

Stepping Out Safely (SOS) Huron-Perth Fall Prevention Collaborative

Fall 2017 Newsletter

Check It Out!

Finding Balance Ontario



The campaign aims to increase awareness of fall prevention among older adults.

The four key messages are:

- Keep Active
- Watch Your Step
- Speak Up About Dizziness
- Check Your Medication

Contact Alycia (Huron) or Chera (Perth) for Finding Balance Ontario posters and brochures.

Visit www.findingbalanceontario.ca to learn more about the campaign.

Contact Alycia (Huron) or Chera (Perth) if you would like information featured in this newsletter including resources, promotion of future events, or a feel-good success story!

Background

The Huron-Perth Fall Prevention Collaborative was formed in January 2012. The goal of the collaborative is to reduce falling and fall injuries among older adults in Huron and Perth counties through education, skill building, community collaboration, and policy development.

What's New?



November is Fall Prevention Month!

Fall Prevention Month is being celebrated this November all across Ontario. The campaign, led by the Ontario Neurotrauma Foundation Fall Prevention Community of Practice, is promoting the key messages:

- Falls are preventable!
- It takes a community to prevent a fall. We all have a role to play.

This year SOS is promoting dance as an activity to reduce the risk of falling. Dance, regardless of its style, can improve muscular strength, endurance, and balance in older adults. These improvements can lead to preventing falls. Other benefits to dance include meeting new people, sparking creativity, and having fun.

To remain safe while dancing:

- Wear proper footwear
- Use your assistive devices (if required)
- Have good lighting
- Make sure the space is clear from any tripping hazards

Many of the SOS partners are organizing activities that relate to dance during Fall Prevention Month. To learn more about what's happening in Perth County, please visit www.mystratfordnow.com and click on the "Events" (calendar) icon. In Huron County, check local event listings for your community.

Staying on Your Feet (A Guide to Help Older Adults Prevent Falls)

A program using the Staying on Your Feet Guide, which covers the common risk factors associated with falls, was recently pilot tested with positive results. The program helps participants identify their relevant fall risk factors, what they can do and what local services and supports exist to help them. The program is now being offered to Huron and Perth County organizations that would like to host a session for their patients/clients.

A facilitator training session will be held in Stratford on **Mon. Nov. 20 (930am-4pm)**.

If you are interested in offering this program to your patients/clients, please register for the training by contacting Chera Longston:

- clongston@pdhu.on.ca
- 519-271-7600 ext 320 or toll-free 1-877-271-7348 ext 320.

South West Healthy Aging

South West Assess and Restore developed Healthy Aging in South West Ontario. This new website (<http://swhealthyaging.ca/>) brings together community-based resources in a way that's user-friendly for older adults and their caregivers to navigate (see image below). The low, medium and high risk categories are presented in easy-to-understand terms so that the user can easily identify what types of resources to search for based on their needs.

Take charge of your health.
Help you and your loved ones stay healthy.



[How to Stay healthy](#)



[Get help with daily tasks](#)



[Find supports to stay living at home](#)

S.O.S Committee Update

A Symposium was held on October 11th at the Seaforth Golf and Country Club. Updates were provided on: the two SOS sub-committees (older adult engagement and healthcare provider education) and the Ontario Falls Community of Practice (including the on-line platform called LOOP). If you are interested in joining either (or both) of the SOS sub-committees, please contact Chera or Alycia. "Senior Friendly Care" training was provided to increase participants' knowledge and understanding of how best to work with seniors. The training is part of the "Senior Friendly Hospital" initiative.

Next Meeting: A meeting will be set up in the spring. Stay tuned!

Are you or is someone you know interested in fall prevention among older adults?

To receive this newsletter on a regular basis or to request to join the Stepping Out Safely Huron-Perth Fall Prevention Collaborative, please contact Alycia (Huron) or Chera (Perth).

Members of the group currently include:

- Hospitals
- EMS
- Family Health Teams
- Community Support Services
- Seniors Groups
- Private Sector/Allied Health
- Long Term Care
- Public Health

Reports and Resources

NEW! – [Registered Nurses Association of Ontario Best Practice Guidelines for Preventing Falls](#)
[Falls Loop](#) – A community of practice for anyone interested in preventing falls
[World Health Organization's Report on Aging and Health](#)
[Public Health Agency of Canada's Report on Seniors Falls in Canada](#)
[McMaster Optimal Aging Portal](#) – Information about healthy aging – Fall and Injury Prevention
[Parachute's Horizon - Parachute Canada](#) – Evidence-based injury prevention online hub
[Fall-Related Head Injuries in Adults 65 and Over \(Ontario Injury Compass\)](#)
[CDC Guide to Preventing Falls](#)

More Resources

For more fall prevention and intervention information, tools and resources, please visit:

Fall Prevention Month

www.fallpreventionmonth.ca

Finding Balance Ontario

www.findingbalanceontario.ca

Assess and Restore

<http://www.swassessandrestore.ca>

South West Healthy Aging

<http://swhealthyaging.ca/>

Contacts

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FREE Fall Prevention Printed Resources

Are you looking for printed resources for your older adult clients? If so, look no further!

To order, email the following information to Chera (Perth) or Alycia (Huron):

- Name of the resource
- How many resources you are requesting
- When you need them by
- If you are able to pick them up



Finding Balance
Anyone Can Fall
Stand Up Display
(also available in
11x17 poster size)



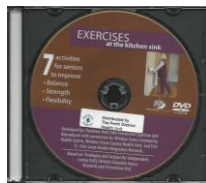
Finding Balance
Staying on Your Feet
Guide for Older Adults



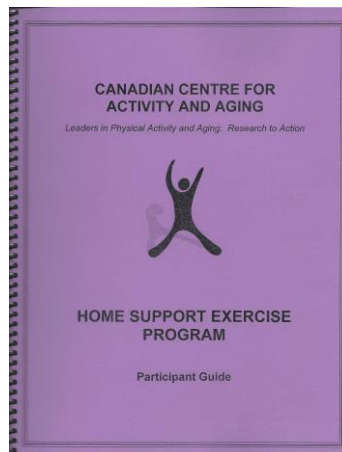
Finding Balance
Home Safety Guide for
Older Adults



Finding Balance
Anyone Can Fall
Brochure



Exercises at the Kitchen
Sink DVD and Booklet



Home Support Exercise
Program (HSEP)
Participant Manual.
For PSW's who are
receiving the HSEP
training to deliver the
10 simple exercises.



6 Warning Signs of
Falls Screening and
Top 10 Tips to
Reduce Your Chance
of Having a Fall Card



Everyday
Movements for
Balance (quick
reference card with
balance exercises)