 2005* provides a current snapshot of falls prevention activities across the country.

If you have comments, additions, deletions, updates or changes for this listing, please contact us at seniors@phac-aspc.gc.ca

or by mail or fax to:

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Alberta

Project/Program

Title: **Falls Prevention Programs**

Contact: Yvonne Allan
Health Promotion Facilitator
East Central Regional Health
5510 - 46th Avenue
Camrose, AB T4V 4P8
Tel.: (780) 679-2980
Fax: (780) 679-2999
Web site: www.health-in-action.org

Description:

- 1) Steady As You Go #1 and #2 implemented across region;
- 2) Aquatic therapy program in larger communities; and
- 3) Assisting communities in promoting “Walkable Communities” and in developing walking trails for easy accessibility.

Project/Program

Title: **Injury Prevention and Control - Older Adults**

Contact: Older Adults Fall Prevention Action Committee
Calgary Injury Prevention Coalition (CIPC)
Calgary Health Region
10101 Southport Road S.W.
Calgary, AB T2W 3N2
Tel.: (403) 943-LINK (943-5465)
Web site: www.crha-health.ab.ca

Description: A Calgary Injury Prevention Coalition (CIPC) committee is targeting its prevention efforts to reduce falls amongst older adults living in the Calgary region. The specific strategies being implemented to prevent older adult falls include:

- Developing and distributing resources (i.e. a brochure) to educate older adults on how to prevent falls; and
- Coordinating the efforts of organizations working with seniors to ensure consistent and comprehensive messaging to and education of older adults and their friends and families about fall prevention.

Project/Program

Title: **Medical Equipment Loan Services (MELS)**

Contact: Canadian Red Cross Society
Alberta Region
100, 1305 - 11th Avenue S.W.
Calgary, AB T3C 3P6
Tel.: (403) 541-6100
Fax: (403) 541-6129
Web site: www.redcross.ca

Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: A low cost, short-term loan service offers a variety of health care equipment to individuals in communities and provides mobility equipment to residents who are recovering in their own homes from illness, injury or surgery. Information is given on the proper use of the equipment. The equipment loaned helps with fall prevention, and includes walkers, crutches, canes, wheelchairs and bath aids (stools and seats).

Project/Program

Title: **Steady As You Go #1!**

Contact: Ellie Robson
Capital Public Health
Suite 300, 10216 - 124th Street
Edmonton, AB T5N 4A3
Tel.: (780) 413-7955
Fax: (780) 482-4194
Email: erobson@cha.ab.ca
Web site: www.capitalhealth.ca/ProgramsAndServices/default.htm

Description: Steady As You Go #1 is a cognitive/behavioural brief intervention, which also includes an environmental focus and is targeted at the reduction of falls of healthy and transitional (between health and frailty) community-dwelling seniors. The program is offered to small groups of seniors by trained senior facilitators who are then supported by a health professional (usually a nurse). Participating seniors attend two 90-minute sessions, one month apart. At the first session they receive the Client Handbook and Fitness Video and at this time begin to identify personal risk factors for falls. Over the intervening month, seniors implement their own strategies to reduce their risks and at the second session they share what they have done. A Facilitators' manual is also available.

This program underwent a randomized control trial and was found to be effective in preventing falls. Also available in Chinese (Bo Bo Ping On) and French (De Pied Ferme).

Project/Program

Title : **Steady As You Go # 2!**

Contact:

Ellie Robson
Capital Public Health
Suite 300, 10216 - 124th Street
Edmonton, AB T5N 4A3
Tel.: (780) 413-7955
Fax.: (780) 482-4194
Email: erobson@cha.ab.ca
Web site: www.capitalhealth.ca/ProgramsAndServices/default.htm

Description:

Steady as You Go #2 is a falls prevention program for community-dwelling seniors with reduced energy and mobility. It has been evaluated in a one year trial and was found to be effective in preventing falls. All participants receive a workbook, which includes the fall risk test. A health professional administers the test and leaves clients with a fall risk score. The higher the score, the higher the risk for falls. Recommendations are left with clients and their families to reduce these risks. Trained Seniors Facilitators also visit clients to encourage them to make necessary changes. An implementation manual and training program is also available.

Project/Program

Title: **Steady As You Go!**

Contact:

Jeanne Annett
Aspen Regional Health Authority #11
10008 - 107th Street
Mornville, AB T8R 1L3
Tel.: (780) 939-3388
Fax: (780) 939-7126
Web site: www.aspenrha.ab.ca

Description:

Program strategies include the use of trained peer facilitators who work with groups of seniors in the community and assist participants in learning how to use the program. A guidebook, exercise video, educational sessions and self-monitoring are used. Program objectives are introduced in two 90-minute sessions, one month apart. The first session reviews the risk factors involved in falling. Topics include: paying attention, taking risks, balance, leg strength, footwear, foot care, medication, vision, and hazards in and around the home and in the community. Participants also discuss the importance of increasing leg strength and balance for preventing falls and are encouraged to take part in a 20-minute physical exercise program or participate in an organized exercise group. The guidebook helps participants assess risk factors within their home and community. The home video introduces the issues of falling and validates the need for falls prevention. The second part is a program of 20 exercises. Participants are encouraged to continue their learning with the use of these resources on their own for the time between sessions. After one month, they meet again for the purpose of sharing their experiences of what they have learned and how they have been able to reduce their risks of falling.

Project/Program

Title: **Steady As You Go!**

Contact: Sheryl Jackson
David Thompson Health Region Authority
#602, Provincial Building
4920 - 51st Street
Red Deer, AB T4N 6K8
Tel.: (403) 341-8622 or 1-800-752-8957
Fax: (403) 341-8632
Web site: www.dthr.ab.ca

Description: Designed for seniors living in the community at home or in a seniors' complex. It is offered in two segments and each segment is approximately two hours. It is given to seniors by seniors. There is an expectation that the senior can do their own assessment of their environment and that they are responsible to exercise according to the exercise video. If the senior is frail, the assessment is done by a health care professional. The volunteer seniors that present the program have a training period provided by a professional. This program was developed in Edmonton and is used extensively throughout the province. Education and information on injury prevention is also available by contacting your local Community Health Centre.

Project/Program

Title: **Steady As You Go!**

Contact: Program Coordinator
Medicine Hat & Area Safe Community Coalition
1150 - 5th Street S. E.
Medicine Hat, AB T1A 8C7
Tel.: (403) 529-8363
Fax: (403) 529-2098
Web site: www.memlane.com/nonprofit/scc/steadyasyougo.html

Description: Designed for seniors living in the community at home or in a seniors' complex. It is offered in two segments and each segment is approximately two hours. It is given to seniors by seniors.

Participants in Steady As You Go workshops:

- Learn to identify community hazards and activities that put them at risk of falling;
- Raise their awareness of how medications, eyesight, fitness, footwear, foot care, and other factors can affect risk of falling;
- Practice exercises to improve leg strength and balance; and
- Receive a client handbook and a copy of the video "Fitness for Preventing Falls."

Project/Program

Title: **Steady As You Go!**

Contact: Program Coordinator
Brooks Community Adult Learning Council
P.O. Box 64
Brooks, AB T1R 1B2
Tel.: (403) 362-5372
Fax: (403) 793-8249
Web site: www.telusplanet.net/public/bcalc/steady.htm

Description: Designed for seniors living in the community at home or in a seniors' complex. It is offered in two segments and each segment is approximately two hours. It is given to seniors by seniors.

Participants in "Steady As You Go" workshops:

- Learn to identify community hazards and activities that put them at risk of falling;
- Raise their awareness of how medications, eyesight, fitness, footwear, foot care, and other factors can affect risk of falling;
- Practice exercises to improve leg strength and balance; and
- Receive a client handbook and a copy of the video "Fitness for Preventing Falls."

British Columbia

Project/Program

Title: **Balance Class Program**

Contact: Kathleen Friesen
Manager, Elder Health Rehabilitation Services
1552 Russell Avenue
White Rock, BC V4B 2R4
Tel.: (604) 535-4577
Fax: (604) 535-4587

Description: The program seeks to identify individuals at risk for falling and prevent/reduce their risk of injury from falls by improving stability, balance and safety awareness in a rehabilitation/acute care setting. The program utilizes exercise and education and is offered five times per year. Objectives of the program include:

- Improve clients' strength, stability and balance;
- Increase clients' self-knowledge of correct positioning and posture;
- Increase knowledge of home safety and strategies to prevent falls; and
- Encourage healthy behaviours regarding exercise.

As a complement to the Balance Class Program, White Rock Leisure Services conducts a follow-up class.

Project/Program

Title: **Balance Program and Safety at Home Education**

Contact: Linda Bridgeman
Occupational Therapist
Enderby Geriatric Day Program
Box 610, 712 Granville Avenue
Enderby, BC V0E 1V0
Tel.: (250) 838-6420
Fax: (250) 838-9530
Email: linda.bridgeman@interiorhealth.ca

Description: The program is a balance program that is offered to seniors twice weekly in an adult day care and home support services setting. Objectives of the educational program include:

- Improve balance;
- Improve strength and endurance; and
- Reduce falls.

Upon discharge, seniors receive an assessment of balance and strength.

Project/Program

Title: **BC Ambulance Service: ADAPT Program**

Contact: Ron Yee
Project Manager
British Columbia Ambulance Service (BCAS)
Ministry of Health Services
5 - 712 Yates Street
Victoria, BC V8W 9P1
Tel.: (250) 953-3163
Fax: (250) 953-3119
Email: ron.yee@gov.bc.ca

Description: The BC Ambulance Service is developing a falls initiative that targets older adults. Potential objectives of the ADAPT Program include:

- Provide educational materials to elders who have a fall-related ambulance call;
- Examine the benefit of conveying fall-related risk factors to appropriate health care providers;
- Continue partnership with agencies/groups that have an interest in falls prevention;
- Identify fall-related risk factors to be added to the BCAS Patient Crew Report for analysis and planning;
- Evaluate the financial impact of implementing various fall reduction strategies; and
- Ascertain viability of adopting the falls prevention infrastructure already in place in other emergency medical services.

Project/Program

Title: **Clinical Practice Guidelines at the Lodge at Broadmead**

Contact: Maureen Jones
Physiotherapist
The Lodge at Broadmead
4579 Chatterton Way
Victoria, BC V8X 4Y7
Tel.: (250) 658-3232
Fax: (250) 658-0835
Email: maureenjones@gems5.gov.bc.ca

Description: For seniors and veterans residing at the lodge, clinical practice guidelines have been established with the following objectives:

- Minimize the number of falls that result in injury; and
- Reduce the total number of falls occurring by assessing falls risks.

The guidelines have an interdisciplinary focus. Within the facility, falls are tracked weekly on a daily falls report and interventions are implemented as needed. A policy on hip protectors was also developed. Next steps include the analysis of outcomes and refining data collection and analysis.

Project/Program

Title: **Community and Family Health Seniors Falls Prevention Program**

Contact: Karen Stephen
Community Health Nurse
Richmond Health Department
7000 Westminster Highway
Richmond, BC V6X 1A2
Tel.: (604) 233-3145
Fax: (604) 233-3198
Email: karen.stephen@vch.ca

Description: The goal of the program is to increase individual, family and community capacity to prevent falls by way of home support workers. Additionally, the program seeks to increase self-care, mutual aid and promote a safe environment utilizing a multifactorial approach. Next steps include the development of a logic model and the evaluation component of the program. The planning of further program details is in progress.

Project/Program

Title: **Creston Valley Falls Prevention Program**

Contact: Simon Lazarchuk
Recreation Coordinator
Swan Valley Lodge
Bag 1880, 818 Van St.

Creston, BC V0B 1G0
Tel.: (250) 428-2283 ext. 206
Fax: (250) 428-9318
Email: simon.lazarchuk@interiorhealth.ca

Description: The program aims to develop and implement a falls prevention program. The program also addresses other areas in the community that relate to falls prevention, for instance, nutrition, home and community safety, education and awareness. The program is first targeting its efforts toward frail elderly in the community and will later expand its services community-wide.

Project/Program

Title: **Development of Standardized Falls Risk Assessment and Interventions**

Contact: Lynnda Swan
Clinical Practice Consultant
Community Rehabilitation
1340 Ellis Street
Kelowna, BC V1Y 9N1
Tel.: (250) 868-7881
Fax: (250) 868-7809
Email: lynnda.swan@interiorhealth.ca

Description: The project seeks to provide a more consistent method for assessing falls risk and, in turn, implement falls prevention activities among seniors when being seen by community rehabilitation therapists. Veterans and unpaid caregivers are likewise included in the education of falls prevention. Community rehabilitation is present in settings of seniors' housing/assisted living, publicly funded home support services and in the homes of communities.

Project/Program

Title: **Dufferin Care Centre Falls Prevention Plan**

Contact: Lynette Smith
Physiotherapist
Dufferin Care Centre
1131 Dufferin Street
Coquitlam, BC V3B 7X5
Tel.: (604) 552-1166
Fax: (604) 552-3116
Email: lsmith@dufferincare.com

Description: The centre has produced a plan for seniors within the facility, which includes the following objectives:

- Risk identification;
- Individualized response plans to falls risk;
- Collect falls data;

- Education of staff, families and residents about identification and prevention of fall risk factors; and
- Future goal setting.

Strategies to implement the Falls Prevention Plan include walking programs, least restraint policy, continuous risk assessment and individualized response plans.

Project/Program

Title: **East Kootenay Regional Hospital Acute Care Falls Prevention Program**

Contact: Surrena Lemay
 East Kootenay Regional Hospital
 13 - 24th Avenue N.
 Cranbrook, BC V1C 1A1
 Tel.: (250) 426-5281 ext. 495
 Fax: (250) 426-5285
 Email: surrena.lemay@interiorhealth.ca

Description: The hospital recognized that falls were occurring among their residents at a high rate on the medical/palliative care ward and, therefore, saw a need to be pro-active. The goal of the program is to decrease falls and fall-related injuries in the acute care. It provides an educational package that is given to caregivers upon discharge of patient which includes educational material on environmental changes, diet, nutrition, local resources, ways to identify fall risks, information on hip protectors and an “Eyes to Toes Review.”

Project/Program

Title: **Falls: Harm Reduction**

Contact: Marcia Carr
 Clinical Nurse Specialist, Acute Geriatrics
 Burnaby Hospital
 3935 Kincaid Street
 Burnaby, BC V5G 2X6
 Tel.: (604) 434-4211, ext. 3446
 Fax: (604) 412-6170
 Email: marcia.carr@fraserhealth.ca

Description: The goal of the project is to screen, assess and manage falls that have the potential to cause harm in the acute and sub-acute care setting, utilizing clinical practice guidelines for acute care. A proposal has been submitted to Fraser Health Authority on an integrated program for the prevention and management of falls, fall-related injuries, fractures, and osteoporosis. The program will include a fall/fracture/osteoporosis clinic, as well as a referral response system across the continuum of care. Additionally, a screening tool, which triggers the need to refer to an appropriate health care professional, is planned for implementation in the Emergency Department.

Project/Program

Title: **Fall Indicators of Risk: Screening Tool for Community Dwelling Seniors**

Contact: John Tully
Case Manager, Long Term Care
Home Health Care
#200 - 22722 Lougheed Highway
Maple Ridge, BC V2X 2V6
Tel.: (604) 476-7113
Fax: (604) 476-7126
Email: john.tully@fraserhealth.ca

Description: The goal of the project is to support health professionals in quickly identifying seniors most at-risk for falling and making a referral to the appropriate agency. The screening tool will be utilized upon review of a client, if there is a change of condition or a call for concern. At this time, the project is educating its professional staff and has not yet begun implementation in the home health care offices.

Project/Program

Title: **Falls Prevention**

Contact: Deirdre Webster
Physiotherapist
Evergreen Community Health Centre
3425 Crowley Drive
Vancouver, BC V5R 6G3
Tel.: (604) 872-2511
Fax: (604) 872-2368
Email: deirdre.webster@vch.ca

Description: The centre targets seniors, veterans and unpaid caregivers through its multifactorial Falls Prevention activities by:

- Increasing awareness of fall-related risk factors;
- Decreasing risks of falling; and
- Improving balance.

The next steps are to incorporate falls risk assessment into basic assessments for all clients receiving community home services, standardize outcome measurement for physiotherapy intervention, and address and assess confidence with regard to falls.

Project/Program

Title: **Falls Prevention Activities at Anderson Manor**

Contact: Dilys Hull
Director of Care, Anderson Manor
90 Linden Avenue
Victoria, BC V8V 4C8

Tel.: (250) 385-5321
Fax: (250) 385-5312
Email: andersonmanor@shaw.ca

Description: Anderson Manor is a long-term care facility that provides intermediate care, pre- and post-hospital care and temporary stays to its residents. As part of daily protocol, Anderson Manor has engaged in Falls Prevention Activities for residents under and over the age of 65. Objectives of the activities include:

- On all shifts, identify areas of high falls risk within the facility;
- Assess adequate staff mix in order to ensure safe staffing; and
- Reduce the rate of falls among residents.

The next steps of the program are to utilize risk assessment tools and share ideas and strategies with similar-sized facilities.

Project/Program

Title: **Falls Prevention Committee**

Contact: Jan Bolton
Director of Care, Central Park Lodges Retirement Residence
1230 Balmoral Road
Victoria, BC V8T 1B3
Tel.: (250) 383-2323
Fax: (250) 383-6359
Email: janbolton@cplodges.com

Description: Utilizing a multifactorial approach, the committee has implemented falls prevention activities among its resident seniors and veterans. The goal of the committee is to implement activities that will prevent falls and fall-related injuries.

Project/Program

Title: **Falls Prevention Program**

Contact: Cydney Higgins
Care Coordinator
Mount St. Francis Hospital
1300 Gordon Road
Nelson, BC V1L 3M5
Tel.: (250) 352-3531 ext. 247
Fax: (250) 353-6942
Email: cydney.higgins@interiorhealth.ca

Description: Mount St. Francis Hospital is an extended care hospital located in Nelson. The objectives of the program include:

- Tracking the number of resident falls;
- Identifying residents at-risk for falls;
- Identifying residents who fall more than once;

- Increasing awareness of staff regarding fall prevention;
- Increasing staff awareness of risk factors;
- Implementing effective fall prevention strategies; and
- Reducing the number/severity of falls.

The next steps of the program are the ongoing fine tuning of the incident report form, policy tracking information and informal in-services with staff, as the program is in its development stages.

Project/Program

Title: **Fall Prevention Program**

Contact: Jadwiga Cichon
Nurse Manager
Kopernik Lodge
3150 Rosemount Drive
Vancouver, BC V5S 2C7
Tel.: (604) 438-2474 ext. 231
Fax: (604) 438-5344
Email: jcichon@kopernik_lodge.bc.ca

Description: Kopernik Lodge is a continuing care facility that provides intermediate care to seniors, in addition to a special care unit for patients with Alzheimer's disease or other dementia. The program seeks to:

- Limit the frequency of falls among its residents;
- Prevent fall-related injuries;
- Decrease the severity of falls;
- Prevent fractures;
- Eliminate environmental risk factors; and
- Decrease falls related to side effects of medications.

All new employees receive an orientation package that includes falls prevention strategies, in addition to ongoing training. Kopernik Lodge realizes that falls are very common in the elderly population and caused mainly by health problems influencing gait and balance. Keeping that in mind, the facility provides an obstacle-free, safe environment.

Project/Program

Title: **Fall Prevention Program**

Contact: Steven Jiro
Clinical Nurse Manager
Fair Haven United Church Homes
2720 48th Avenue E.
Vancouver, BC V5S 107
Tel.: (604) 433-2939 ext 2232
Fax: (604) 433-4547

Email: sjiro@fairhaven.bc.ca

Description: This is a long-term care facility serving the elderly in Vancouver and Burnaby. The goal of the program is to maintain the number of falls and fall-related injuries within a reasonable range. After each occurrence of a fall, mental status and care needs are assessed to identify unmet needs in each resident. Strategies of the program include utilizing a bedside care plan form, half hour checking flow sheet and clinical practice guidelines. It is recognized that fear of falling is a documented predictor of future falls in community living seniors; the next step is to identify fear of falling in residents and, in turn, create support for residents to abate their fear.

Project/Program

Title: **Fall Prevention Program**

Contact: Christine Lam
Director of Care
Villa Cathay Care Home
970 Union Street
Vancouver, BC V6A 3V1
Tel.: (604) 215-3540
Fax: (604) 215-3530
Email: chrislam@villacathay.ca

Description: This home is a full-service care home servicing the Chinese community in Vancouver. A falls prevention program was implemented to:

- Prevent falls and fall-related injury;
- Implement fall prevention activities;
- Identify high-risk cases of falls;
- Perform walking exercises and supervision in mobility; and
- Identify risk factors for falls and intervene accordingly.

If a fall does occur, an individualized fall prevention strategy is developed. Evaluation of the fall prevention strategy is later measured.

Project/Program

Title: **Falls Prevention Program, Residential Care and Seniors Program**

Contact: Elaine Kidd
Clinical Nurse Specialist, North Shore Residential Care
Evergreen House
231 - 15th Street E.
North Vancouver, BC V7L 2L7
Tel.: (604) 988-3131 ext. 4525
Fax: (604) 984-3784
Email: elaine.kidd@vch.ca

Description: The objectives of the program include:

- Reducing falls by 25%;
- Reducing serious injuries (fractures, head injuries) by 50%;
- Minimizing fall-related risks and maintain a safe environment; and
- Promoting the residents optimal level of independence using a least restraint approach.

Encon incident reports are used to track falls and provide clinical indications of degree of injury, number of repeat falls for each resident, number of falls for each two-hour time interval in a 24-hour period, number of falls related to a specific location, number of falls related to a contributing factor and number of falls from a specific sub-type. Next steps of the program are to audit pre-printed care plans to determine the most common interventions used by staff and to develop a comprehensive profile of the repeat faller using the Minimum Data Set Assessment Project (MDSAP) info. Because resident populations change on the units, rates are variable and falls prevention activities are continually adapting to residents with challenging risk problems. Seniors in residential care facilities are at a high risk for falls, pose a number of challenges and require creative falls prevention strategies using an interdisciplinary approach.

Project/Program

Title: **Falls Prevention - An Interdisciplinary Approach**

Contact: Joyce Nolin
Resident Services Manager
St. Jude's Anglican Home
810 - 27th Avenue W.
Vancouver, BC V5Z 207
Tel.: (604) 874-3200 ext. 227
Fax: (604) 874-3459
Email: joycen@stjudes.bc.ca

Description: The program at St. Jude's Anglican Home is an in-house program that seeks to:

- Provide the newest safety measures for residents;
- Reduce incidence of falls;
- Increase bone density using exercise and dietary supplements;
- Reduce risk factors related to falls;
- Provide a falls risk-assessment upon admission; and
- Allow residents to remain independent, though at-risk.

The program will be maintained through continued education to current and new staff, families and residents.

Project/Program

Title: **Falls Prevention Committee**

Contact: Deborah Peck (Physiotherapist) and Caroline Dunford (Occupational Therapist)
Peace Liard Community Health Services Society
10115 - 10th Avenue
Fort St. John, BC V1J 6M9
Tel.: (250) 787-3355
Fax: (250) 787-3486
Email: caroline.dunford@northernhealth.ca

Description: By providing in-services and workshops in home care, hospital and community settings, the committee is a team of professionals that is targeting their efforts to:

- Raise awareness of falls prevention in facilities and around the community;
- Develop falls prevention policies;
- Increase physical activity and decrease falls;
- Produce falls prevention materials; and
- Promote education/workshops on falls prevention.

The committee will continue with workshops and innovative initiatives to stimulate interest each year. Better evaluation techniques and client satisfaction surveys will be developed.

Project/Program
Title:

Falls Prevention Planning

Contact: Annette Garm
Clinical Nurse Specialist
Louis Brier Rome and Hospital
1055 - 41st Avenue W.
Vancouver, BC V6M 1W9
Tel.: (604) 261-9376 ext. 264
Fax: (604) 266-8772
Email: agarm@louisbrier.com

Description: This is a long-term care facility serving Jewish seniors in Vancouver. The facility has begun the project to implement falls prevention activities. Current literature and best practices guidelines have been utilized to produce a comprehensive falls prevention and safe practices program. Objectives of the program are to:

- Reduce the number of falls among residents;
- Reduce number of injuries sustained during a fall;
- Increase staff awareness for vigilance in falls prevention;
- Reduce number of emergency department admissions due to injuries sustained by a fall; and
- Identify fall risk factors in elderly and educate all staff, residents and families.

Project/Program
Title:

Falls Prevention Programs

Contact: Alison Dennis

Fitness/Wellness Services Coordinator
City of Richmond
6911 No. 3 Road
Richmond, BC V6Y 2C1
Tel.: (604) 718-8009
Fax: (604) 718-8007
Email: adennis@city.richmond.bc.ca
Web site: www.richmond.ca

- Description:
- 1) Slips, Trips and Falls Education and Exercise Program: This is an education and exercise program developed to assist seniors living in the community to:
 - Reduce the risk of falls in the home by identifying potential risks;
 - Improve balance, strength and endurance through a fun exercise circuit;
 - Provide a resource listing of all community services for clients who might wish to access information on falls prevention; and
 - Promote social interaction for seniors.

Functional assessments are completed at pre-program and post-program. The program is offered in recreation facilities/community centres and recreation fitness leaders provide the instruction of the program.

- 2) Step Safe Prevention Program: The program is an education and exercise program developed to assist seniors living in the community to:
 - Reduce the risk of falls in the home by identifying potential risks;
 - Improve balance, strength and endurance through a fun exercise circuit;
 - Provide a resource listing of all community services for clients who might wish to access information on falls prevention; and
 - Promote social interaction for seniors.

Functional assessments are completed at pre-program and post-program. The program is offered in recreation facilities/community centres and recreation fitness leaders provide the instruction of the program.

Project/Program

Title: **Falls Program: Ponderosa Lodge**

Contact:

Rhonda Chisho
Occupational Therapist
Occupational Therapy Department
Royal Inland Hospital
311 Columbia Street
Kamloops, BC V2C 2T1
Tel.: (250) 314-2459
Fax: (250) 314-2339
Email: rhonda.chisholm@interiorhealth.ca

Description: Ponderosa Lodge is a continuing care facility located at Royal Inland Hospital servicing older adults who are not in need of acute care. The program seeks to educate

staff, decrease falls and prevent hip fractures. Individual assessments are done as needed. Due to the pending closure of Ponderosa Lodge, the program is to be implemented at Oberlander Residential Care.

Project/Program

Title: **Falls Reduction Project**

Contact: Thelma Friesen
Team Leader, Haro Park Centre
1233 Haro Street
Vancouver, BC V6E 3Y5
Tel.: (604) 687-5584
Fax: (604) 687-0645
Email: tfriesen@haropark.org
Web site: www.haropark.org

Description: The project has been implemented in the long-term care facility and seniors housing/assisted living facility. Using a multifactorial approach, the project's objectives include:

- Reducing the number of preventable falls;
- Improving mobility among seniors; and
- Reducing the number of residents dependant on a wheelchair for mobility.

Project/Program

Title: **Fall Reduction and Subsequent Injuries Through Improved Assessment Techniques and Effective Fall Management Strategies**

Contact: Donna Dougan
Chief Executive Officer
German Canadian Care Home
2010 Harrison Drive
Vancouver, BC V5P 2P6
Tel.: (604) 713-6555
Fax: (604) 713-6548
Email: sstevens@gcch.ca

Description: The program seeks to implement falls prevention activities by utilizing the following objectives:

- Researching and reviewing fall assessment tools;
- Selecting a fall assessment tool for implementation;
- Establishing effective intervention strategies;
- Providing fall prevention education to caregivers, families, volunteers and residents, where appropriate;
- Evaluating effectiveness of the program; and
- Developing relevant policies and procedures.

Project/Program

Title: **Fall-risk Assessment Tool in the Geriatric Acute Program at Royal Columbian Hospital**

Contact: Anne Earthy
Clinical Nurse Specialist
Queen's Park Care Centre
315 McBride Boulevard
New Westminster, BC V3L 5E8
Tel.: (604) 517-8613
Fax: (604) 517-8651
Email: anne.earthly@fraserhealth.ca

Description: In November 2003, a fall-risk assessment tool was introduced to the new Geriatric Acute Program (GAP) Unit at Royal Columbian Hospital. The assessment tool is completed at admission and discharge, and is utilized independently of existing acute care initiatives in Fraser North Acute Care. Prior to the fall risk assessment tool, clinical nurse specialists primarily focused their efforts in the extended care unit. Members of the interdisciplinary staff are educated on least restraint policy, identification of risk factors and implementation of alternatives. The next step is to obtain research support to share the indicators that were developed and results from the use of the assessment tool.

Project/Program

Title: **Falls with Serious Injury**

Contact: Diane Field
Resident Care Coordinator and Clinical Nurse Educator
Fraser Hope Lodge
1275 - 7th Avenue
Hope, BC V0X 1L0
Tel.: (604) 860-7735
Fax: (604) 860-7708
Email: diane.field@fraserhealth.ca

Description: The program targets serious fall-related injuries and its goal is to ensure that residents will experience freedom of mobility and will not experience a serious injury related to a fall. Preventative, contingency and recovery strategies are utilized and described below:

- Preventative: refer to falls management guidelines, UT/PT assessment, individualized care plans, least restraint policy, falls algorithm, safe equipment, safe environment and staff education.
- Contingency and Recovery: utilize Encon reporting system, investigation and tracking of falls, UT/PT assessment, care conferences and education.

Next step of the program is to continue contact with the focus group using comparative analysis.

Project/Program

Title: **The First Step**

Contact: Leanie Eksteen
Occupational Therapist
Box 220
1140 Hunter Place
Squamish, BC V0N 3G0
Tel.: (604) 892-2293
Fax: (604) 892-2327
Email: leanie.eksteen@cgh.bc.ca

Description: Utilizing a multifactorial approach, First Step is a community and home support-targeted program for seniors, veterans and the general public that is coordinated by an occupational therapist. The program's purpose is to prevent falls and raise awareness of falls prevention in the community. The next step is to measure the impact and outcome as a result of the program.

Project/Program

Title: **The First Step: Fall Prevention Starts with You!**

Contact: Alan Leathem or Cheryl Block
Home and Community Care
Northern Health Region
312 Kelum Street
Terrace, BC V8G 4T2
Tel.: (250) 638-2219 or (250) 638-2225
Fax: (250) 638-2264

Description: In this program, community rehabilitation therapists provide an assessment of seniors and veterans on fall-related risk factors. Additionally, falls prevention information and resources are provided to seniors. The program is presented to groups/seniors on an as-requested or as-required basis within adult day care, assisted living and community settings.

Project/Program

Title: **The First Step: Fall Prevention Starts with You — Burnaby site**

Contact: Marcia Carr
Clinical Nurse Specialist, Acute Geriatrics
Burnaby Hospital
3935 Kincaid Street
Burnaby, BC V5G 2X6
Tel.: (604) 434-4211 ext. 3446
Fax: (604) 412-6170
Email: marcia.carr@fraserhealth.ca

Description: The program seeks to:

- Prevent falls and harmful injuries among community-dwelling seniors in Burnaby and Ridge Meadow communities;
- Raise awareness on fall-related risks and falls prevention; and
- Provide a community-based program that all seniors can access.

It will be necessary to convince health authorities that sustainability is essential to maintain current fall prevention levels and to prevent overall falls and fall-related injury rates throughout Fraser Health Authority.

Project/Program

Title: **Fraser Health Authority Falls Prevention Initiative**

Contact: Marcia Carr
Fraser Health Authority
260 Sherbrooke Street
New Westminster, BC V3L 3M2
Tel.: (604) 434-4211, local 3446
Fax: (604) 412-6170
Email: marcia.carr@fraserhealth.ca
Web site: www.fraserhealth.ca

Description: The project goal is to reduce the number of falls and fall-related injuries among seniors, veterans and caregivers in Burnaby and Ridge Meadows by delivering a fall risk reduction program. The project will take place in seniors' centres, seniors' housing complexes and branches of the Royal Canadian Legion. Key program components include:

- Educational workshops to increase awareness and knowledge of risk factors, fall hazards and prevention strategies;
- Fall risk assessments and the development of individualized programs for participants.

Outreach by home care professionals will facilitate participation by the more frail or isolated seniors/veterans. Where necessary, transportation will be arranged for those unable to get to the project venues. Trained senior and veteran volunteers will regularly follow up with participants to provide support and to track personal and environmental changes and falls experiences. A social marketing/public awareness campaign will be conducted to complement and reinforce the overall strategy.

Project/Program

Title: **Functional Fitness Exercise Class**

Contact: Nancy Jackson
Program Coordinator
Chown Adult Day Centre
3519 Cambie Street
Vancouver, BC V5Z 2W9

Tel.: (604) 879-0947
Fax: (604) 879-0121
Email: njchown@shaw.ca

Description: The project seeks to reduce falls and fall-related injuries among seniors. Utilizing components of functional mobility, including cardiovascular endurance, muscular strength, muscular endurance, flexibility, balance coordination and body composition, the class aims to improve functional ability. The end goal of the class is to prevent falls and allow seniors to remain in their homes. Staff members have been inspired to continue the class because clients have shown improvement. Next steps include:

- Re-examining clients for improvement and balance;
- Increasing amount of weight and repetitions; and
- Continuing education for staff.

Project/Program

Title: **Glacier View Lodge Safe Mobility Initiative**

Contact: Mya Ambrose
Charge Nurse
R. R. #5
2450 Back Road
Courtenay, BC V9N 9G8
Tel.: (250) 338-1451
Fax: (250) 338-1115
Email: mambrose@sjgh.hnet.bc.ca

Description: This long-term care facility implemented its safe mobility initiative among its residents and staff. Glacier View Lodge recognizes that each fall is an opportunity to learn how other falls can be prevented. At time of admission, patient's mobility and fall risk are assessed. All falls are recorded on incident reporting forms and reviewed with an assessment and intervention focus. Furthermore, residents are assessed daily and results are then communicated to staff; a more comprehensive review occurs monthly. A wall was built to deflect residents from high fall site at entry to unit and all walls were repainted to increase brightness and contrast. Effective team communication, education to staff and promotion of exercise to increase ambulation and activity on the unit all aided in reducing falls. It was informally noted that now most residents only fall once or twice, as compared to residents who fell several times weekly.

Project/Program

Title: **Heartfitt Studio, Inc.**

Contact: Flo Bongiovanni-Russell
Program Director, Heartfitt Studio, Inc.
940 Forshaw Road
Victoria, BC V9A 6L9
Tel.: (250) 361-9149
Fax: (250) 361-9149

Email: flobong@pacificcoast.net

Description: Heartfitt Studio aims to create a safe environment where individuals learn to exercise effectively and functionally. Clients are seniors from a variety of settings and are seen under the supervision of a registered kinesiologist. This is a fee-for-service program.

Project/Program

Title: **Hip Fracture Clinical Path: UBC and VGH Hospitals**

Contact: Valerie MacDonald
1010 Chamberlain Drive
North Vancouver, BC V7K 1N9
Tel.: (604) 980-0268

Description: As part of routine care, University of British Columbia (UBC) and Victoria General Hospitals (VGH) aim to prevent in-hospital falls and fractures and prevent readmission of patients post-hip fracture. Audits have been designed and utilized to describe practice and evaluate the use of tools. Next steps include establishing links with “Hip Health” community supports and family physicians, in addition to sending out recommendations for osteoporosis follow-up to general practitioners.

Project/Program

Title: **Holy Family Hospital Falls Prevention Program**

Contact: Keith Tam
Physiotherapist
7801 Argyle Street
Vancouver, BC V5P 3L6
Tel.: (604) 321-2661 ext. 22334
Fax: (604) 322-2657
Email: khtam@providencehealth.bc.ca

Description: The program is administered in a rehabilitation setting, educates seniors, veterans and the general public to be aware of the risk factors and consequences associated with falls and to identify those that affect him/her. Additionally, each participant of the program is asked to identify solutions to prevent falls and appropriate community resources for further contact.

Project/Program

Title: **Inter-Regional Interdisciplinary Orthopaedic Working Group**

Contact: Nancy Cho
Rehabilitation Consultant, South Community Health Office
Vancouver Coastal Health Authority
6405 Knight Street
Vancouver, BC V5P 2V9

Tel.: (604) 301-2247
Fax: (604) 321-5108
Email: nancy.cho@vch.ca

Description: This working group consists of health professionals that meet every other month to provide a forum for information sharing, work on areas of mutual interest, and present educational topics from all disciplines. Examples of educational venues include hip protectors, falls prevention, universal design, vestibular disturbances and restraining. Objectives of the working group are to:

- Included health care provision using a collaborative, interdisciplinary approach over the continuum of care for acute, rehab and community settings;
- Incorporate evidence-based practice to deliver more effective quality care; and
- Better utilize existing resources.

Project/Program

Title: **James Bay Lodge Fall Prevention and Reduction Program**

Contact: Mae Meller
Director of Clinical Nursing Practices
James Bay Lodge
336 Simcoe Street
Victoria, BC V8V 1L2
Tel.: (250) 388-6457
Fax: (250) 862-4101
Email: maemeller@cplodges.ca

Description: The program has the following objectives to:

- Identify residents at high risk for falls;
- Initiate preventive measures and evaluate their effectiveness;
- Accurately identify intrinsic/extrinsic risk factors that increase potential for falls;
- Use multidisciplinary prevention to reduce/eliminate resident specific risks;
- Improve the methods of assessment, care planning, documentation and monitoring falls;
- Enhance overall environmental safety for residents and staff; and
- Promote autonomy and functional independence among residents.

The Tai Chi Organization offers weekly sessions at no cost to residents at the lodge. Additionally, calcium and vitamin D supplements are given to the residents. The lodge is the only pilot site west of Ontario for Tactex Med Motion Sensor pads. Next steps of the program are to improve the implementation component for consistent practices and to develop an ongoing evaluation component.

Project/Program

Title: **Kamloops Injury Prevention Network**

Contact: Cathy Shether
Chair, Kamloops Injury Prevention Network

Public Health
519 Columbia Street
Kamloops, BC V2C 2T8
Tel.: (250) 851-7413
Fax: (250) 851-7301
E-mail: cathy.shether@interiorhealth.ca

Description: The network actively works toward reducing the rate of injuries in Kamloops by partnering with local, provincial and national injury prevention groups that already exist in the community. The result will be a safety culture that is part of the value system and lifestyle of the community. Therefore, there will be fewer incidents resulting in injuries and death. The goals are to:

- Reduce the incidence of fall-related injuries in people 65+;
- Reduce the incidence of recreation-related injuries in children and youth, to equal, or less than, the BC provincial average;
- Empower individuals, groups and the community to share the burden of safe disposal of used needles; and
- Develop financial sustainability.

Project/Program

Title: **Keeping Afoot: A Falls Prevention Workshop**

Contact: Julie Cheng
Physiotherapist
Ward 9B, St. Paul's Hospital
1081 Burrard Street
Vancouver, BC V6Z 1Y6
Tel.: (604) 682-2344 ext. 63464
Fax: (604) 806-8390
Email: jcheng@providencehealth.bc.ca

Description: Within the Geriatric Outpatient Clinic at Saint Paul's Hospital, Keeping Afoot is a workshop on falls prevention activities that is presented to seniors and caregivers. In March 2004, the program was combined with St. Vincent's Hospital to provide further falls prevention activities to its Day Hospital patients.

Project/Program

Title: **Least Restraint and Falls Management Program**

Contact: Eileen Coles
Manager, East 5 Geriatrics
Surrey Memorial Hospital
13750 - 96th Avenue
Surrey, BC V3V 1Z2
Tel.: (604) 585-5666 ext. 2564
Fax: (604) 585-5695
Email: eileen.coles@fraserhealth.ca

Description: The program assesses all acute care patients' falls risk and potential interventions. Prior to considering the use of restraints, non-restraint interventions are used. The program uses a risk screening tool that triggers the next step in the fall assessment process as articulated in clinical practice guidelines. Next steps include further evaluation and education.

Project/Program
Title:

“Let’s Talk” Falls Prevention

Contact: Donna Holeczi
Registered Nurse
Rainbow Adult Day Centre
1000 Liard Drive
Prince George, BC V2M 3Z3
Tel.: (250) 563-9966
Fax: (250) 563-4376
Email: christine.james@northernhealth.ca

Description: This is an educational program presented by a staff nurse to adults and seniors attending the centre. The program educates clients on being aware of risk factors and ways to minimize their risks. In addition to the falls prevention presentations, ongoing counselling is available and part of the program.

Project/Program
Title:

Long-Term Care Fall Injury Surveillance and Prevention

Contact: Vicky Scott
Senior Advisor, Falls Prevention
BC Injury Research & Prevention Unit and
Office for Injury Prevention
Ministry of Health Planning
1515 Blanshard, 4th Floor
Victoria, BC V8W 3C8
Tel.: (250) 952-1520
Fax: (250) 952-1570

Description: The goal of this project is to reduce the number and severity of fall injuries among residents of long-term care (LTC) facilities in British Columbia. This project is operating with the support of a provincial Steering Committee with representation from Home and Community Care, Community Care Licensing, participating health authorities, LTC management, clinical nursing, medical consulting and physiotherapy. Objectives of the project include:

- Developing a collaborative, interdisciplinary process for testing strategies for identifying fall risk factors and implementing best practices for fall prevention;
- Pilot testing a standardized fall reporting form in three LTC facilities in different Health Regions;
- Implementing and evaluating fall prevention strategies; and

- Disseminating findings to all Health Regions with recommendations for province-wide best practice strategies for falls prevention in LTC facilities.

Project/Program

Title: **Management of Persons at High Risk for Falling**

Contact: Anne Earthy
 Clinical Nurse Specialist
 Queen's Park Care Centre
 315 McBride Boulevard
 New Westminster, BC V3L 5E8
 Tel.: (604) 517-8613
 Fax: (604) 517-8651
 Email: anne.earthy@fraserhealth.ca

Description: The centre is a continuing care facility that services older adults in New Westminster. The centre has implemented falls prevention activities among seniors, caregivers and families through this program. The objectives of the program are to:

- Develop an evidence-based Clinical Practice Guideline to assist staff in identifying residents who are at risk for falls;
- Implement resident-specific interventions; and
- Establish consistent guidelines and documentation standards within facilities in Fraser North.

Next steps of the program include:

- Continuous review of outcomes to determine trends;
- Update supportive equipment as needed;
- Ongoing education in orientation; and
- Chart audits for compliance with Clinical Practice Guideline.

Project/Program

Title: **Medical Equipment Loan Services (MELS)**

Contact: Canadian Red Cross Society
 British Columbia (90+ depots in BC and Yukon)
 4750 Oak Street
 Vancouver, BC V6H 2N9
 Tel.: (604) 709-6600
 Fax.: (604) 709-6688
 Web site: www.redcross.ca

Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: A low cost, short-term loan service offers a variety of health care equipment to individuals in communities and provides mobility equipment to residents who are recovering in their own homes from illness, injury or surgery. Information is given on

the proper use of the equipment. The equipment loaned helps with fall prevention including walkers, crutches, canes, wheelchairs and bath aids (stools and seats).

Project/Program

Title: **Nelson Falls Prevention Program**

Contact: Carol-Joy Kaill
Nelson and District Seniors Coordinating Society
503 Front Street
Nelson, BC V1L 4B4
Tel.: (250) 505-5384
Fax: (250) 505-5397
Email: sencoord@netidea.com
Web site: www.seniors.kics.bc.ca

Description: The program seeks to implement falls prevention activities in adult day care, community and home support services settings. Strategies include home safety checks, falls prevention workshops and a walking program. The program was taken over from Interior Health staff and will require the ongoing support of health care staff and community volunteers to succeed.

Project/Program

Title: **NetCARE - Falls Clinic**

Contact: Belinda Parke
Clinical Nurse Specialist, Geriatrics
Parkholm Place, Chilliwack Health Services
9090 Newman Road
Chilliwack, BC V2P 3Z8
Tel.: (604) 703-2016
Fax: (604) 792-0262
Email: belinda.parke@fraserhealth.ca

Description: The goals, objectives and settings of the clinic are currently under development. As part of the NetCARE community response to frail community-dwelling older adults, a falls prevention clinic will be developed with the goal of implementing falls prevention activities.

Project/Program

Title: **Northern Health Authority's Clinical Practice Guideline - Prevention of Falls**

Contact: Mary Lou Harrigan
Harrigan Consulting
#53 - 4900 Cattier Street
Vancouver, BC V6M 4H2
Tel.: (604) 266-3572

Fax: (604) 266-3540
E-mail: mlharrigan@shaw.ca

Description: The goal is to provide nurses with skills that will enable them to assess fall risk factors and reduce the number of falls and fall-related injuries for senior patients, clients and residents in acute, community and residential care. The guidelines have been tested in Bums Lake and Vanderhoof and will be fully implemented throughout the Northern Health Authority later this year. When full implementation is undertaken, evaluation activities will be conducted.

Project/Program

Title: **Northwest of the Northern Health Authority Falls Prevention Activities**

Contact: Ester Brisch
Injury Prevention Coordinator
3412 Kalum Street
Terrace, BC V8G 4T2
Tel.: (250) 638-2241
Fax: (250) 638-2264
Email: ester.brisch@northernhealth.ca

Description: The program aims to:

- Standardize a falls prevention package for front-line workers in Northwest Northern Health Authority (NHA);
- Refine existing Falls Prevention assessment tools;
- Increase falls awareness in the new health centre (hospital and health unit) in Kitimat;
- Inform seniors about falls prevention using targeted media that seniors would access (e.g. church bulletins);
- Strengthen the link between community and practice and target falls prevention to all ages; and
- Develop a falls prevention strategy.

The next step of the program is to test the strategies to determine feasibility and sustainability (home support training initiative and falls prevention general awareness through church bulletins). Linking the falls prevention initiative in the rehabilitation department with the chronic disease management program was helpful in promoting falls in NW of NHA.

Project/Program

Title: **Okanagan Band Falls Prevention Program**

Contact: Ramona Mary Louis
Community Health Worker
RR #7, Site 8, Compartment 20
Vernon, BC V1T 7Z3
Tel.: (250) 542-5094

Fax: (250) 542-3083
Email: okibhealth@okanagan.org

Description: The program seeks to develop a culturally specific falls prevention program for the Okanagan Indian Band community, including seniors and unpaid caregivers. The falls prevention program has yet to be implemented, as community buy-in must be obtained and an assessment on past fall rates in the community needs to be completed. Additionally, the program's goals and objectives will be reviewed, and the program will be modified to fit the needs of the community.

**Project/Program
Title:**

Osteofit

Contact: Jan Finch
Program Director
BC Women's Hospital & Health Centre
E204 - 4500 Oak Street
Vancouver, BC V6H 3N1
Tel.: (604) 875-2727
Email: jfinch@cw.bc.ca

Description: With the aid of fitness instructors, an exercise specialist and nutritionist, Osteofit provides falls prevention activities through exercise, lifestyle management and education. The class is offered two times per week for 10 weeks or two times per week for 16 weeks in a community setting. Currently, outcome measures are being developed using a logic model.

**Project/Program
Title:**

Osteoporosis Program at BC Women's Hospital and Health Centre

Contact: BC Women's Hospital & Health Centre
E204 - 4500 Oak Street
Vancouver, BC V6H 3N1
Tel.: (604) 875-2018
Fax: (604) 875-3738

Description: The program provides assessment, treatment, and education to clients who have received a doctor's referral to the program. A consultation with all new patients is available to help clients identify:

- Client's osteoporosis risk;
- Potential lifestyle changes that can be made to improve bone health; and
- Medical therapies that are most appropriate for the client.

A falls risk-assessment portion, in conjunction with UBC researchers, is being considered. The falls assessment would include gait and balance testing.

Project/Program

Title: **Parkinson's Program - Victoria Epilepsy & Parkinson's Centre**

Contact: Maureen Matthew
Program Coordinator, Victoria Epilepsy & Parkinson's Centre
813 Darwin Avenue
Victoria, BC V8X 2X7
Tel.: (250) 475-6677
Fax: (250) 475-6619
Email: mmatthew@vepc.bc.ca
Web site: www.vepc.bc.ca

Description: The program aims to increase the quality of life of those who are affected by Parkinson's disease by maximizing functional capacity through health promotion education. An individual assessment is conducted if a client's balance or gait changes. Falls prevention activities are tailored to individual needs and, if necessary, a referral is made to Vancouver Island Health Authority (VIHA) for a home safety assessment by a physiotherapist or occupational therapist. Additionally, falls prevention is presented through community in-services that take place in care facilities and home care agencies, upon request.

Project/Program

Title: **Penticton-Area Falls Prevention Program**

Contact: Harald Simmerling
Program Coordinator
Penticton Health Centre
2nd Floor, 740 Carmi Avenue
Penticton, BC V2A 8P9
Tel.: (250) 770-3483
Fax: (250) 770-3470
Email: harald.simmerling@interiorhealth.ca
Web site: www.interiorhealth.ca

Description: The goal of the program is to reduce the number of falls and fall-related injuries in Penticton-area seniors. The program is utilized in community and home support settings. Objectives of the program include:

- Increasing knowledge of falls and falls prevention;
- Assisting with development of action plans;
- Acting as a liaison for community resources;
- Promoting adoption of exercise habits;
- Increasing balance, both objectively and subjectively; and
- Promoting responsibility for and ability to continue risk-reduction activities post-program.

Project/Program

Title: **Physiotherapy Program**

Contact: Sue McInnis
Manager of Rehabilitation Services
AES Health Services
Enderby Community Health Centre
Box 610, 707 - 3rd Avenue
Enderby, BC V0E 1V0
Tel.: (250) 838-6420 ext. 141
Fax: (250) 838-9530
Email: sue.mcinnis@interiorhealth.ca

Description: The centre introduced this program for older adults living in residential care. The goal of the program is to stimulate balance reactions, strengthen muscles of locomotion and reduce the incidence of falls and hip fractures from falls utilizing hip protectors, and a walking and balance program. The program is offered two to four times per week in Armstrong and Enderby. Next steps are to form the evaluation component, develop clinical guidelines and obtain equipment.

Project/Program
Title:

Preventing Falls and Reducing Hip Fractures

Contact: Doris Whalen
Director of Resident Care Program
City Centre Care Society
415 West Pender Street
Vancouver, BC V6B 1V2
Tel.: (604) 639-8249
Fax: (604) 681-5546
Email: dwhalen@ccares.org

Description: This program was implemented to help prevent falls and reduce hip fractures. The objectives of the activities are to:

- Increase rehabilitation focus in the facility to reduce falls and hip fractures;
- Increase use of exercise programs, strength training and passive/active exercise equipment;
- Increase calcium supplement in diets; and
- Utilize strength training with weights and parallel bars.

The next step of the program is to obtain funding for equipment.

Project/Program
Title:

Providing Falls Prevention and Fitness Brochures

Contact: Pamela Fischer
1051 Farewell Street
Trail, BC VIR 4S9
Tel.: (250) 364-8785 or 1-800-387-8120 ext. 7032
Email: pfischer@lifelinesys.com

Web site: www.lifelinesystems.com

Description: Lifeline provides medical alarms and personal response services to its clients. In addition to the medical alarm, they provide self-help material and in-services, upon request.

Project/Program
Title:

Quick Response Team (QRT)

Contact: Judy Douglas
Registered Nurse
Vernon Jubilee Hospital
2101 - 32nd Street
Vernon, BC V1T 5L2
Tel.: (250) 545-2211
Fax: (250) 558-1331
Email: qrtuser@interiorhealth.ca
Web site: www.interiorhealth.ca

Description: The QRT is an in-hospital community program that frequently assesses the elderly at-risk of falls and those who have a history of falls to determine fall-related risk factors. If necessary, patients are referred to fall prevention programs through Seniors Information and Resource Bureau (SIRB), in-hospital and community rehabilitation, and occupational therapy/physiotherapy for recommendations.

Project/Program
Title:

Residential Falls Prevention

Contact: Cindy Kozak-Campbell
Community Administrator
Swan Valley Lodge
818 Vancouver Street
Creston, BC V0B 1G0
Tel.: (250) 428-2283 ext. 203
Fax: (250) 428-9318
Email: cindy.kozak-campbell@interiorhealth.ca

Description: Swan Valley Lodge began this program to implement falls prevention activities among Creston residents. Objectives of the program include:

- Decreasing falls in residential care facilities in Creston; and
- Decreasing fall-related injuries in residential care facilities in Creston.

Strategies used include alarm devices, bed or chair checks and extra low beds. The use of hip protectors was recently added to the list of interventions to be used with individuals. Need to reassess consistent application of program across units and sites (evaluate process).

Project/Program

Title: **Royal Arch Masonic Home**

Contact: Christie Lusk
Director of Care
Royal Arch Masonic Homes Society
7850 Champlain Crescent
Vancouver, BC V5S 4C7
Tel.: (604) 437-7343
Fax: (604) 437-7373

Description: This is a continuing care facility that provides care to seniors and residents with Alzheimer's disease or other form of dementia. The facility has implemented falls prevention activities geared towards its residents. The goals of the activities are to decrease fall-related injuries and support all related falls prevention in the facility.

Project/Program

Title: **Short-Term Assessment & Treatment Centre**

Contact: Heather Wright
Manager, Vancouver General Hospital
715 - 12th Avenue W.
Vancouver, BC V5Z 1M9
Tel.: (604) 875-4117
Fax: (604) 875-5593
Email: hwright@vanhosp.bc.ca

Description: Employing a multifactorial approach, the project seeks to:

- Provide an interdisciplinary assessment of falls and fall-related risks;
- Improve mobility, balance and strength with the use of mobility aids and individualized exercise programs; and
- Reduce individual risk of falls and fall-related injuries through the management of medical issues, implementation of home safety strategies and use of appropriate equipment, as per assessment.

Seniors, veterans, unpaid caregivers and students are included in the fall prevention assessment and implementation. Obtaining funding to test a risk reduction is needed.

Project/Program

Title: **South Granville Park Lodge**

Contact: Zdenka Votrubova
Director of Nursing
South Granville Park Lodge
1645 - 14 Avenue W.
Vancouver, BC V6J 2J4
Tel.: (604) 732-8633

Fax: (604) 732-9833

Description: The lodge is a long-term care facility that serves seniors in Vancouver. The lodge has implemented falls prevention activities that target its residents and family members. The goal is to prevent falls and injury, in addition to falls and injury, in addition to developing a database for accurate evaluation. The lodge would like to continue education and develop standards/guidelines for long-term care facilities.

Project/Program

Title: **Standard Protocol at Three Links Care Centre**

Contact: Rita Steeple
Three Links Care Centre
2934 - 22nd Avenue E.
Vancouver, BC V5M 2Y4
Tel.: (604) 434-7211
Fax: (604) 438-7563

Description: The centre is a long-term care facility that serves seniors in Vancouver. Falls prevention is part of the standard protocol at the centre. Objectives include:

- Reducing fall-related injuries;
- Assessing falls risk based on past history, medical diagnosis and gait assessment; and
- Family safety education.

There is a recognized need for the purchase of additional equipment.

Project/Program

Title: **Step Safe Prevention Program**

Contact: Lynn Cregg-Guinan
Osteoporosis Society of Canada
British Columbia Division
2075 - 37th Avenue
Vancouver, BC V6M 1N7
Tel.: (604) 731-4997
Fax: (604) 731-4691
Web site: www.osteoporosis.ca

Description: This partnership project targets seniors susceptible to falls and employs strategies to reduce the risk of falling and decrease the incidence of fractures, disabilities, deaths and other related impacts. The one-hour workshops based on the “train the trainer” models are delivered where seniors congregate.

Project/Program

Title: **Short Term Assessment and Treatment Centre, Vancouver General Hospital**

Contact: Jenny Elliot
Day Unit, Vancouver General Hospital
715 - 12th Avenue W.
Vancouver, BC V5Z 1M9
Tel.: (604) 875-4116
Fax: (604) 875-5593

Description: Small groups of clients attend health education sessions. The physiotherapist provides information on fall risk factors present in individual clients. The objective is to facilitate the cooperation of individual clients with the interdisciplinary team in alleviating the risk factors and teaching clients how to cope with their problems. The sessions are approximately 50 minutes. Only a small percentage of clients attend the sessions but all clients are treated by the appropriate discipline to deal with risk factors. Clients attend the Day Unit twice weekly for three months (average).

Project/Program
Title: **South Island Region Falls Prevention**

Contact: Jan Guy
Vancouver Island Health Authority
1450 Hillside Avenue
Victoria, BC V8T 2B7
Tel.: (250) 519-6022
Fax: (250) 370-5612
Web site: www.viha.ca

Description: The project goal is to reduce fall risks and the number and severity of falls among seniors and veterans in Victoria by developing and delivering a falls prevention program in selected seniors' housing complexes and veterans' clubs/day centres. The project will work with seniors and veterans vulnerable to the problem as well as with staff, volunteers and caregivers who support them. Seniors and veterans will be recruited and trained to help participants identify personal and environmental risk factors and to support them in developing and implementing action plans to reduce or eliminate identified factors. Key stakeholders such as apartment managers, pharmacists, home support workers and municipal authorities will be involved in the implementation of the action plans. Regular follow-up with participants will be done to determine if risk factors were modified and whether falls were reduced.

Project/Program
Title: **Stepping Out Together - Overcoming the Barriers of Change**

Contact: Mike Vanderbeck
Social Planning Council for the North Okanagan
3205 - 31st Avenue
Vernon, BC V1T 2H2
Tel.: (250) 558-0040
Fax: (250) 545-0091
Web site: www.socialplanning.ca/seniors/falls/index.html

Description: The workshops are designed to provide seniors, veterans and caregivers with initial information and encourage their involvement in the project. Peer leadership is integral to the project design and will be assured via a comprehensive training program which will prepare senior and veteran volunteers to deliver the proposed initiatives. The NOHR will donate the services of pharmacists and nurses to support the medication review program.

Project/Program

Title: **Step Wise - Central Okanagan Falls Program**

Contact: Wendy Miller
Program Manager
Community Health Services
2255 Ethel Street
Kelowna, BC V1Y 2Z9
Tel.: (250) 862-4300 ext. 7547
Fax: (250) 862-4101

Description: The purpose of the program is to reduce the number of falls for high-risk, community-dwelling seniors by targeting home safety; diet and nutrition; and motivation, loneliness and isolation. Objectives of the 8-week program are as follows:

- To increase seniors' awareness and knowledge of the fall-related risk factors;
- To reduce seniors' risk factors for falls and near falls;
- To reduce the number of seniors' falls and near falls; and
- To reduce the number of medical costs associated with falls.

The next step is to use data to support the need to offer the program more frequently and engage in further research initiatives.

Project/Program

Title: **Strategy Action for Independent Living (SAIL)**

Contact: Vicky Scott
Senior Advisor, Falls Prevention
BC Injury Research & Prevention Unit and
Office for Injury Prevention
Ministry of Health Planning
1515 Blanshard, 4th Floor
Victoria, BC V8W 3C8
Tel.: (250) 952-1520
Fax: (250) 952-1570

Description: The goal of this project is to reduce the number of falls and related injuries for frail seniors living in the community through the training of home health care support workers in the best practices for falls prevention. Project objectives include:

- Establishment of priorities and practices for the training of health care support workers who provide at-home services;

- Services to frail seniors through consultation with a steering committee of key stakeholders;
- Design and testing of a best practices training module for falls prevention based on a synthesis of current literature;
- Pilot testing of the module in a training workshop; and
- Implementation and monitoring of the effectiveness of the module in reducing risk factors and falls.

Project/Program

Title: **Strength Training Program in Chieng's Adult Day Program**

Contact: Pet Ming Leung
 Physiotherapist
 Simon K. Y. Lee Seniors Care Home
 555 Carrall Street
 Vancouver, BC V6B 2J8
 Tel.: (604) 608-8829
 Fax: (604) 408-6728
 Email: petmingl@success.bc.ca

Description: The centre provides day care for seniors with various needs who are being cared for at home by family members. The day centre offers the strength program to clients, which has the following goals to:

- Decrease number of falls resulting in injury;
- Maintain or increase resident's mobility; and
- Maintain or increase resident's ability to do Activities of Daily Life (ADL).

Objectives of the program are to:

- Increase or maintain muscle strength;
- Increase or maintain the resident's balance; and
- Maintain or increase time for test.

Project/Program

Title: **Strength Training Program at Simon K. Y. Lee Senior Care Home**

Contact: Pet Ming Leung
 Simon K. Y. Lee Senior Care Home
 555 Canal Street
 Vancouver, BC V6B 2J8
 Tel.: (604) 608-8829
 Fax: (604) 408-6728
 Email: petmingl@success.bc.ca

Description: This is a multi-level care facility located in Vancouver. The program was implemented with the following objectives to:

- Decrease number of falls resulting in injury;
- Decrease number of mechanical lifts needed for transfer;

- Decrease number of skin breakdowns;
- Maintain or increase residents' mobility;
- Increase or maintain muscle strength;
- Increase or maintain residents' balance; and
- Maintain or increase time for test.

Three strength training classes were added this year to accommodate 25 additional residents to the program.

Project/Program

Title: **Targeted Falls Prevention Education Program with Special Attention to Survivors of Poliomyelitis**

Contact: Dr. Elizabeth Dean
 Professor and Coordinator of the UBC Post-Polio Clinic
 School of Rehabilitation Sciences
 University of BC
 T325 - 2211 Wesbrook Mall
 Vancouver, BC V6T 2B5
 Tel: (604) 822-7708
 Fax: (604) 822-7624
 Email: elizdean@interchange.ubc.ca

Description: The post-polio clinic at UBC targets survivors of polio and seeks to:

- Track/monitor stumbling, falls and fear of falling;
- Identify unique falling issues in survivors of polio; and
- Develop effective fall prevention strategies.

This is a fee-for-service clinic. Next steps for the clinic include more targeted development and evaluation.

Project/Program

Title: **Under the Mattress Bed Occupancy Sensor/Early Warning**

Contact: Terry Rachwalski
 Vice President of Marketing
 Tactex Controls
 240 Bay Street
 Victoria, BC V9A 3K5
 Tel.: (250) 480-1132 ext. 212
 Fax: (250) 480-1142
 Email: trachwalski@tactex.com

Description: Tactex Controls Inc. is a company that develops and manufactures a fiber optic pressure-sensing product called Kinotex. Tactex has completed a pilot study in four long-term care homes in Victoria, BC and is currently engaging in a pilot study in Burlington, ON and Boulder, CO to test their bed sensors. Additionally, a bed sensor

is being developed for their American partners that works with existing alarm systems used to alert caregivers when a resident at risk of falling is exiting their bed. The goal is to create an algorithm that will predict bed exit; currently, data logging to gather enough data to start the processing work is occurring.

Tactex is also developing a bed sensor that will monitor and trend activity/agitation in the frail elderly both in the home and in long-term care, as part of a tele-health wellness indicators concept for elderly. The bed sensor will monitor 'quality of sleep' and trend changes over time.

Project/Program

Title: **The Use of Hip Protectors in the Prevention of Hip Fractures from Falls**

Contact: Gloria Hunter
Director of Care
Kinsmen Retirement Centre
5410 - 10th Avenue
Delta, BC V4M 3X8
Tel.: (604) 943-0155
Fax: (604) 943-1542
Email: gloria@dccnet.com

Description: The goal of the centre is to reduce the incidence of hip fractures from falls. Safety measures utilized include the use of hip protectors, proper seating, falls assessments and minimal use of medications with potential side effects leading to falls. The use and effectiveness of an alternate type of hip protector is currently being evaluated.

Project/Program

Title: **Western Regional Osteoporosis Board - Fracture Prevention Project**

Contact: Dr. Alan Low
Clinical Assistant Professor and Health Science Advisor
UBC Faculty of Pharmaceutical Sciences/Procter & Gamble Pharmaceuticals
4018 Fir Street
Burnaby, BC V5G 2D8
Tel.: (604) 439-6770
Fax: (604) 439-6771
Email: alanlow@interchange.ubc.ca

Description: The Project is serving Western Canada (Western Canada - Manitoba, Saskatchewan, Alberta and BC) that is aimed at seniors and the general public. The goals of the project include:

- Providing education to persons at risk of fractures;
- Helping provide links to support for those with fractures or osteoporosis; and
- Preventing facility fractures.

Educational pamphlets are sent to respondents who mail in a request form.

Project/Program

Title: **Workplace Hazard Prevention Program (WHPP)**

Contact: Bill Lynd
Safety Officer, Canada Post
P.O. Box 2110 STN Terminal
Vancouver, BC V6B 4Z3
Tel.: (604) 662-1405
Fax: (604) 662-1712

Description: The program is an employee initiative supported by Canada Post management to reduce falls and fall-related injuries while working; the program incorporates best practices among all Canada Post facilities. The objectives of the program include:

- Raising awareness to all employees to avoid and report hazardous stairways and walkways;
- Raising awareness among customers with regards to questionable walkways and the need to repair them;
- Reducing the number of falls and fall-related injuries among employees and other visitors; and
- Reducing the number of days lost due to fall-related injuries by asking customers to clear paths of obstacles, slime, ice/snow, gloss paint, etc.

Mail delivery will be withheld until the customer repairs the hazard that is a fall risk to Canada Post employees. The next step of the program is to expand the prevention teams to more Canada Post offices.

Project/Program

Title: **Youville Residence Fall Prevention Guidelines**

Contact: Liz Ball
Physiotherapist, Youville Residence
4950 Heather Street
Vancouver, BC V5Z 3L9
Tel.: (604) 877-3299
Fax: (604) 261-9047
Email: lball@providencehealth.bc.ca

Description: This is a multi-level facility that cares for both intermediate and extended care residents. Under the supervision of a physiotherapist and an occupational therapist, the facility has implemented Fall Prevention Guidelines to achieve the following objectives to:

- Decrease internal and external risks for falls; and
- Decrease incidence of falls and fall-related injuries. Strategies are reviewed as needed by team, but at least annually.

Manitoba

Project/Program

Title: **Brandon Home Care Program**

Contact: Brandon Regional Health Authority
150A - 7th Street
Brandon, MB R7A 7M2
Tel.: (204) 571-8410
Fax: (204) 726-8505
Web site: www.brandonrha.mb.ca

Description:

The Brandon Regional Health Authority Home Care Program has been implementing different strategies to address fall prevention among seniors:

- Increasing staff and client/family awareness resulted in the development of a Home Safety checklist for direct service staff and families to review with individuals in their own home. It addresses common safety issues to avoid in the home.
- Referrals are made to the Community Rehab Team for individuals identified as being at risk and individuals that have experienced a fall, a Morse Fall assessment scale, Berg Balance and Time Up & Go may be used and exercise programs addressed.
- Occupational therapy is accessed for any equipment or environmental assessments. Recommendations on the use of hip savers as a preventive measure have also been introduced for individual client specific situations.

Brandon Regional Health Authority is also working with seniors' centres on programs such as Tai Chi and other activities to support some preventive strategies.

Future projects: to develop an exercise program for clients at-risk to support the evidence of muscle strengthening to improve balance. Also working towards developing a high-risk assessment with their implementation of the use of tablets and an electronic health record for their case coordinators at point of assessment and with reassessments of their clients.

Project/Program

Title: **Community Services for Seniors, Primary Health Program
Seniors Health Resource Team**

Contact: Sonja Lundstrom
Winnipeg Regional Health Authority
1800 - 155 Carlton Street
Winnipeg, MB R3C 4Y1
Tel.: (204) 926-7000
Fax: (204) 926-7007
Web site: www.wrha.mb.ca

Description: To enable seniors to live independently in a health-conducive community by providing primary health care, health promotion, illness and injury prevention and disability postponement for optimum quality of life. A registered nurse and an occupational therapist provide these services. Targeted individuals are aged 55+ living in five apartment blocks in the River East area, members of Good Neighbours Seniors Centre and members of the community at large. Outcomes include increased appropriate use of medication, appropriate use of mobility aides, use of home management strategies related to presenting issue; improved building and community physical environment to address the issues of instrumental activities of daily living; improved and maintained physical and mental capacities through health promotion strategies.

Project/Program

Title: **Falls Management and Prevention Program**

Contact: Central Manitoba Regional Health Authority
Box 243
Southport, MB R0H 1N0
Tel.: (204) 428-2000 or 1-800-742-6509
Fax: (204) 428-2020
Web site: www.rha-central.mb.ca

Description: Presently putting together a program aimed at reducing injuries from falls.

Project/Program

Title: **Fitness programs**

Contact: Gail Spencer-Lamm
Gordon Howard Senior Centre
384 Eveline Street
Selkirk, MB R1A 1N3
Tel.: (204) 785-2092
Fax: (204) 785-2095
Email: gspencerlamm@gordonhoward.ca

Description:

- 1) Light & Lively Fitness: A 1-hour program which includes aerobics weight training and elastic band resistance training with exercises to improve balance, strength and flexibility.
- 2) Sit & Get Fit: A 45-minute chair exercise program which includes resistance training, stretching and 10 minutes of standing exercises (behind the chairs specially for balance).
- 3) Yoga/Pilates: For the older adult or senior which works on strength, flexibility and balance with floor and standing exercises.

Project/Program

Title: **Home Safety & Health Check**

Contact: Assiniboine Regional Health Authority
192 - 1st Avenue West
Box 579
Souris, MB R0K 2C0
Tel.: (204) 483-5000 or 1-888-682-2253
Fax: (204) 483-5005

Description: This is a community outreach pilot project offered by regional emergency medical services. The program identifies seniors at risk for injury and falls. The ultimate goal is to maintain independent living in a safe home environment.

Project/Program

Title: **Medical Equipment Loan Services (MELS)**

Contact: Canadian Red Cross Society
Manitoba Region
1111 Portage Avenue
Winnipeg, MB R3G 0S8
Tel.: (204) 982-7336
Fax: (204) 942-8367
Web site: www.redcross.ca

Description: The Red Cross Medical Equipment Loan Service (MELS) provides equipment loans to Manitobans of all ages whose physical mobility has been restricted by injury, illness or surgery, and who may lack the resources to rent or purchase the medical equipment necessary to facilitate their convalescence. This program supplies crutches, canes, non-motorized wheelchairs, non-wheeled walkers and two-wheeled walkers with skis, free of charge, for a period of up to three months. All clients must be referred by a health care professional.

Project/Program

Title: **Steady As You Go Falls Prevention Program for Active Seniors**

Contact: Judy McKinnon
Health Promotion Coordinator
Interlake Regional Health Authority, Box 89
Teulon, MB R0C 3B0
Tel.: (204) 886-4316
Fax: (204) 886-2653
Email: jmckinnon@irha.mb.ca
Web site: www.irha.mb.ca

Description: This is an educational program designed to help older adults prevent fall-related injuries. This program targets older adults who are relatively healthy or whose health

is transitional (between healthy and frail and who are living independently in the community).

Objectives are to:

- Increase awareness of the risk factors to falling; and
- Encourage active living to increase lower body strength and balance so that the incidence of falling can be reduced.

Facilitators assist participants in learning how to use the program and provide follow-up to clients.

New Brunswick

Project/Program

Title: **Falls Prevention Project in New Brunswick**

Contact:

Marie-Corinne Bourque
President
Go Ahead Seniors Inc.
236 St. George Street, Suite 315
Moncton, NB E1C 1W1
Tel.: (506) 860-6548 or 1-800-530-4844
Fax: (506) 860-6551
Web site: www.ainesnbseniors.com

Description:

The group developed a falls prevention Edukit, an educational training tool similar to other successful Edukits developed for other topics in the past. The Edukit is available in both official languages. It includes videos, posters, pamphlets, home safety checklists and other information about the risks of falling, as well as practical strategies that seniors, veterans and their caregivers can utilize to prevent falls in homes and in the larger community. The sponsoring organization trained facilitators to use the Edukit through a train-the-trainers program. Regional committees deliver the educational modules, raise awareness and implement falls prevention strategies in local communities throughout New Brunswick. By working with elders and other First Nations leaders, the module was also adapted to be available in languages suitable for First Nations communities.

An educational module on falls prevention has been added to the Healthy Active Living for the 50 plus. This new education module will therefore continue to be delivered throughout New Brunswick on the same basis as the previous existing ones.

Project/Program

Title: **Healthy Active Living Program for Older Adults**

Contact:

Tamara Farrow (English) and Greta Doucet (French)

Provincial Coordinators
Go Ahead Seniors Inc.
236 St. George Street, Suite 315
Moncton, NB E1C 1W1
Tel.: (506) 860-6548 or 1-800-530-4844
Fax: (506) 860-6551
Web site: www.ainesnbseniors.com

Description: The Healthy Active Living Program for Older Adults is a community-based fully bilingual program that has been successfully operating since 1993 throughout the Province of New Brunswick. Designed and delivered ‘for seniors by seniors’ and through health education, personal empowerment and prevention, the program is helping seniors improve their quality of life. The main topic areas covered by the program include: wise use of medication, healthy eating, stress management, physical activity, and healthy choices. All sessions are free-of-charge and delivered by trained volunteers, part-time trainers and resource persons. To date, over 74,000 New Brunswick seniors have been exposed to the program, 2,400 workshops have been delivered and 970 communities visited. Other activities started by part-time trainers and volunteers include: Community Advisory Committees, social activities, walking clubs, care facility tours, and health fairs.

Project/Program

Title: **Injury Prevention In Seniors**

Contact: Heather Oakley
Saint John Regional Hospital
400 University Avenue
Saint John, NB E2L 4L2
Tel.: (506) 648-7303
Web site: www.ahsc.health.nb.ca/AboutUs/OurFacilities/facregional.shtml

Description: The Injury Prevention Expo is a week-long event held once a year. The Expo includes seminars and workshops on safety as well as the production of education material for seniors. A fair is held on the last day of the week, where over 30 exhibitors are available to interact and provide information for seniors.

Newfoundland

Project/Program

Title: **Avalon East Safe Communities**

Contact: Elizabeth Billings
P.O. Box 8910
St. John's, NFLD A1B 3P6

Tel.: (709) 737-2844
Fax: (709) 737-5300
Web site: www.envision.ca/templates/profile.asp?ID=2814

Description: Avalon East Safe Communities is currently concentrating on four areas within the community, which includes the Home/School Safety. The main objective is to reduce and prevent falls that occur at home and school. This area concentrates on seniors and children.

Project/Program Title: **Falls Prevention Program**

Contact: John Reid
Mount Pearl Senior Independence Group
Tel.: (709) 748-6485

Description:

- 1) Information Sessions: Information sessions on a variety of subjects, including falls prevention, are provided to groups of seniors in the area of Mount Pearl.
- 2) Fall Busters: Program available for seniors in Mount Pearl for the free snow removal on front and back steps as well as clearing a pathway to the sidewalk.

Project/Program Title: **Lifestyle Clinics**

Contact: Health and Community Services - Central Region
143 Bennett Drive
Gander, NFLD A1V 2E6
Tel.: (709) 651-3306
Fax: (709) 651-3341
Web site: www.hcsc.nfld.net

Description: Lifestyle Clinics provide health information to older adults on several issues. Health and Community Services Central also delivers several health promotion programs. The purpose of these programs is to enable healthy choices and to develop healthy and supportive environments, which are delivered by public health nurses.

Project/Program Title: **Steady as You Go (SAYGO Program)**

Contact: Tanya Matthews Barnes
Health and Community Services Western (HCSW)
P.O. Box 156
Corner Brook, NFLD A2H 6C7
Tel.: (709) 637-5000 ext. 5355
Fax: (709) 637-5159

Web site: www.hcsw.nf.ca

Description: The pilot program was a success and presently is in approval for continuation. The program will be offered to small groups of seniors by trained senior facilitators who are then supported by a health professional (usually a nurse). Participating seniors attend two 90-minute sessions one month apart. At the first session they receive the Client Handbook and Fitness Video and at this time they begin to identify personal risk factors for falls. Over the intervening month, seniors implement their own strategies to reduce their risks and at the second session they share what they have done.

Project/Program

Title: **Seniors Program**

Contact:

Debbie Keats
The Labrador Friendship Centre
49 Grenfell Street
P.O. Box 767, Station B
Happy Valley-Goose Bay, NFLD A0P 1E0
Tel.: (709) 896-8302
Fax: (709) 896-8731
Web site: www.labradorfriendshipcentre.ca/cd-sen.htm

Description: The Western Health and Community Services have two programs for seniors. One project during the summer for required services such as taking care of the lawn, painting houses, getting groceries, etc. They also have a snow removal project during the winter.

50+ Seniors Group: The Labrador Friendship Centre also has a seniors group where workshops on falls prevention and exercising are given.

Project/Program

Title: **Snowbusters**

Contact:

Rosemary Lester
Seniors Resource Centre
Suite W100, Bally Rou Place
280 Torbay Road
St. John's, NFLD A1A 3W8
Tel.: (709) 737-2333
Fax: (709) 737-3717
Web site: www.seniorsresource.ca

Description: This is a special volunteer program of the St. John's Seniors Resource Centre. It is open to those who live in the St. John's area. The purpose of this program is to clear a pathway so that the senior can have easy and safe access to the sidewalk. The Seniors Resource Centre provides an interview, an orientation and training from the program co-ordinator and a visiting plan for the volunteer.

Nova Scotia

Project/Program

Title: **A Fall Prevention Program for Lunenburg and Queen's Counties Nova Scotia**

Contact: George McKiel / Sheila Woodcock
Elderfit Lunenburg
R. R. #1
Rose Bay, NS B0J 2X0
Tel.: (902) 764-2090 / (902) 766-4295
Fax: (902) 766-0319

Description: Assessment by volunteers of falls risk factors in the home of veterans and seniors. Senior volunteers were recruited and trained to go into seniors' homes, by invitation, to administer the assessment with the help of a checklist. Those at risk will be asked to identify known hazards and these will be brought to the attention of the respective authorities.

Project/Program

Title: **Networking to Prevent Falling in Nova Scotia**

Contact: Marilyn More
Community Links
200A Albro Lake Road
Dartmouth, NS B3A 3Z2
Tel.: (902) 464-9558
Fax: (902) 464-0267
Web site: www.nscommunitylinks.ca/

Description: This project is a follow-up to an initiative that was funded through Phase I of the Falls Prevention Program, which achieved the goal of developing a provincial partnership dedicated to reducing the number and severity of falls among seniors, caregivers and veterans. It also developed and distributed the discussion paper "Taking Steps to Prevent Falling In Nova Scotia." The goal of this Phase III project is to create a broader-based intersectoral partnership that will develop and support sustainable approaches to preventing falls among seniors, veterans and caregivers in Nova Scotia. A steering committee made up of representatives from the key partners and stakeholder groups will guide the project and ensure that objectives are achieved. Four main strategies will be implemented: network development, tool kit development, a train-the-trainers program, and a public awareness campaign. Nine regional coalitions will be formed to support networking and capacity building activities, as well as to carry out falls prevention strategies at the local level. The project will create and pilot-test a tool kit to help groups and leaders prevent falls in both rural and urban centres.

A train-the-trainers component will build capacity between organizations and individuals to implement falls prevention initiatives.

Project/Program

Title: **Pro Hip Protectors**

Contact: Dr. Barry Clarke
Camp Hill Veteran's Memorial Building
5955 Veteran's Memorial Lane
Halifax, NS B3H 2E1
Tel.: (902) 473-4251
Fax: (902) 473-4867

Description: The Pro Hip model hip protector appears to be associated with improved compliance with wear schedules. Findings provided and recommendations for additional design modifications aimed at further enhancement of compliance are made.

Project/Program

Title: **Seniors Fall Prevention**

Contact: Catherine Kersten
Wolfville and Kings County Safe Communities Coalition
P.O. Box 2370
Wolfville, NS B4P 2N5
Tel.: (902) 585-1689
Web site: www.safekingscounty.ca

Description: The mission of the Seniors Fall Prevention Committee is to develop and deliver a health and safety program aimed at reducing fall-related injuries among seniors. Each participant would receive an education package focused on home safety and nutrition, instructions on proper use of medication, and attend an eight-week exercise program. Information would be collected before and after the intervention and used to measure the impact of the program and to develop better programs in the future.

Ontario

Project/Program

Title: **Avoiding Slips, Trips and Broken Hips**

Contact: Dr. Michael Stones
Northern Educational Centre for Aging and Health
c/o Health Sciences North

955 Oliver Road
Thunder Bay, ON P7B 5E1
Tel.: (807) 343-2126
Fax: (807) 343-2104
Web site: www.lakeheadu.ca

Description: The goal is to implement a community-wide awareness campaign, specific to the needs of the North, about the risks and impact of falls among seniors/veterans and to decrease the number of falls. The objectives are: to enhance the building of the Falls Prevention Coalition; to deliver programming aimed at seniors/veterans, family members and caregivers that increase the knowledge and understanding of preventing falls; to decrease the number of risk factors in the community that contribute to falls; to increase awareness of city planners, general public and seniors/veterans regarding external environmental risk factors; and to measure the effectiveness of crampons (spiked shoes) in reducing the risks of falls on ice.

Project/Program

Title: **Behavioral and Exercise Strategies For Alleviating Falling in the Elderly (BESAFE)**

Contact: Dr. Lawrence Brawley
University of Waterloo
c/o Department of Kinesiology
200 University Avenue West
Waterloo, ON N2L 3G1
Tel.: (519) 888-4567 ext. 3153
Fax: (519) 885-0470
Web site: www.ahs.uwaterloo.ca/

Description: This project has two components:

- 1) to implement and evaluate the BESAFE falls prevention program; and
- 2) to improve long-term adherence by seniors/veterans to exercise programs.

First, BESAFE involves standard exercise along with specially designed exercises to improve balance. This program can maintain and improve mobility for seniors/veterans in their everyday life. Second, the literature shows that seniors/veterans will attend exercise programs and do follow-up practice at home but only on a short-term basis. This project will also be addressing the issue of increasing adherence to exercise programs so that there will be long-term benefits.

Project/Program

Title: **Chatham - Kent CCAC Falls Prevention Program**

Contact: Tricia Khan
Chatham - Kent Community Care Access Centre

750 Richmond Street
P.O. Box 306
Chatham, ON N7M 5K4
Tel.: (519) 436-2222
Fax: (519) 351-5842
Web site: www.ck.ccac-ont.ca

Description: A multidisciplinary service and instruction given to CCAC clients (physiotherapy, nursing and occupational therapy) in their own homes - specific to what they can do to prevent falls.

Project/Program

Title: **The Coalition for the Prevention of Falls in the Elderly of Stormont, Dundas and Glengarry
(The Coalition for the Prevention of Falls in the Elderly of Prescott-Russell)**

Contact: Denis Boileau
Eastern Ontario Health Unit
457 Main Street E., P.O. Box 616
Winchester, ON K0C 2K0
Tel.: (613) 774-2739
Fax: (613) 774-4079
Web site: www.eohu-bseo.on.ca

Description: This is a community group made up of different groups and agencies as well as volunteers who seek to educate the public, create awareness, bring about environmental changes, and develop policies around the issue of falls and seniors. The group uses resources such as The Fall Prevention Checklist from Lifeline, The Step Safe Project and You Can Prevent Falls from the Health Canada/Veterans Affairs Canada Falls Prevention Initiative.

Project/Program

Title: **Creating Care Partners: Falls Prevention and Management Among Community-Dwelling Seniors Through Primary Care**

Contact: Dr. Jean-François Kozak
University of Ottawa
c/o Department of Family Medicine
43 Bruyère Street
Ottawa, ON K1N 5C8
Tel.: (613) 562-6365
Fax: (613) 562-6387

Description: The project seeks to advance the knowledge of falls prevention and falls management among family physicians/family medicine residents and their senior/veterans clients. The specific objectives are to develop resource materials and provide training on: 1) an Educational Falls Resource Guide for seniors/veterans on falls (risk factors,

prevention, how to report a fall, care management and follow-up); 2) an evidence-based Educational Falls Resource Module and Falls Care Guide for family physicians on falls (screening, assessment, prevention, management and follow-up) and; 3) a Falls Discussion Guide to enhance senior-directed conversation with their family physician on falls and falling.

Project/Program

Title: **Determination of Effective Fall Prevention Strategies**

Contact: Paula Fletcher
Wilfrid Laurier University
c/o Department of Kinesiology & Physical Education
75 University Avenue West
Waterloo, ON N2L 3C5
Tel.: (519) 884-0710 ext. 4159
Fax: (519) 884-8829
Web site: www.wlu.ca

Description: The main activities of these projects are to:

- Adapt, produce resource materials and train project staff across all the funded projects;
- Collect ongoing common information;
- Supply each project with their respective data information;
- Complete analyses and comparisons of the knowledge being developed amongst project sites; and
- Make recommendations as to the most effective strategies for preventing falls or reducing the risk factors for falls.

Additionally, a component of this work is examining the relationship between falls and heart health amongst seniors and veterans.

Project/Program

Title: **Developing a Community-Based Education Program for Older Persons**

Contact: Brian J. Gleberzon
Canadian Memorial Chiropractic College Ontario
1900 Bayview Avenue
Toronto, ON M4G 3E6
Tel.: (416) 482-2340
Fax: (416) 482-9745
Web site: www.cmcc.ca/

Description: To help dispel any myths older persons may have about osteo-arthritis and osteoporosis and about the chiropractic approach to care, and to suggest ways to safety-proof a person's home. Slides, anatomical models and handouts are used by seven chiropractic interns in various seniors' centres. There is also a discussion on exercise and nutrition.

Project/Program

Title: **Education/Early Intervention Program - Falls Prevention Session**

Contact: Nancy Black
Sister Margaret Smith Centre
35 Algoma Street N.
Thunder Bay, ON P7B 5G7
Tel.: (807) 343-2436 ext. 2691
Fax: (807) 343-9447
Web site: www.mha.sjcg.net

Description: The Education/Early Intervention program consists of seven sessions (one of them being a Falls Prevention Session) using a multi-disciplinary approach and designed for presentation in a community where seniors live or congregate. Each session is targeted toward adults over the age of 55, and their care providers. The length of the sessions is between 45 to 60 minutes, with another half hour for conversations with individual participants if needed. After each session, the participants are given written education material.

Project/Program

Title: **Exercise to Prevent Falls... A Winning Formula For Older Adults**

Contact: Joanne Racz-Hewitt
Peterborough County - City Health Unit
10 Hospital Drive
Peterborough, ON K9J 8M1
Tel.: (705) 743-1000
Fax: (705) 743-2897
Web site: www.pcchu.peterborough.on.ca/exercisevideoorder.htm

Description: This is an exercise video that depicts seven stretching exercises and nine strengthening exercises demonstrated by and for older adults. These exercises can be done every day to help you be active, prevent falls, and maintain independence.

Project/Program

Title: **Falls/Injury Prevention Program for Seniors**

Contact: Sheila Smyth
Joseph E. and Minnie Wagman Centre
55 Ameer Avenue
Toronto, ON M6A 2Z1
Tel.: (416) 785-2500 ext. 2555
Fax: (416) 785-2378
Web site: www.baycrest.org/directory_community_centre_overview.htm

Description: The goal is to implement a seamless linkage among the various levels of the continuum of care, from primary prevention to rehabilitation, with regard to falls prevention for seniors/veterans. The objectives are:

- to pilot a mobile multidisciplinary Falls Intervention Team (FIT) with a major focus on risk assessment, a home-based exercise program, medication management and in-home education for the senior/veteran and their support system of informal and formal caregivers;
- to establish a team of clinical specialists to provide consultation to the team and clients; and
- to facilitate a community capacity assessment for sustainability of the FIT program.

Project/Program

Title: **Fall Intervention Team Project (FIT)**

Contact: Sandra Vessel
Injury and Substance Abuse Prevention Team
York Region Health Services Department
17250 Yonge Street
Newmarket, ON L3Y 6Z1
Tel.: (905) 895-1231
Web site: www.region.york.on.ca

York Region Health Services Department is serving: Newmarket, Aurora, King, Vaughan, Georgina, East Gwillimbury, Whitchurch, Richmond Hill and Markham.

Description: The overall FIT Project goal is to reduce the incidence and consequences of falls for at-risk, frail seniors and veterans 65 years and over. The FIT (Falls Intervention Team) pilot is a collaborative falls prevention initiative designed to preserve the independence and dignity of seniors and veterans in their own home within the municipalities of Vaughan and Richmond Hill. The three lead organizations are: York Region Health Services, Public Health; Toronto Public Health and Baycrest Centre for Geriatric Care.

The FIT Project includes assessment and intervention for seniors and veterans who may be at risk for falling. A standardized assessment is performed on admission to, discharge from, and six months after discharge from the FIT Project. The intervention consists of six visits to the senior's home by a public health nurse and/or physiotherapist. Seniors are given individualized counselling on how to reduce the multiple risk factors associated with falling, including medication management, and are instructed in a Home Support Exercise Program (HSEP) which was developed by and is being studied at the Canadian Centre for Activity and Aging in London, Ontario.

Project/Program

Title: **Fall Prevention Among Seniors**

Contact: Cheryl Richardson
Muskoka - Parry Sound Health Unit
5 Pineridge Gate

Gravenhurst, Ontario P1P 1Z3
Tel.: (705) 684-9090 or 1-800-563-2808
Fax: (705) 684-9959
Web site: www.mpshu.on.ca

Description: The following programs are available: “Are You in Jeopardy” safety checklist and video; as well “Your Independence... Don’t Let It Slip Away” fact sheets, i.e., how to use a cane.

Project/Program

Title: **Fall Prevention Programs**

Contact: Ottawa Public Health
100 Constellation Crescent
8th Floor East
Mail code 26-43
Ottawa, ON K2G 6J8
Tel.: (613) 580-6744
Fax: (613) 580-9652

Description: 1) Active Independent Aging: A community guide for falls prevention and active living: The project is designed to promote the health and independence of older adults and veterans through falls prevention, active living and activity-friendly environments. Active Independent Aging provides materials to help all who work with older adults understand issues related to falls and physical activity among older adults. It suggests ways to get older adults and veterans involved in falls prevention and safe, active living. And, it looks at ways organizations can help make their immediate surroundings and community safer from falls and more inviting for active living, in other words, activity-friendly.

Contact:
Ginette Asselin
Tel.: (613) 580-6744 ext. 26236
Fax: (613) 580-9652
Email: ginette.asselin@ottawa.ca
Web site: www.falls-chutes.com

2) A Guide to Preventing Falls: This booklet is a seniors’ guide to preventing falls. It includes background information and statistics on why people fall. The booklet reviews the causes of falls as well as what to do about: exercise, medication, assistive devices, hazards. Available in French and English.

Contact:
Julie Lévesque
Tel.: (613) 580-6744 ext. 26184
Fax: (613) 580-9652
Email: julie.levesque@ottawa.ca

- 3) Seniors Accessible: Pilot project designed to reduce environmental hazards for falls in retail stores, more specifically grocery stores in Ottawa. The project was co-sponsored by the Ottawa Falls Prevention Coalition, the Community Health Research Unit (CHRU), University of Ottawa and Ottawa Public Health. Various tools were developed for this project; fact sheet for businesses and employees, environmental hazard checklist and recommendations, certificate and designation stickers.

Contact:

Ginette Asselin
Tel.: (613) 580-6744 ext. 26236
Fax: (613) 580-9652
Email: ginette.asselin@ottawa.ca

- 4) Winter Active Winter Smart: Community partners and Ottawa Public Health launched this strategy in the winter of 2003-2004 with the understanding that:
- Many older adults need support and encouragement to get active and stay active;
 - Winter increases barriers and decreases opportunities for activity;
 - Safety and fear of injury related to winter weather are major obstacles to activity; and
 - Our community has a number of programs and services available to older adults.

Contact:

Ann Nowak
Tel.: (613) 580-6744 ext. 23579
Fax: (613) 580-9652
Email: ann.nowak@ottawa.ca

Project/Program

Title: **Falls Prevention Programs**

Contact:

Kathy Nesbitt
The Elgin Safety Team for Adults, The Elgin - St. Thomas Health Unit
99 Edward Street
St. Thomas, ON N5P 1Y8
Tel.: (519) 631-9900
Fax: (519) 633-0468
Email: fallsprevention@elginhealth.on.ca
Web site: www.elginhealth.on.ca/asp/health_topics.asp

Description:

The Elgin - St. Thomas Health Unit has information on falls prevention, cane height, winter safety tips as well as the following programs:

- 1) BEST (Balance, Endurance, Strength, Training): Seniors' exercise clinics in rural areas in partnership with Victorian Order of Nurses (VON).

- 2) Don't Fall in the Fall: Half-day workshops for community-dwelling seniors highlighting different risk factors through skits, presentations, etc. Resources used are: flipchart, brochures, placemats and displays adapted from Brant Co. We also use the *Safe Living Guide for Seniors*, *Physical Activity Guide for Older Adults* and *Knowledge is the Best Medicine*.
- 3) Thumbs Up: The "Thumbs Up" campaign is focused on recognizing businesses and services within the community, that have consistently made an effort to make themselves accessible, safe, and user friendly for individuals with mobility problems. It is a positive and voluntary program that awards a place or a service a "Thumbs Up" decal, after an evaluation has been completed. A business must be accessible, meaning that anyone with mobility problems, including people who are in wheelchairs or who are visually impaired, can independently enter, do their business, and leave safely.

Project/Program
Title:

Fall Prevention Programs

Contact:

Cheryl McCaw
Sudbury and District Health Unit
1300 Paris Street
Sudbury, ON P3E 3A3
Tel.: (705) 522-9200 ext. 310
Fax: (705) 522-5182
Web site: www.sdhu.com

Description:

- 1) Fall Busters Volunteer Program: Fall Busters is a pilot home visiting program targeting homebound seniors who have fallen or are at high risk for falls and/or fall-related injuries. Peer volunteers will be trained to provide basic information on: falls and the risk factors for falls, identification of home hazards and home modification, the importance of physical activity in aging and how to use an exercise video to encourage seniors to increase their activity level, and basic information on community resources.
- 2) Fall Prevention Program in the Home: The program provides group workshops in French and English to seniors, caregivers and healthcare staff in order to increase awareness and knowledge of risk factors for falls in the home (*Are You in Jeopardy?*). There are several program resources available such as: Top 12 Tips to Prevent Falls pamphlet and Stay Fit & Prevent Falls pamphlet.
- 3) Presentations "Are You in Jeopardy?": One hour presentation using "Are You in Jeopardy?" targeting seniors and caregivers to increase their knowledge regarding risks for falls. Participants are encouraged to assess their own risks and make a plan to decrease their risks for a fall. Additional resources are used including a variety of handouts such as the "Passport to Safety Checklist" and the video "Exercise to Prevent Falls."

Project/Program

Title: **Fall Prevention Programs**

Contact: Kathy Tomecek
Chatham - Kent Public Health Services
435 Grand Avenue W.
P.O. Box 1136
Chatham, ON N7M 5L8
Tel.: (519) 352-7270 ext. 2457
Fax: (519) 352-2166
Web site: www.chatham-kent.ca

- Description:
- 1) Safetyfest: Each year a community coalition plans a fun day for older adults to increase their awareness of injury prevention and personal safety. We have several guest speakers, door prizes, displays and entertainment. Lunch is included and the cost of a ticket is \$5.00 to cover lunch. It is held at our local Senior Centre with between 150-200 participants. The event's MC has been a local radio personality which adds to the media coverage for this event.
 - 2) Steady As You Go: Fall Prevention Program for Healthy Older Adults: This senior facilitated falls prevention program helps older adults assess their risk for falling and learn what they can do to prevent them. It takes a multifactorial risk factor approach with an emphasis on exercise/physical activity to increase leg strength and improve balance.
 - 3) Step Safe Program: This program builds on our efforts in falls prevention by reducing the number and severity of falls on pedestrian walks. Each household in Chatham-Kent was sent a pamphlet describing this program with a fridge magnet inside to keep as quick reference. When a resident sees a sidewalk hazard such as a hole or uneven concrete they are to call our hotline number. The Public Works Department will then investigate every sidewalk concern in a timely manner; make any necessary temporary repairs as soon as possible; complete permanent repairs when possible; and make any call backs requested.
 - 4) Your Passport to Safety Checklist: This easy-to-use booklet takes you through each room in your house and asks yes or no questions related to potential risks for injury to spot. Suggestions for simple improvement and a list of changes needed to keep you and your family safe from falls.

Project/Program

Title: **Fall Prevention for Seniors**

Contact: Jackie Smith
Injury Prevention - Region of Peel
9445 Airport Road West Tower
Brampton, ON L6S 1K7
Tel.: (905) 791-7800 ext. 2004
Fax: (905) 458-5158

Web site: www.region.peel.on.ca/health/

Description: Peel Health offers falls prevention programs designed for both well and frail seniors and seniors from the diverse multicultural community. The program components include educational sessions for seniors and their caregivers, falls prevention displays and falls prevention clinics. The program focus is on the risk factors and ways to prevent falls. The primary key message is: Prevent a Fall – Protect Your Way of Life. Health promotion strategies used to promote the programs include social marketing / media campaigns. Some of the resources have been translated into five different languages. Media campaigns are held in June (Seniors month) and November (during Seniors Safety Week).

Project/Program

Title: **Fall Prevention Program**

Contact: Loretta Bernard
Injury Prevention Program
York Region Health Services Dept.
50 High Tech Road, 2nd Floor
Richmond Hill, ON L4B 4N7
Tel.: (905) 762-1282 ext. 4627
Fax: (905) 762-2091
Email: loretta.bernard@region.york.on.ca
Web site: www.region.york.on.ca

York Region Health Services Department is also serving: Newmarket, Aurora, King, Vaughan, Georgina, East Gwillimbury, Whitchurch, Richmond Hill and Markham).

Description: The falls prevention program provides:

- Falls prevention education sessions and displays (English, Chinese and Italian) for groups of seniors and health professionals;
- Fact sheets, resources, newsletter inserts for health professionals and seniors (English, Chinese and Italian);
- Falls assessment clinics for seniors in apartment buildings and community settings;
- Personal consultation and education by phone or in-home;
- In-home falls assessment and referral to assess home environments for risk of falls;
- Data analysis and monitoring of falls incidence and gaps in service; and
- Advocacy for safe environments, policies and education (eg. pedestrian safety, training for caregivers and home support workers on a home exercise program to prevent falls for their clients/family members).

Project/Program

Title: **Falls Prevention Programs**

Contact: Carol Goodall
Chair of a multi-agency membership including health units, VON,

private business and rehab organizations.
c/o Hastings and Prince Edward Counties Health Unit
179 Park Street N.
Belleville, ON K8P 4P1
Tel.: (613) 966-5513 ext. 233
Fax: (613) 966-9418
Web site: www.hpechu.on.ca/Topics/FamilySafety/fallsSeniors.php

- Description:
- 1) Community Nursing Home Falls Tracking Project: Nursing Home Falls Tracking Project: collaboration of local nursing homes to develop a way to track the number of falls, causes, outcomes. Each facility uses the same incident/unusual occurrence tool to track and monitor falls.
 - For 2004, changes have been made to the tracking form based on results and feed back from the initial 12 months. Next steps include the pilot of a falls risk assessment tool.
 - 2) Falls Prevention Coalition: Falls Prevention Coalition: yearly projects to raise awareness about severity of falls injuries within the 65+ population and risk factors. Past events include workshops for professionals, 2004 included the creation of a tool entitled “What to do if you fall” and a community health and leisure show called AGE WELL for safer living.
 - 3) Medicine Clean Out: A community-wide campaign in partnership with local pharmacies to encourage seniors to remove expired, no longer needed medications. Emphasis on all categories of meds, over-the-counter, prescription, vitamins and herbals. Pre-printed disposal bags are distributed with pharmacies providing environmentally safe disposal. Concurrent community seminars about the link between medications and falls.

Project/Program

Title: **Fall Prevention Program**

Contact: Grace Castro-Nolet and Jane Stewart-Gray
Sisters of Charity Geriatric Day Hospital
43 Bruyère Street
Ottawa, ON K1N 5C8
Tel.: (613) 562-6319 and (613) 562-6351
Fax: (613) 562-6023 and (613) 562-4265
Web site: www.rgapottawa.com/english/seniors_families_caregivers/sco.asp

Description: Hosts a 35-member fall prevention coalition. Provides fall prevention education sessions and displays (English and Chinese) for groups of seniors and health professionals, fall prevention clinics for seniors in apartment buildings and community settings, fact sheets, resources, newsletter inserts for health professionals and seniors in English, Chinese, and Italian, personal consultation and education and advocacy for safe environments, home visits referred by health professionals. Develops policies and

education (e.g. training for caregivers and home support workers on a home exercise program to prevent falls for their clients/family members).

- Élizabeth Bruyère Health Centre - Falls Clinic: The falls clinic strives to reduce the number of falls and injurious falls in the elderly. This time-limited outpatient program offers the services such medical assessment; review of medications that could be contributing to falls; transfer assessment; gait and balance assessment; assessment of gait aids; and assessment of home hazards where applicable.

Project/Program

Title: **Falls Prevention Program**

Contact: Sandy White and Carol Reilly
The Regional Municipality of Durham Health Department
Lang Tower, West Bldg.
Suite 210, Whitby Mall
1615 Dundas Street E.
Whitby, ON L1N 2L1
Tel.: (905) 723-8521
Fax: (905) 723-6026
Web site: www.region.durham.on.ca

To increase awareness around the seriousness of falls and to increase the use of fall prevention strategies, public health nurses from the Falls Prevention Working Group implement two community-wide campaigns annually:

- Seniors Month in June; and
- Falls Prevention Week in October.

In addition to these communication campaigns, the Health Department offers interactive workshops to seniors in the community and to staff and seniors in retirement and nursing homes. Workshops for seniors focus around the sharing of fall-related stories, risk factors for falls and tips/strategies to prevent falls. Workshops for staff consist of a Powerpoint presentation highlighting relevant fall statistics, most common causes of falls in long-term care, risk factors for falls, falls risk assessment and interventions to reduce the risk of falls.

Project/Program

Title: **Fall Prevention Program**

Contact: Kate Allen and Carrie Bourdon
Violence and Injury Prevention Program
Simcoe County District Health Unit
15 Sperling Drive
Barrie, ON L4M 6K9
Tel.: (705) 721-7330
Fax: (705) 721-1495
Web site: www.simcoehealth.org

Description: Public Health Nurses raise awareness and knowledge about fall prevention, provide education through online resources, presentations, displays, and health and safety fairs. PHNs act as liaisons between community service providers and retail outlets developing seniors and safe medication use educational materials, as well as the target population responding to community-identified needs for service. All fall prevention resources are available online at www.simcoehealth.org. Also preparing a falls prevention policy for the health unit.

Project/Program

Title: **Falls Prevention Programming for Seniors**

Contact:

Leslie Orpana
Director, Chronic Disease and Injury Prevention Department
Haliburton, Kawartha, Pine Ridge District Health Unit
200 Rose Glen Road
Port Hope, ON L1A 3V6
Tel.: (905) 885-9100 ext. 221
Fax: (905) 885-9551
Web site: www.hkpr.on.ca

Description: HPKR District Health Unit serves the City of Kawartha Lakes, Haliburton County and Northumberland County.

- 1) Campaigns: As a district, we do an annual Falls Prevention Communication Campaign, during Seniors Safety Week, which focuses on different risk factors/prevention measures each year. Each campaign includes: media releases, radio PSAs, community events/displays, and year-round presentations/workshops to different seniors groups.
- 2) Resource development:
 - We have created two different brochures, “Home Safe Home: A checklist for adults to prevent falls in the home” and “Staying on your feet... at home and beyond: A step-by-step guide to help adults avoid injury from falls.” These brochures are distributed throughout our district and handed out at all presentations and events.
 - We have also created two different falls prevention displays which are used at all our events/presentations.
- 3) Events/Programs: At the city/county level our events and programs vary, depending on our community partnerships. There is a coalition/workgroup working in each county working on falls prevention/injury prevention for seniors. With these coalitions workgroups we have and/or are currently working on:
 - Annual Health and Safety fairs for seniors;
 - Falls prevention posters which have been distributed throughout the district;
 - Information packages and posters which have been distributed throughout the district;
 - Information packages created for different health professionals (including, but not limited to: chiropractors, massage therapists, physiotherapists, nurse

practioners, occupational therapists and pharmacists). These packages will include information about why they need to consider falls prevention for their clients, what is going on in their community in regards to falls prevention, where and whom to contact to receive more information about falls prevention;

- SAGES - see the description of the program under “Sage Advice and Gentle Exercises for Seniors assists senior volunteers to lead programs in the community, ” p. 68;
- The Canadian Centre for Activity and Aging’s Home Support Exercise Program Instructor Program – we are teaching this program to a variety of Personal Support Workers (PSWs) in our district;
- Walkable Communities – in partnership with the district’s Health for Life program we are working on advocating for safer, walkable communities; and
- Winter safety newsletter for seniors.

Project/Program

Title: **Falls Prevention Programs**

Contact: Donna Markarian and Françoise Hubley
Regional Niagara Public Health Department
573 Glenridge Avenue
St. Catharines, ON L2T 4C2
Tel.: (905) 688-3762 ext. 7306
Fax: (905) 688-7024
Web site: www.regional.niagara.on.ca

The Regional Niagara Public Health Department is servicing Fort Erie, Grimsby, Lincoln, Niagara Falls, Niagara-on-the-Lake, Pelham, Port Colborne, St. Catharines, Thorold, Wainfleet, Welland and West Lincoln.

Description: 1) Osteoporosis Awareness and Education Program: The Osteoporosis Society of Canada (OSC) Niagara Chapter is established and the volunteers have been trained on many topics related to osteoporosis so they can deliver education via health fairs and presentations to the public.

Falls prevention has been incorporated into volunteer training and are a part of chapter resources. Falls prevention presentations were also included as a support group topic with the public.

2) Are You in Jeopardy? Home Safety Checklist and Video Program: The video and checklist presentation stresses hazard reduction. Retired professionals go through each room of a house, focusing on the hazards that most frequently contribute to a fall or a home injury and providing solutions. The senior follows the video while answering questions in the home safety checklist brochure and accumulating points to compare with others. The checklist may be used alone or as an education tool. When the video is shown on television, home audiences can use a blank piece of paper to keep track of their points. Also: volunteer training, displays for health fairs, the Hazard House, community television,

publications, National Seniors Safety Week activities, and partnerships supporting the program.

- 3) Stepping Out Safely (SOS): A program that looks at different strategies to promote safe walking practices and a barrier-free community. An important component of this program is a community audit where a group of seniors join businesses to assess how safe it is for seniors to access their place of business and get around inside. Walking is seen as a mode of transportation, a link to independence and accessible physical activity for falls prevention but needing to be perceived as a safe activity. Volunteer training, presentations and displays support the program.
- 4) Niagara Rx&D Medication Record Booklet Program: A Medication Record Booklet (MRB) and computer-generated printout enhance the drug prescribing system. Computer software allows pharmacists to include the directions for use of prescription and over-the-counter medication on the drug profile. By routinely placing the current computer-generated drug profile in the MRB, pharmacists provide seniors with a tool that they can use to transmit vital information to health care professionals. Requesting the MRB at each medical appointment facilitates regular medication review and encourages active participation of seniors in their health care. The combined effort of all community partners to promote the use of the MRB should sustain its use among seniors. This community-based strategy should reduce fall-related injuries and hospitalizations where medication use is a risk factor. Volunteer training, displays, partnerships, reminder signs, pharmacist presentations, publications and Pharmacists Awareness Week activities support the program in Niagara and Dunnville.

Project/Program

Title: **Falls Prevention Proposal - SAGES**

Contact:

Valmay Barkey
Community Care Kawartha Lakes
2nd Floor
34 Cambridge Street S.
Lindsay, ON K9V 3B8
Tel.: (705) 324-7323 or 1-800-461-0327
Fax: (705) 328-0607
E-mail: sages@community-care.on.ca
Web site: www.community-care.on.ca/community_care.html

Description:

The development of tools to strengthen the ability for staff and volunteers (particularly seniors volunteer facilitators of the Falls Prevention Programs) to use, start and sustain a Falls Prevention program that has an enhanced social interaction component providing outreach to seniors at risk.

The enhanced intervention program called “SAGES” - Sage Advice and Gentle Exercises for Seniors - assists senior volunteers to lead programs in the community providing weekly opportunities for seniors to come together to reduce their risks of

falls by participating in a program that provides informational sessions on risk factors, exercises to improve balance and strength, nutritional breaks and social interaction. The effectiveness of combining these elements has been the success of the programs, which are repeated in the community for up to 30 weeks of the year. Seniors' lives have been improved attending these programs that are easy to sustain through the program tools that are affordable and easy to use.

The program tools consist of an exercise video, an educational video and a "SAGES" facilitator manual. The tools are also used by professionals who present issues relating to health and falls prevention.

Project/Program

Title: **Falls Prevention Initiative in the District of Algoma**

Contact:

Don Oliver
Royal Canadian Legion Branch 25
P.O. Box 22040
Sault Ste. Marie, ON P6B 6H4
Tel.: (705) 945-8721
Fax: (705) 954-6372

Description:

The primary goal of this educational project is to prevent falls in seniors/veterans in the District of Algoma by establishing awareness about the ways in which to prevent falls. Seniors/veterans will learn about home and personal safety, including medication safety, through radio, television and print medium. Plays will be used as a unique method for delivering falls prevention messages to seniors/veterans in their communities across the District. Service providers will be trained to use a Falls Risk Assessment Tool to determine unsafe practices and to help seniors/veterans prevent falls. Volunteers will be trained to provide exercise programs to seniors/veterans. In addition, videos will be available through public libraries and seniors' centres.

Project/Program

Title: **Falls Prevention Programs**

Contact:

Etheleen Porter-Brysch
Thunder Bay District Health Unit
999 Balmoral Street
Thunder Bay, ON P7B 6E7
Tel.: (807) 625-5900
Fax: (807) 623-2369
Web site: www.tbdhu.com

Description:

- 1) Home Support Exercise Program (HSEP): The program was developed by the Canadian Centre for Activity and Aging in 1996. It is comprised of 10 simple yet progressive exercises designed to enable frail, homebound older adults to maintain or improve their functional mobility and independence. Training resources, including a facilitator guide, resource manual, picture package and

video, have been developed along with a HSEP workshop and training program for the trainer. Collaborative work has already begun in order to develop a model program for implementation of the HSEP and dissemination of the program across the province. The HSEP has been pilot-tested through a volunteer visitor network. The Centre will continue to investigate this mode of delivery, along with the delivery of the program through informal caregivers such as family or friends.

- 2) Public Awareness Campaign. Avoiding Trips, Slips and Broken Hips: Video on falls prevention shown on cable television and articles in newspaper. Presentations are given to seniors, caregivers and volunteers. Display development and distribution of Seniors Home Safety Kits. A fall prevention coalition was developed.

Project/Program

Title: **Falls Prevention in Seniors**

Contact: Patricia Gardner
Wellington-Dufferin-Guelph Health Unit
71 Broadway Street
Orangeville, ON L9W 1K1
Tel.: (519) 941-0760 ext. 2520 or 1-800-265-7923
Fax: (519) 941-1600
Web site: www.wdghu.org/topics/seniors/preventing_injuries.htm

Description: Dufferin County has an established falls assessment clinic supported by local community agencies. It is directed to community-living seniors, 60 years or older, who have experienced two or more slips, trips, falls or near falls in the past year. Completed assessments are provided to the principle health care provider and referral information is disseminated to the community to allow any individual to refer to the clinic.

Project/Program

Title: **Feeling Better**

Contact: Lawrence Murphy
Wellington-Dufferin-Guelph Health Unit
125 Delhi Street
Guelph, ON N0G 1N0
Tel.: (519) 821-2370 ext. 2264
Fax: (519) 836-7215
Web site: www.wdghu.org

Description: This program strives to remove some of the obstacles faced by isolated seniors in the city of Guelph. The program is to increase endurance of seniors with a series of 10 exercises in the comfort of their own homes. The program is delivered by peer volunteers.

Project/Program

Title: **Falls and Injury Prevention, Older Adults**

Contact: Colleen Stahlbrand and Susan Hall
City of Hamilton Public Health and Community Services
Upper Ottawa Office
71 Main Street W.
Hamilton, ON L8P 4Y5
Tel.: (905) 546-2424 ext. 3758 and (905) 546-2424 ext. 3762
Fax: (905) 546-3658
Email: cstahlbr@hamilton.ca
Web site: www.hamilton.ca/phcs

- Description:
- 1) Awareness and education: Delivered through drama performed by seniors volunteers; health communication campaigns targeting 55+; physical activity – promotion – upstream approach.
 - 2) Peer professional education project: Ongoing (pharmacists, physicians, case managers, recreative leaders, etc.).
 - 3) Coalitions: Walking strategies, walkable communities and housing partnerships – home safety.
 - 4) Osteoporosis and bone health: Conference and speaking engagements.

Project/Program

Title: **Home Healthcare Equipment Services (HHES)**

Contact: Canadian Red Cross Society
Woodstock-Oxford Branch
77 Finkle Street
Woodstock, ON N4S 3C9
Tel.: (519) 539-0265
Web site: www.redcross.ca

Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: A low cost, short-term loan service offers a variety of health care equipment to individuals in communities and provides mobility equipment to residents who are recovering in their own homes from illness, injury or surgery. Information is given on the proper use of the equipment. The equipment loaned helps with fall prevention including walkers, crutches, canes, wheelchairs and bath aids (stools and seats).

Project/Program

Title: **Home Safe Home Road Show: Injury Prevention for Seniors in the Community**

Contact: Elsie Petch and Elizabeth Smith
South Riverdale Community Health Centre
955 Queen Street East
Toronto, ON M4M 3P3
Tel.: (416) 461-2493
Fax: (416) 461-8245

Description: The Home Safe Home - Road Show (HSH-RS) is a unique seniors injury prevention project located principally in the South Riverdale Community of East Toronto. The goal of the project is to enhance and maintain the health and independence of the well elderly population in the community, through an innovative and respectful educational approach to injury prevention. The challenge of the HSH-RS was to develop injury prevention approaches and messages, which would reach the largest population possible with particular emphasis on a multi-cultural urban population. It recognizes the importance of senior health promotion and preventive strategies to ensure a healthy future for the elderly.

Project/Program

Title: **Home Support Exercise Program**

Contact: Jeff Boris
Canadian Centre for Activity & Aging
1490 Richmond Street
London, ON N6G 2M3
Tel.: (519) 646-6000 ext. 68608
Email: jboris@uwo.ca
Web site: www.uwo.ca/actage/new/home.htm

Description: This is a four-hour workshop for home support workers, volunteers and family caregivers. Participants learn the skills to assist family and homebound seniors in doing physical activity while they are in the home. This program was developed by: The Centre for Activity & Aging, in London, Ontario. This is one of many relevant programs described on their web site: www.uwo.ca/actage/

Project/Program

Title: **Injury Prevention Program**

Contact: Leeds, Grenville and Lanark District
458 Laurier Boulevard
Brockville, ON K6V 7A3
Tel.: (613) 345-5685
Fax: (613) 345-2879
Web site: www.healthunit.org/injury/default.htm

Description: The goal is to reduce the rate of preventable injuries that lead to hospitalization or death, including those caused by falls in the elderly. This is achieved through presentations, campaigns and community coalition development and support.

Project/Program

Title: **It's Time to Put Your Foot Down Safely**

Contact: Kate Allen
Violence and Injury Prevention Program
Orillia and District Safe Community Committee
12 - 575 West Street South
Orillia, ON L3V 7N6
Tel.: (705) 325-9565
Fax: (705) 325-2091
Web site: www.simcoehealth.org

Description: Offer fall prevention workshops to seniors' groups and rest and retirement homes. Provide fall prevention workshops to day care providers. Fall Prevention Displays at Seniors' Day and Seniors' Fairs. Distribute Fall Prevention Checklist and pamphlets (available online at: www.simcoehealth.org). Individual workshops evaluated.

Project/Program

Title: **Lifeline Systems Canada**

Contact: Shehnaz Hussain
Lifeline Systems Canada
Suite 105, 95 Barber Greene Road
Toronto, ON M3C 3E9
Tel.: (416) 445-3387
Fax: (416) 445-5402
Web site: www.lifelinecanada.com

Description: Lifeline offers monitoring services and products to people who want the assurance of 24-hour assistance at the touch of a button while remaining independent in their homes. Included with the monitoring service, Lifeline rents each subscriber the equipment they require: a Communicator/Telephone and a Personal Help Button.

Project/Program

Title: **Link to Health**

Contact: Canadian Red Cross Society
National Link to Health Office
5700 Cancross Court
Mississauga, ON L5R 3E9
Tel.: (905) 890-1000
Fax: (905) 890-1008

Web site: www.redcross.ca

Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: Link to Health is an active living program designed to help older adults get moving and keep moving. The program is for individuals 55 and older who would like to become or stay functionally independent.

In the Link to Health Activity Guide there is a chapter on balance activities as well as a chapter on strength and endurance exercises. Over 12 weeks, participants in a Link to Health program might meet from 12 to 36 times. Skill related fitness includes: agility, balance, coordination, speed, power and reaction time. Health related fitness includes: cardiovascular fitness, strength and endurance, flexibility, body composition and freedom from injuries.

Project/Program

Title: **Living it Up**

Contact: Marnie Garrett
Lambton Health Unit
160 Exmouth Street
Point Edward, ON N7T 7Z6
Tel.: (519) 383-8331
Fax: (519) 383-7092
Web site: www.lambtonhealth.on.ca

Description: A free simple-to-use booklet outlining alphabetically all activities offered in Lambton County, complete with telephone number and name of contact person.

Project/Program

Title: **Markham Stouffville Rehabilitation Program**

Contact: Tina Healey
Markham Stouffville Day Hospital
381 Church Street
P.O. Box 1800
Markham, ON L3P 7P3
Tel.: (905) 472-7000
Fax: (905) 472-7556
Web site: www.msh.on.ca

Description: The hospital runs a falls clinic run once a week through its out-patient day hospital rehabilitation program. A nurse sees the patient for 30 minutes, a physiotherapist for 45 minutes and then the geriatrician for 45 minutes. Recommendations are made, such

as using appropriate walking aides, having physiotherapy, or medication adjustment. The entire assessment is covered by OHIP and is funded by the hospital's operating budget.

Project/Program

Title: **Older and Wiser Safety Awareness Coalition**

Contact:

Beth Peterkin
Older & Wiser Safety Awareness Coalition
Safe Communities Partnership
Perth & District Health Unit
P.O. Box 2051
Perth, ON K7H 3M9
Tel.: (613) 267-5069
Fax: (613) 267-5589
Email: perthsafecom@town.perth.on.ca
Web site: www.safeperthanddistrict.com

Description:

To enhance the lives of older persons in five key areas of concern:

- Independence: give support to enable seniors to remain at home as long as possible.
- Participation: for seniors to maintain an active role in decision-making and communication within the community.
- Care: to ensure that seniors receive enhanced personal care, whether it is at home or in a treatment centre.
- Self-Fulfilment: allow seniors the opportunity to learn and grow in all areas.
- Dignity: to ensure that seniors receive the utmost respect and dignity.

This program began as a fire safety initiative and quickly expanded to include other safety issues. Focus groups held with seniors' groups actually identified home safety and telephone scams as their main areas of concern. Accomplishments to date include: increased awareness in the general public of potential dangers to seniors living independently; education of seniors who are living independently about how to be safer in their homes; development and distribution of the Older and Wiser Safety Binder; free distribution and installation during the first year of over 100 needed smoke alarms in seniors' homes with regular battery checks and replacement during home visits; 300 safety pamphlets have been delivered to seniors living independently; partnerships were developed with over 40 community groups and organizations which further strengthened the promotion of seniors' safety; and service providers completed a safety checklist on each home visit.

Seniors' safety fairs are held twice each year with guest speakers and displays.

Project/Program

Title: **Ontario Public Health Unit Mandatory Injury Prevention Including Substance Abuse Prevention Program**

Contact: Joy Lang
Chronic Disease Prevention & Health Promotion Branch, Public Health Division
Ontario Ministry of Health and Long-Term Care
8th Floor, 5700 Yonge Street
North York, ON M2M 4K2
Tel.: (416) 327-7389
Fax: (416) 327-7438
Email: joy.lang@moh.gov.on.ca
Web site: www.health.gov.on.ca

Description: To reduce the rate of fall-related injuries by 20% in the elderly, aged 65 or more, that lead to hospitalization or death by the year 2010. To develop, maintain membership on, and actively participate in a fall-related injury prevention coalition. To promote and provide, on an annual basis, educational information and activities regarding the risk factors for falling. There are a number of requirements: provide at least one community-wide education campaign annually. The campaign must use three of the following: television, radio, newspapers, posters/pamphlets and the Internet. Provide at least one community event per 200,000 population or two community events per year, whichever is greater.

Project/Program

Title: **Oxford County Injury Prevention Team, Falls Prevention Committee**

Contact: Lorna Boralth and Susan MacIsaac
Oxford County Board of Health
410 Buller Street
Woodstock, Ontario N4S 4N2
Tel.: (519) 539-9800 or 1-800-755-0394
Fax: (519) 539-6206
Web site: www.county.oxford.on.ca/healthservices/ocbh/promotion.asp

Description: The team includes multiple partners from the area of Oxford and Woodstock (Red Cross, community volunteers, fire service, community police, etc.) to provide the community with Risk Reduction education, since most injuries are predictable and preventable.

Project/Program

Title: **Partners in Aging Peterborough... Prevent Falls Amongst Older Adults Coalition**

Contact: Ann McLeod
Injury Prevention & Substance Abuse Prevention
Peterborough County - City Health Unit
10 Hospital Drive

Peterborough, ON K9J 8M1
Tel.: (705) 743-1000
Fax: (705) 743-2897
Web site: www.pcchu.peterborough.on.ca/olderadults.htm

Description: The Coalition uses a variety of strategies to reduce the rate of fall-related injuries in the elderly and to get the message out about falls prevention, including videos and conferences.

Project/Program

Title: **The Power Program**

Contact: North York General Hospital, Senior Health Centre
2 Buchan Court
Toronto, ON M2J 5A3
Tel.: (416) 756-6050 ext. 8030
Fax: (416) 756-3144
Web site: www.nygh.on.ca

Also at the Baycrest Centre for Geriatric Care and Yee Hong Centre for Geriatric Care.

Description: POWER is a program of education, nutrition and exercise geared to the needs of the older adult. The program was devised through a multi-disciplinary planning team drawn from the partner organizations, Baycrest Centre for Geriatric Care, North York General Hospital, Yee Hong Centre for Geriatric Care and Toronto Public Health. This partnership has provided the following benefits:

- A greater pool of expertise to develop the teaching material;
- More clients reached over a great geographical area;
- Opportunities to be more culturally sensitive with delivery of a program in Chinese;
- Networking and cross-organizational peer support; and
- Increased opportunities for collaborative resource use and research.

The program is aimed at seniors who are living in the community with a diagnosis of osteoporosis who have not yet been educated about their condition and who have not yet achieved lifestyle changes that might make a difference to their quality of life. It is taught over seven weeks, and consists of three elements: education, exercise and nutrition.

Project/Program

Title: **Prevention of Falls and Fall Injuries in the Older Adult**

Contact: Tazim Virani
Registered Nurses Association of Ontario
438 University Avenue
Suite 1600
Toronto, ON M5G 2K8

Tel.: (416) 599-1925 or 1-800-268-7199
Fax: (416) 599-1926
Web site: [www.rnao.org/bestpractices/completed_guidelines/
BPG_Guide_C1_Prevent_Falls.asp](http://www.rnao.org/bestpractices/completed_guidelines/BPG_Guide_C1_Prevent_Falls.asp)

Description: Production of a guideline to increase nurses' confidence, knowledge, skills and abilities in the identification of adults at risk of falling and to define interventions for prevention of falling. The guideline has relevance to areas of clinical practice, including acute care and long-term care.

Project/Program

Title: **Project to Prevent Falls in Veterans – Phase III Intervention**

Contact: Shannon Keenor
Canadian Centre for Activity and Aging
1490 Richmond Street
London, ON N6G 2M3
Tel.: (519) 661-1604
Fax: (519) 661-1612
Web site: www.uwo.ca/actage/new/falls.htm

Description: The goals of the project are to reduce the number of risk factors for falling, the frequency of falling, and the severity of injury among those who fall. During the intervention phase, participants who presented modifiable risk factors for falling received interventions to modify those risks. Modifiable risk factors included: multiple prescription medications, no vision examination within the past year, foot problems, poor balance in the legs and poor leg strength. The interventions were recommended or administered by a member of a Specialized Geriatric Services team or the participant's family physician.

Project/Program

Title: **Provincial Partners for Seniors and Veterans - Falls Prevention Campaign**

Contact: Fiona Knight
Ontario Public Health Association (OPHA)
468 Queen Street East, Suite 202
Toronto, ON M5A 1T7
Tel.: (416) 367-3313 ext. 240
Fax: (416) 367-2844
Web site: www.opha.on.ca/projects/falls.html

Description: The goal is to implement a falls prevention campaign that is well supported by strong and effective partners of provincial organizations (more than 13). As many falls are preventable, the campaign aims to focus attention on actions people can take to protect themselves from falling. To address the diverse audience that seniors/veterans represent, a multi-faceted, umbrella campaign has been developed that informs,

encourages action and supports community programs. This campaign will be similar in its approach to increased usage of seatbelts or child car seats.

Project/Program

Title: **Remembering When**

Contact: Joan Batenburg
Adult Injury Prevention Network
Region of Peel
c/o Canadian Red Cross
Unit # 24 - 71 West Drive
Brampton, ON L6T 5E2
Tel.: (905) 452-7580 ext. 215
Fax: (905) 874-0482

Description: The Adult Injury Prevention Network (AIPN), a member of the Peel Coalition for Injury Prevention, is a multi-sectoral, multi-disciplinary committee committed to raising awareness of predictable and preventable injuries among older adults in Peel. In February 2002, the AIPN received funding from Veterans Affairs Canada – Falls Prevention Initiative, Health Canada to deliver Remembering When, an interactive fall and fire prevention program developed by the National Fire Protection Association. The program is centred on 16 key safety messages - eight fall and eight fire – and is delivered at senior safety events in Peel. In addition to the fall and fire presentations, the events include a pedestrian safety segment, senior wellness displays, fitness demonstrations, lunch, entertainment and prizes. Most recently the events have included a well-received video presentation that was produced by the AIPN to assist in the delivery of the program. This video is available for purchase for the price of \$10.00. The lengths of the presentations have been customized for large and small venues – three hours for the large events and one and half hours for smaller events.

Project/Program

Title: **The Rising Stars - Falls Prevention**

Contact: Marguerite Thomas
Injury Prevention Program
Community Coalition for the Prevention of Falls in Older Adults
Grey Bruce Public Health Unit
920 - 1st Avenue W.
Owen Sound, ON N4K 4K5
Tel.: (519) 376-9420 or 1-800-263-3456
Web site: www.publichealthgreybruce.on.ca/_private/Injury/SPInjury.htm

Description: Senior volunteer actors were trained by an artistic director to provide information in a theatre format. The one-hour afternoon presentations were each done in several locations throughout the two counties. The scripts are available for \$20.00 as this is a fundraiser for the community Coalition for the Prevention of Falls in Older Adults.

Project/Program

Title: **Safety in the Adult Years**

Contact: Colleen Stahlbrand and Susan Hall
City of Hamilton Public Health and Community Services
Upper Ottawa Office
71 Main Street W.
Hamilton, ON L8P 4Y5
Tel.: (905) 546-2424 ext. 3758 and (905) 546-2424 ext. 3762
Fax: (905) 546-3658
Email: cstahlbr@hamilton.ca
Web site: www.hamilton.ca/phcs

Description: The program provides skill development of professionals and those who work with seniors to increase knowledge and support. The program produced the Safety and the Adult Years Resource Guide to Prevent Falls and Injuries.

Project/Program

Title: **Seniors Fall Prevention**

Contact: Kerri Richards
Toronto Public Health
2300 Sheppard Avenue W.
Toronto, ON M9M 3A4
Tel.: (416) 338-8710
Web site: www.city.toronto.on.ca/health/index.htm

Description: Working with Coalitions, other partnerships and GTA health units, Toronto Public Health is implementing initiatives to reduce environmental and physical risk factors for falls among seniors. These initiatives include workshops, community-based events, coalition building and referral to other community resources.

Project/Program

Title: **Seniors Safety Gathering**

Contact: Anne West
Brant County Health Unit
194 Terrace Hill Street
Brantford, ON N3R 1G7
Tel.: (519) 753-4937 ext. 276
Fax: (519) 753-2140
Web site: www.bchu.org

Description: Their goal is to work together to reduce injuries from falls among seniors in our community through increased awareness, education and collaborative initiatives, as part of Brantford and Brant County Safe Communities Coalition (committee of

community agencies, groups, businesses and volunteers who work with seniors, have a particular interest in seniors' issues, or are seniors themselves).

Their objectives are to:

- Link community partners around the issue of falls prevention in seniors;
- Increase awareness within the community of the issue of injuries from falls among seniors;
- Develop strategies to educate seniors and their caregivers about what puts seniors at risk of injuries from falls and ways to reduce these risks; and
- Foster opportunities for joint initiatives and resources sharing re: seniors' safety.

Project/Program

Title: **Slips, Trips and Falls Safe Communities Partnership
Falls Prevention Initiative II**

Contact: Raija Lappalainen
Sault Ste. Marie Safe Communities Partnership
c/o Algoma Health Unit
6th Floor, Civic Centre
99 Foster Drive
Sault Ste. Marie, ON P6A 5X6
Tel.: (705) 541-7140
Fax: (705) 759-1534
Web site: www.safesault.ca/sltrf.lasso

Description: This is a multi-phase project consisting of a multi-media awareness campaign including video production, poster development, self risk assessment, risk tool development, distribution of a locally developed and produced "Your Passport to Safety" checklist booklet, implementation of Steady As You Go (SAYGO Program), distribution of an exercise video to libraries, offering performances of "Please Help Me I'm Falling" by local acting troupe "Sault Rising Stars," and development of falls risk assessment tool and community policy/protocol. This community-wide multi-faceted project involved seniors and veterans in planning, implementing and evaluating the program.

Project/Program

Title: **Smart Moves**

Contact: Michelle Coghlan
Smartrisk
790 Bay Street, Suite 401
Toronto, ON M5G 1N8
Tel.: (416) 596-2709
Fax: (416) 596-2700
Web site: www.smartrisk.ca

Description: SMARTRISK has launched a new toolkit to help seniors lower their risks for falls. The Smart Moves toolkit is being pilot tested in nine Ontario communities.

The toolkit is one part of a provincial strategy SMARTRISK is working to develop on seniors' falls. With this toolkit, we aim to reduce injuries from falls among seniors and to help people understand that falls are **preventable**, not an inevitable part of aging.

Project/Program

Title: **Stay on Your Feet and KFL&A Falls Prevention Coalition**

Contact:

Luana Culmer
Kingston, Frontenac, Lennox & Addington Falls Prevention Coalition
221 Portsmouth Avenue
Kingston, ON K7M 1V5
Tel.: (613) 549-1232 ext. 181 or 1-800-267-7875
Fax: (613) 549-7896
Web site: www.stepsafe.com

Stay on Your Feet is a multi-strategy, community partnership project with the goal of reducing the incidence and severity of falls in the Kingston, Frontenac, Lennox and Addington region through increasing community awareness and promoting available falls prevention resources.

Working in partnership with the KFL&A Falls Prevention Coalition, seven unique initiatives will address the goal of the Stay on Your Feet project, funded by the Ontario Neurotrauma Foundation (ONF).

- 1) Awareness/Media Campaign: Promoting the message that falls are predictable and preventable.
- 2) Taking Steps: Working with staff to reduce and prevent the incidence of falls in long-term care facilities and retirement homes.
- 3) Step Safe: Enhancing the current program to reduce and prevent the incidence of falls in public places. The number to call and report a sidewalk hazard is (613) 546-0000 in Kingston and (613) 354-3351 in Napanee.
- 4) Falls Prevention Education and Toolkit for Acute Care: Working in partnership with area hospitals to promote awareness of KFL&A falls prevention resources and programs.
- 5) Stay Active: Promoting the role of active living and healthy aging in preventing falls and increasing accessibility to fitness programs.
- 6) Falls Prevention Ambassadors: Seniors, peer-led education program where volunteers are trained to deliver falls prevention education in the community.

- 7) Falls Prevention Education and Toolkit for Health Care Providers: Working with health care providers who assist seniors by providing falls prevention education and appropriate referrals.

Project/Program

Title: **Step Safe**

Contact: Luana Culmer
Kingston, Frontenac, Lennox & Addington Falls Prevention Coalition
221 Portsmouth Avenue
Kingston, ON K7M 1V5
Tel.: (613) 546-0000
Fax: (613) 549-7896
Web site: www.stepsafe.com
You can also reach the Napanee office at (613) 354-3351 ext. 267.

Description: This program was initiated in Kingston and Napanee, Ontario by the KFL&A Falls Prevention Coalition with funding from Kingston General Hospital and the Greater Kingston Area Safe & Sober Coalition. In 2000, the municipality in each community took over the program. It continues in each community where it is advertised to call the Step Safe Program if you see a hazard on a sidewalk – a crack, a hole or uneven concrete. The call will generate a work order to the Roads Department to either fix the potential hazard or mark it with fluorescent green paint as a warning.

Project/Program

Title: **Sunnybrook Falls Prevention Program**

Contact: Susan Maddock and Sue Gal
Sunnybrook and Women's College Health Sciences Centre
2075 Bayview Avenue
Toronto, ON M4N 3M5
Tel.: (416) 480-5912
Fax: (416) 480-6865
Web site: www.sunnybrookandwomens.on.ca

Description: The Falls Prevention Program combines an exercise intervention and educational component with the aim of preventing falls in community-dwelling seniors. Participants attend twice weekly for six weeks for 45 minutes of exercise. The exercise circuit consists of seven, 5-minute stations including: stationary bicycles, quads, over a roll, various balance exercises, the parallel bars with and without a step, sit-to-stand from a chair using proper technique, bridging, and gait training (including how to turn safely). We also briefly ran a chair exercise program consisting of sitting and standing exercises, but for our population and environment, we preferred the circuit. The educational component consists of a home safety discussion/lecture with an occupational therapist, instruction on a home exercise program (balance exercises), and learning how to get up from the floor. Clients who live alone are given

information on lifeline. Before each session clients are asked if they have had a fall or a near-fall and the group discusses strategies to prevent falls.

Project/Program

Title: **Take A Stand! Prevent a Fall! Stay Independent! (Injury Prevention Program)**

Contact:

Kathy Miller
Halton Regional Health Department
1151 Bronte Road
Oakville, ON L6M 3L1
Tel.: (905) 825-6000 ext. 7447 or 1-866-442-5866
Fax: (905) 825-8588
Web site: www.region.halton.on.ca/health/programs/injuryprev/older_adult/falls.htm

Description:

Currently piloted in one municipality within the region of Halton, a comprehensive falls prevention program targets three main risk factors for falls, and includes a home visiting component for at-risk seniors. As well, a media component including a seniors' television showcase has been added, and a peer-helping program involving seniors performing environmental assessments in the community is forthcoming.

Community education targeting seniors, caregivers, and health professionals regarding falls prevention and safe medication and alcohol use is provided in all municipalities (Burlington, Oakville, Halton Hills and Milton).

Project/Program

Title: **Telephone Assurance/Security Checks**

Contact:

Sault Ste. Marie and District Branch
c/o Canadian Red Cross Society
105 Allard Street
Sault Ste. Marie, ON P6B 5G2
Tel.: (705) 721-3313
Fax: (705) 739-9916
Web site: www.redcross.ca

Program also available in the following district branches (Bradford West - Gwillimbury, Etobicoke, Springwater, Essa, Clearview, Tiny, Barrie, Adjal - Tosorontio, Innisfil, Oro-Medonte, etc.). Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description:

A support service that provides frail, isolated, vulnerable, elderly members of community with regular contacts (daily phone calls) to determine if the clients are at risk or in a crisis.

Project/Program

Title: **Timiskaming Injury Prevention (Elderly)**

Contact: Claire Gaudette
Timiskaming Health Unit
Timiskaming Injury Prevention (Elderly) Committee
221 Whitewood Avenue
New Liskeard, ON P0J 1P0
Tel.: (705) 647-4305
Fax: (705) 647-5779
Web site: www.timiskaminghu.com

Description: To provide and reduce the incidence of falls and unintentional injuries in the older adult. The program uses information sessions and workshops regarding proper physical activities for seniors and safety in and around the home. It also notifies local municipal councils about snow removal on sidewalks and it advocates that Recreation Departments become more open to senior activities.

Prince Edward Island

Project/Program

Title: **Implementation of a Falls Prevention Program for Community-Dwelling Veterans, Seniors and Caregivers in PEI**

Contact: Lori Weeks
PEI Centre for Study of Health and Aging
c/o Department of Family and Nutritional Sciences
University of Prince Edward Island
550 University Avenue
Charlottetown, PEI C1A 4P3
Tel.: (902) 566-0528
Fax: (902) 628-4367
Web site: www.upei.ca/healthandaging

Description: In Phase III, the project sponsor will implement a sustainable, bilingual, community-based falls prevention program on PEI. The project will develop a community action toolkit that contains information and resources to assist community groups and individuals in preventing falls at home and in the broader community. The project will implement a train-the-trainer program that will prepare volunteer facilitators, mainly seniors and veterans, to deliver the toolkit to community groups and stakeholders. Project staff, volunteers and partners will deliver falls prevention information sessions to community stakeholders, seniors, veterans and their caregivers. The project will develop a course that includes a strong component on falls prevention for the PEI Seniors College. The sustainability of the project will be enhanced by the legacy of strengthened partnerships and the enhanced capacity of the project sponsor, partners, seniors and veterans to implement falls prevention initiatives.

Quebec

Project/Program

Title: **Falls Prevention Services and Minor Home Adaptations** / Service de Prévention des chutes et d'adaptations mineures du domicile

Contact: Serge Nadeau
Department of Public Health of Mauricie and "Centre-du-Québec"
550 Bonaventure Street
Trois-Rivières, QC G9A 2B5
Tel.: (819) 693-3933
Fax: (819) 373-1627
Email: serge_nadeau@ssss.gouv.qc.ca

Description: Regionalized since 1998, the health promotion is done in partnership with community associations, people aged 55 and over and health centres of the Mauricie and "Centre du Québec" region.

This awareness intervention is made available by a peer approach. The innovative elements of the service consist of promoting seniors' empowerment through social participation in promotion and prevention activities.

The goal of the service is to focus on risk factors that can be modified in the physical environment of seniors before they fall.

Peer educators are trained through an information session given by an occupational therapist of a CLSC on falls prevention at home. These peer educators work with seniors to increase awareness with the help of specific tools and activities. Each peer educator works in their own municipality or town.

Project/Program

Title: **Information Kit for Falls Prevention** / Trousse d'information sur la prévention des chutes

Contact: Agence de développement de réseaux locaux de services de santé et de services sociaux du Saguenay-Lac-Saint-Jean
930 Jacques Cartier Street East
Chicoutimi, QC G7H 7K9
Tel.: (418) 545-4980 or 1-800-370-4980
Fax: (418) 545-8791

Description: Resources developed for home visits and adapted to group meetings. An initiative of the Association québécoise des droits des retraités (AQDR), CLSC of Chicoutimi and the Public Health Department.

Project/Program

Title: **Pilot Project for the Prevention of Falls among the Elderly (CLSCs)** / **Projet d'essai pilote pour la prévention des chutes chez les personnes âgées (CLSCs)**

Contact: Denise Gagné
Québec Public Health Department and local health centres (CLSCs)
2400 d'Estimauville Street
Beauport, QC G1E 7G9
Tel.: (418) 666-7000 ext. 347
Fax: (418) 666-2776
Web site: www.rss03.gouv.qc.ca/dspq/index.htm

Description: Extension to additional CLSCs across the region of this piloted project for the prevention of falls for seniors at risk. The project's focus is on a multi-faceted intervention of the various fall risk factors and seniors.

Project/Program

Title: **The Problem of Falls Outside the Home** / **Le problème des chutes à l'extérieur du domicile**

Contact: Francine Trickey
Injury Prevention Team
Montreal Regional Public Health Department
1301 Sherbrooke E.
Montréal, QC H2L 1M3
Tel.: (514) 528-2400 ext. 3369
Fax: (514) 528-2426
Web site: www.santepub-mtl.qc.ca/english/index.html

Description: The problem of falls outside the home has hardly been studied and there is no data available for the Province of Québec (except for limited data provided by a pilot project). This study shed some light on the problem of falls outside the home and provided the basis for reflecting on the development of appropriate prevention strategies.

Project/Program

Title: **Program Enriched Physical Exercise Program** / **PIED Programme intégré d'équilibre dynamique**

Contact:	Francine Trickey Injury Prevention Team Montreal Regional Public Health Department 1301 Sherbrooke E. Montréal, QC H2L 1M3 Tel.: (514) 528-2400 ext. 3369	Christine Olivier L'Agence de développement de réseaux locaux de services de santé et de services sociaux de l'Outaouais 140 Lois Street Gatineau, QC J8Y 3R7 Tel.: (819) 770-7747
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Fax: (514) 528-2426
Web site: www.santepub-mtl.qc.ca/english/elderly.html

Fax: (819) 771-8632
Web site: www.santeoutaouais.qc.ca

Agence de développement de réseaux locaux de services de santé et de services sociaux de l'Estrie
Complexe Saint-Vincent-de-Paul
300 King Street E., Suite 300
Sherbrooke, QC J1G 1B1
Tel.: (819) 566-7861
Fax: (819) 569-8894

Agence de développement de réseaux locaux de services de santé et de services sociaux de Lanaudière
1000 Sainte-Anne Boulevard, 5th floor
Saint-Charles-Borromé, QC J6E 6J2
Tel.: (450) 759-1157, ext. 4206
Fax: (450) 759-0023

Description: With the help of group and at home physical exercises, the goal of the program is to:

- Increase leg strength and balance of participants;
- Help and allow them to organize their home and to adopt a safe behaviour;
- Improve their self-esteem and confidence in relation to falls prevention; and
- Contribute to their own healthy bone mass and to promote the maintenance of regular physical activity.

Project/Program

Title: **Safety Installations in the Bathrooms of the Elderly** / Installations de sécurité dans les salles de bain des aînés

Contact:

Daniel Gagné
Regional Health & Social Services Dept. for the Abitibi - Témiscamingue Region
Public Health Management
1 - 9th Street
Rouyn-Noranda, QC J9X 2A9
Tel.: (819) 764-3264
Fax: (819) 797-1947

Description: A video describing safety measures for the bathroom especially designed for the adult children (45-55) of the elderly to heighten their awareness of safety measures to help their parents avoid falls.

Project/Program

Title: **Safety in the Bathroom: Sensitizing Guide Concerning the Installation, the Handling and the Maintenance of Safety Measures for the Elderly Residing at Home (published in 2000)** / Sécurité dans la salle de bain : guide de sensibilisation à l'installation, l'aménagement et le maintien des mesures de sécurité pour les aînés à domicile (publié en 2000)

Contact:

Charles Lemieux
Québec Public Health Department of Gaspé Peninsula and Madeleine Islands

205 - 1 York Boulevard W.
Gaspé, QC G4X 2W5
Tel.: (418) 368-4640
Fax: (418) 368-1317
Email: charles_lemieux@ssss.gouv.qc.ca

Description: The Guide covers safety measures for the bathroom with a focus on the prevention of falls. It lists the possible fall risks, a description of measures to be taken in bathroom installations (availability of equipment, such as grab bars), the behaviour of the elderly when taking a bath and the maintenance of a safe bathroom. Additional teaching aids enable the instructors to propose and assess the following sensitizing activities for the elderly:

- A description of the equipment and resources available for the elderly;
- A list of modifications in the installation, behaviour and upkeep; and
- Suggestions for games/exchanges/lectures.

Saskatchewan

Project/Program

Title: Falls Prevention - Prince Albert Parkland Region

Contact: PA Injury Prevention Program
Prince Albert Parkland Region
196 - 9th Street East
Prince Albert, SK S6V 0X5
Tel.: (306) 922-2969
Fax: (306) 763-4472
Web site: www.paphr.sk.ca

Description: Program in early stages of statistics gathering and planning. Also looking at becoming part of the “Safe Communities.”

Project/Program

Title: Home Safety for Seniors

Contact: Linda Saliken
Saskatchewan Safety Council
445 Hoffer Drive
Regina, SK S4N 6E2
Tel.: (306) 757-3197

Fax: (306) 569-1907
Web site: www.sasksafety.org/programs/home.html

Description: Accidents in the home are common among people of all ages, but can be more dangerous as we age. This course provides common sense tips about fall prevention, fire safety, the safe use of medications, poison prevention, protecting the home from burglars, con artists, and more.

Project/Program

Title: **Link to Health**

Contact: Roanna McCoy
The Canadian Red Cross Society
National Link to Health Office
2571 Broad Street, Box 1185
Regina, SK S4P 3B4
Tel.: (306) 347-2628
Fax: (306) 757-2407
Web site: www.crm.mb.ca/redcross/

Also available in the following cities: Saskatoon (306) 668-0720 and Prince Albert (306) 765-2600. Please call your local Canadian Red Cross offices to see if the program is available in your area.

Description: Link to Health is an active living program designed to help older adults get moving and keep moving. The program is for individuals 55 and older who would like to become or stay functionally independent.

In the Link to Health Activity Guide there is a chapter on balance activities as well as a chapter on strength and endurance exercises. Over 12 weeks, a Link to Health program might meet from 12 to 36 times. Skill related fitness includes: agility, balance, coordination, speed, power and reaction time. Health related fitness includes: cardiovascular fitness, strength and endurance, flexibility, body composition and freedom from injuries.

Project/Program

Title: **“Positive Steps” Fall Prevention and Exercise Program**

Contact:	Regina Qu'Appelle Health Region 2110 Hamilton Street Regina, SK S4P 2E3 Tel.: (306) 766-7731 Fax: (306) 766-5414 Web site: www.rqhealth.ca/programs/comm_hlth_services/pubhealth/positive_steps.shtml	Five Hills Regional Health Authority 455 Fairford Street East Moose Jaw, SK S6H 1H3 Tel.: (306) 694-0387 or 1-888-425-1111 Fax: (306) 694-0388 Web site: www.fhhr.ca
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Description: The 52-page Positive Fall Prevention handbook provides seniors with information on reducing their risk of falling, and leads them through an exercise program aimed at increasing strength, flexibility and balance. It consists of a video and a handbook with the exercises divided into three progressive levels, so even the most inactive adults can begin to exercise. These materials help to educate older adults about the risks of falling and benefits of exercising. Health care providers may use the materials as tools to encourage physical activity and fall prevention awareness among older adults.

Project/Program

Title: **Seniors Fall Prevention - Safe Communities**

Contact: Public Health Services
Saskatoon District Health
2009 Clarence Avenue
Saskatoon, SK S7J 1L2
Tel.: (306) 655-4930
Fax: (306) 655-4931
Web site: www.sdh.sk.ca/PHS/

Description: Public health nurses in the Older Adult program provide a one-hour education session to groups of seniors in the community. The objectives of the sessions are to:

- Become aware of the causes of falls;
- Learn tips and checks to remove avoidable hazards for ourselves and our environment; and
- Learn of local resources to support or assist to reduce/eliminate risks.

Project/Program

Title: **Steady As You Go #2 (SAYGO) Falls Prevention program**

Contact: Sunrise Regional Health Authority
270 Bradbrooke Drive
Yorkton, SK S3N 2K6
Tel.: (306) 786-0109
Fax: (306) 786-0122
Web site: www.sunrisehealthregion.sk.ca

Description: The SAYGO #2 program is a newly developed program for seniors with limitations to energy or mobility. The therapy department felt that a seniors' housing complex was an ideal place to initiate this program.

The program runs over three months. Participants volunteer and are subject to inclusion criteria. There is one assessment of the participant that includes such risk factors as environment, vision, medication use, nutrition, history of falls, balance assessment. Once the participant receives a score for classifying their risk factor, an action plan is developed and the participant is instructed in a daily exercise program. A follow-up assessment takes place at the end of the program and their final risk factor score is again assessed.