

Finding Balance..... Together

ACIP 2015 Injury Prevention Conference

Westin Nova Scotian Hotel
Halifax, Nova Scotia | June 8– 9, 2015

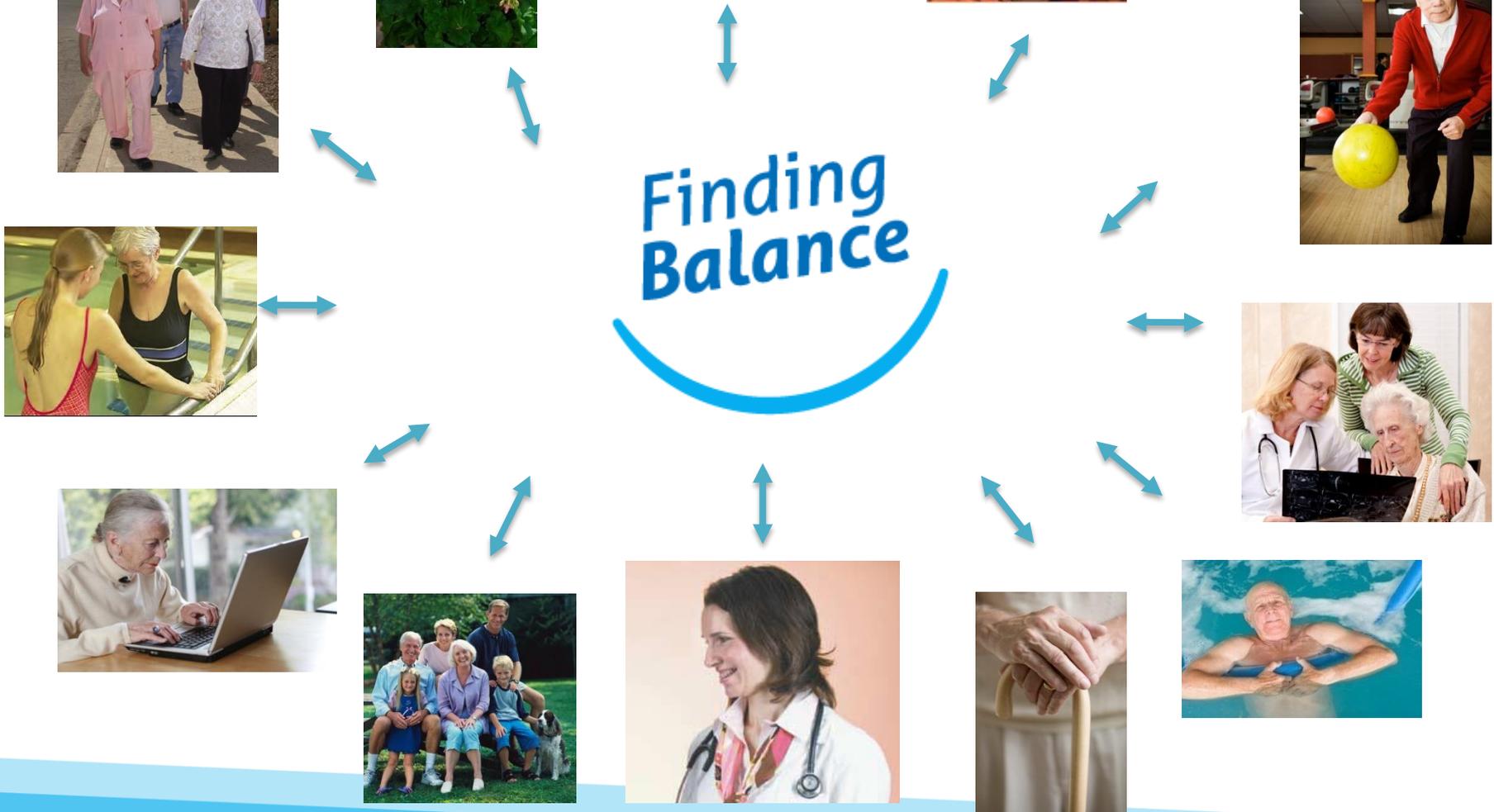
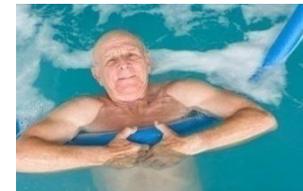
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ANYONE CAN FALL
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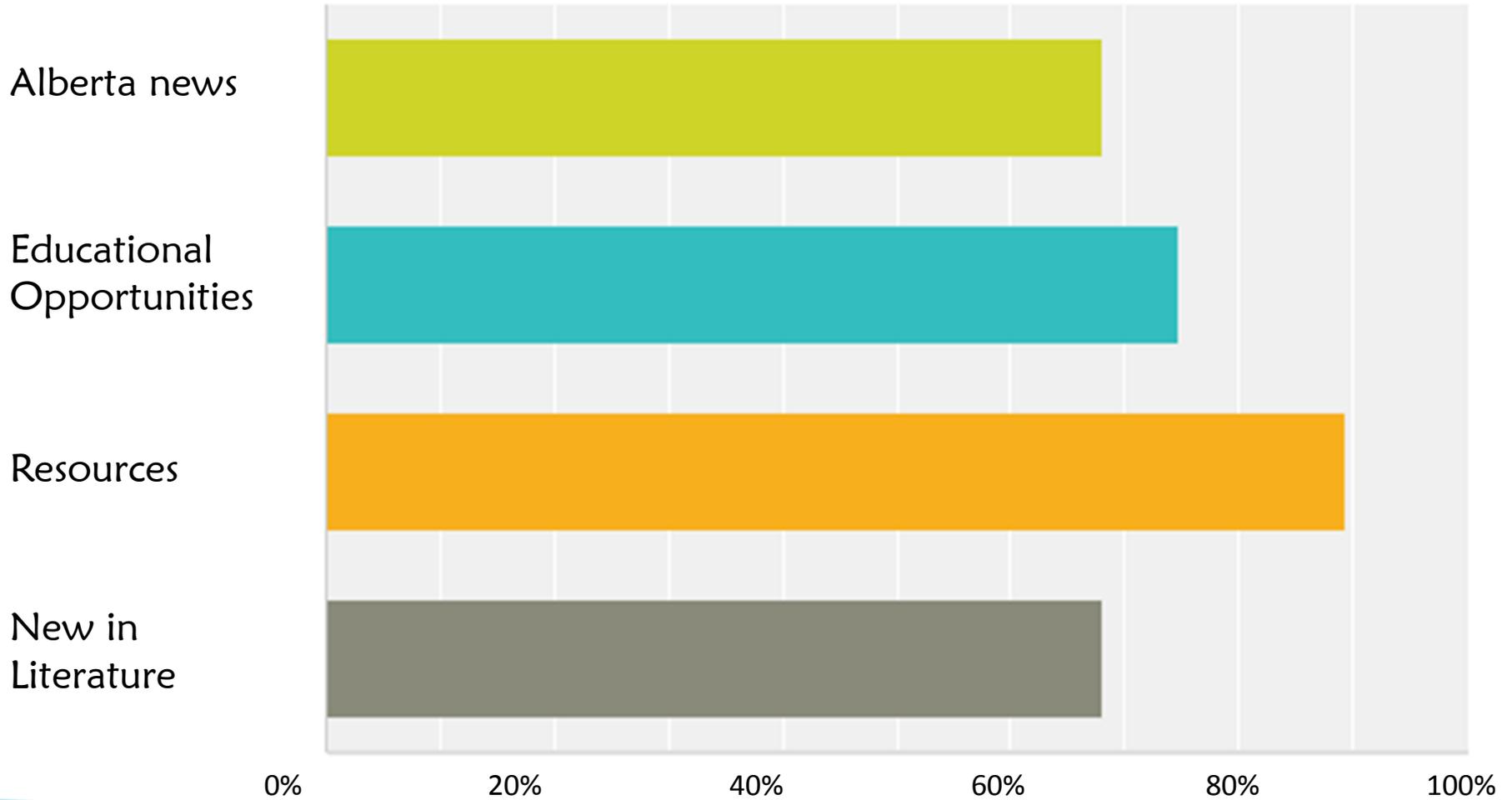
Finding Balance



- Practitioner Network
- Public Awareness Campaign
- Resource Toolkit
- Online Falls Risk Assessment and Management Algorithm

- Quarterly Bulletins
 - Alberta Programs & Resources
 - Data
 - What's in the Literature
- Teleconferences & Educational Opportunities

Most Beneficial in the Bulletins



- Initial partnership between IPC, Alberta Medical Association, Alberta Health
- Launched annually in November
- 4 Key messages



Campaign Elements

- Proclamation of Seniors' Falls Prevention Month
- Free brochures and posters, free promotional items
- Campaign website
- Social media
- Purchased and earned media



- Focus on Keep Active message
- Virtual Trek Around Alberta
goal of 350 seniors 3 million steps
achieved 850 seniors 48 million steps
- Practitioner Day – December 3
100 practitioners in person & 200 webcast
600 views

- Setting up a display
- Local activities
- Interactive presentation
- Resources – campaign and falls
- Falls prevention articles
- Sample forms

Falls Risk Assessment and Management Algorithm

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Finding Balance Algorithm

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This tool is updated on an ongoing basis as new research, best practice and resources are available. Links to specific topics are provided to the left and handouts/tools are available to download.



Finding Balance Algorithm

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[Screening](#)

[+ General Advice](#)

[+ Multifactorial Falls Risk Assessment](#)

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Screening

Falls screening tools are sensitive, brief, and easy to complete assessments that attempt to identify individuals at a higher than average risk for falling who would likely benefit from a more in-depth evaluation. Results can be numerical with a cut-off score or categorical where those tested are ranked as being at low, medium, and high risk. While screening tools have been used to predict a general level of risk for falling, they do not accurately predict which people will actually fall or give much information about what can be done to decrease the risk of falling.

Ask

1. "In the past year, have you had a fall (including a slip or trip where you lost your balance and ended up on a lower level)?"
2. "Has that happened more than once?"
3. "Did you hurt yourself?" If so, "How did you hurt yourself?"

Observe

Note any balance & gait (mobility) problems by observing clients walk or having them complete the "Timed Up and Go" (TUG) test or the "Get Up and Go" test.

Positive

If "yes" to more than one fall, an injurious fall or balance and mobility problems, conduct Multifactorial Falls Risk Assessment.

Negative

If "no" falls or only 1 non-injurious fall and no balance and mobility problems, provide General Advice.

Resources for Practitioners:

- [Timed Up and Go Test \(TUG\)](#)
- [Timed Up and Go Video](#)

Timed Up & Go (TUG) Test

Finding Balance recommends the Timed Up & Go (TUG) test as a screen to identify falls risk, and for identification of gait and balance abnormalities.

We recommend a cut-off score of ≥ 15 seconds as predictive of falls risk.

It is recommended that this score and/or any noted abnormalities in gait, balance, or difficulties rising from the chair requires further assessment of falls risk factors, with appropriate facilitation of intervention(s) and referral(s).

Time to complete: 1-2 minutes

Equipment Required:

- Armchair: approximate seat height = 43-46 cm and approximate arm height = 65 cm
- Measuring tape to measure 3 meter distance referred to below
- Line on the floor 3 meters away from chair.
- Walking aid, if required
- Stopwatch

Client Start Position:

- Wears regular footwear
- Seated in arm chair
- Back against the chair, arms resting on chair arms
- Uses customary walking aid

Test:

- Client: From start position, client stands, walks a distance of 3 meters (there must not be any obstructions), turns, walks back to the chair, and sits down

Finding Balance Algorithm

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[Keep Active](#)

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[Dizziness](#)

[How to Get Up](#)

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General Advice - Keep Active

According to the World Health Organization the greatest health risk for older adults is living an inactive life. Physical activity can prevent the onset of impairments which lead to an increased risk for falls.

Healthy older adults should participate in at least 30 minutes of moderately hard activity on most or all days of the week. A moderately hard activity is one where the heart rate is increased and the person can still talk while doing the activity. Older adults should speak to their physician prior to participating in any new physical activity.

Older adults should participate in activities which are enjoyable but which will also maintain strength, balance, endurance, coordination and flexibility. There are many programs for healthy older adults to choose from such as Tai Chi, strength training, walking, water fitness and dancing.

Physical activity needs to consider the entire body, not just the lower extremities. Arm strength is also important in falls risk management.

Resources for Clients:

- [Everyday Exercises for Older Adults Movement for Maintaining Independence](#)
- [Be Falls Smart in What You Do - Physical Activity](#)
- [Canada's Physical Activity Guide to Healthy Active Living For Older Adults](#)
- [The Rural Route to Active Aging](#)
- [Factors to Consider When Choosing a Trainer](#)
- [Home Activity Program](#)

Resources for Practitioners:

- [Preventing Falls through Physical Activity: A Guide for People Working with Older Adults](#)
- [Active Living Coalition for Older Adults](#)
- [Alberta Fitness Leadership Certification Association](#)
- [Physical Culture Association of Alberta](#)
- [Move 'n Mingle](#)



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For Injury Control & Research

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- Free resources available
- Official proclamations
- Falls prevention
- Staying active**
- Promote falls prevention
- Vitamin D

NEWS: | • A big thanks to our partners in Alberta Health Services for sharing what they did for Seni • To launch Finding Balance, the Tofield Indoor Walk

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HEALTH LINK ALBERTA

For more information call:

Calgary (403) 943-LINK (5465)

Edmonton (780) 408-LINK (5465)

Toll-free 1-866-408-LINK (5465)

INFORM ALBERTA

To find programs and services in your community, enter your postal code below and click the search button.

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Steady as You Go Program - SAY GO #1 Provided by: Alberta Health Services - [add to list](#)
Edmonton Zone

Plaza 124 Building ~ 10216 124 Street, Edmonton, Alberta T5N 4A3 780-401-BOOK (2665)

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A free falls prevention program, for healthy, mobile, older adults.



The Dizziness and Balance Program Provided by: LifeMark Health [add to list](#)

Edmonton 6430 28 Avenue NW ~ 6430 28 Avenue NW, Edmonton, Alberta T6L 6N3 780-469-9670

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Treatment for dizziness and unsteadiness caused by a disturbance in the inner ear, or from the parts of the brain that process information about balance.



Osteoporosis Exercise Program- Physical Activity and Your Bones [add to list](#)

Provided by: Covenant Health

Grey Nuns Community Hospital ~ 1100 Youville Drive NW, Edmonton, Alberta T6L 5X8 780-735-7161

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This is an educational and exercise program for people with osteopenia or osteoporosis.



Senior's Balance and Conditioning Program Provided by: Covenant Health [add to list](#)

Grey Nuns Community Hospital ~ 1100 Youville Drive NW, Edmonton, Alberta T6L 5X8 780-735-7161

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This is an exercise class specifically for seniors who live at home, whose mobility is limited and are at risk of falling.



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“It takes a village of stakeholders working together to prevent falls and fall risk, tasks that no one stakeholder can accomplish alone.”

