

E-Learning Opportunities in Fall Prevention

COURSE	DETAILS (audience, time commitment, overview etc)	COST	CONTACT/ACCESS
<u>Positive Steps Work</u> Durham Region Health Department ONTARIO	Audience: Care providers working with older adults in their home Time commitment: Self-paced Course overview: “Positive Steps Work is uniquely designed to work on any device, at any time and from any location with internet access. This e-course is engineered to meet the needs of adult learners and allows you to work at your own pace; stopping the course when you need to, and returning later to complete it when you have time”. “This course can be incorporated into education, training and orientation for care providers working with seniors in their home”. Certificate: Yes	FREE	www.durham.ca/falls (To take the course go to www.durham.ca/falls Click on Older Adults; Click on Education then START)
<u>Loop webinar archives</u> Fall Prevention Community of Practice (CoP) ONTARIO	Audience: Loop members Time Commitment: Self-paced Overview: Webinars on a variety of fall prevention, aging & health topics	FREE	http://www.fallsloop.com/events/webinars

	Certificate: No		
<u>Falls & Older Adults</u> Centre for Studies in aging & Health at Providence Care - CSAH Continuing Education: Gerontological Online Learning & Development [GOLD] ONTARIO	Audience: <i>Four Courses:</i> Health Care Providers, HCP @ Providence Care, PSW and Family Care Providers, PSW's @ Providence Care Time Commitment: Self-paced Course overview: Welcome to the Falls for Older Adults online educational course, designed for health care providers' continuing education and professional development. The course aims to improve your knowledge about falls prevention, screening for risk, assessment and interventions for fall prevention. Certificate: unknown	Free	http://www.sageducation.ca/course/search.php?search=falls+and+older+adults
<u>Step Ahead to Fall Prevention Training</u> (Developed in partnership between York Region Public Health and Toronto Public Health). ONTARIO	Audience: Professional and Family Caregivers Time Commitment: Self Paced (Can be competed in 90 minutes) Course Overview: This E-module based on fall prevention research and best practice is offered free to agencies and individuals providing care to older adults living independently in their own homes. The goal is to empower caregivers to incorporate falls prevention knowledge and skills into their	FREE	https://tph.fluidsurveys.com/s/stepaheadmodul.esignup/

	daily work with older adults. Participants will learn about age-related changes that contribute to falls and modifiable risk factors associated with falling. Certificate: Yes		
<u>Falls and Older Adults</u> (uLearn courses: Ottawa Public Health) ONTARIO	Audience: Open Time Commitment: One hour Course Overview: This fall prevention one hour online learning module is designed to give anyone working with older adults such as personal support workers, volunteers, friends and family, or older adults who support others close to them, valuable information regarding falls and fall prevention. This training is based on current literature, the Canadian Fall Prevention Curriculum and best practices in fall prevention. Certificate: Unknown	FREE	https://ulearn.ottawa.ca/
<u>Stay Strong, Live Long Falls Prevention Video Series</u> Upper Grand Family Health Team & VON Canada	Audience: - older adults and others with a vested interest in fall prevention in Wellington County - accessible on YouTube. Time Commitment: 12 videos, most are 1 hour in length	FREE	https://www.youtube.com/playlist?list=PLt3MmNNKrHWftstS-sjexx357ysQ09kp

Filming and Editing By Adam Olivero on behalf of Wightman Telecom ONTARIO	Course Overview: Presented by allied health professionals from the Upper Grand Family Health Team & Wellington County area. <i>Videos include:</i> 1. Falls & chronic disease 2. Bone health 3. Blood pressure 4. Vision & hearing 5. Peripheral neuropathy 6. Acute grief & sleep disturbance 7. Medication use 8. Home environment & fire safety 9. Mobility aids & muscle health 10. Nutrition 11. Arthritis 12. Benefits of exercise Certificate: No		
<u>Canadian Fall Prevention Curriculum</u> University of Victoria, Continuing Studies CANADIAN	Audience: Those working with older adults in long-term, acute and home care, community, primary care & public health. Time Commitment: Five weeks long Course Overview: “Participants will acquire evidence-based approaches to assessing risk, implementing best practices, program planning, and evaluation of programs for older adults at risk for falls and related injuries in a variety of health settings. A project will be		https://continuingstudies.uvic.ca/health-wellness-and-safety/courses/canadian-falls-prevention-curriculum

	created throughout the course as participants work through modules specific to a population of their interest (e.g. well community, frail community, acute care, and long term care). “ “Offered through a facilitated online format that includes Question and Answer period opportunities with the instructor, and forum discussions with co-participants. For those unfamiliar with online education, free optional pre-course training is available. Course resources are available for download. The textbook is sold separately”. <i>Detailed Outline</i> • Define the scope and nature of the problem of falls. • Provide fall risk identification and assessment. • Provide a selection of prevention interventions reflecting evidence-based strategies. • Understand social and policy context. • Provide application of a program planning model. • Evaluate the effectiveness of a fall prevention program (A workshop version is offered through the Ontario Injury Prevention Resource Centre in a seminar format with ample Question and Answer period opportunities with instructors. Content of packages include all presentation materials. The textbook is sold separately.) Certificate: Yes - The Canadian Falls Prevention Curriculum online course is also an optional elective as part of the Geriatric Certificate Program (GCP) offered through McMaster University.		
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<u>Ageing Well: Falls</u> UNITED KINGDOM	Audience: Older adults Time commitment: 4 weeks, 2 hours per week Course overview: This interactive course will enable you to: Learn more about why falls are just so important Discover ways of assessing and reducing the risk of falling Recognise when to seek help Explore how to prevent falls and injury During the course, we will meet people who have been affected by falls through a series of video case studies, and discuss together the important issues they raise, which we hope will be informative, practical and enlightening. We will draw on the knowledge and experience of world leading experts at Newcastle University through our Meet the Experts series. This includes work with the award-winning Falls and Syncope Service (FASS) at Newcastle's Royal Victoria Infirmary - the largest unit of its kind in Europe, recognised internationally for its innovative work in the field of falls and blackouts. You can find out more about this course in Professor Julia Newton's blog post: "Falls are not a normal part of ageing." Certificate: Yes	FREE	https://www.futurelearn.com/courses/falls
	Audience: Health care professionals	FREE/	https://lifeline.theonline

<u>Phillips Lifeline Online Learning Centre (USA)</u> USA	Time Commitment: Self Paced Course Overview: A series of independent learning modules (some video, some audio) on a variety of topics related to fall prevention including: • Diabetes & fall risk • Engaging older adults in evidence-based fall prevention • Fall-Related Brain Injury in Older Adults: Focus on Prevention • Reducing Falls in the Home: Medication Interventions and the Role of the Aging Network • Complications Resulting from Long Lie Times After a Fall Certificate: CE (Continuing Education) credits vary for each one	PAID depend ing on module	learningcenter.com/Catalog/CourseCatalogDept.aspx?dept_id=163&subcat_id=99
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