

Staying on Your Feet: Falls and the Elderly

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Objectives:

- To review the components of the Staying on Your Feet-Taking Steps to Prevent Falls project.
- To discuss the role of allied health professionals in preventing falls in the community.
- To present information on other community and health resources that can assist clients to better self-manage their falls risk.

Staying on Your Feet

- <http://preventfalls.ca/older-adults>
- Resources consist of various handouts/posters/presentation that can be used to inform the client about different aspects of falls prevention.
- They have been researched by IMPACT, the Injury Prevention Program of the WRHA.

Resource Topics/Tools

- A Checklist to Help You Prevent Falls
- Exercise for Strength & Balance
- Vitamin D, Prevent Falls and Injuries
- Medications and Risk of Falling
- Proper Footwear Prevents Falls

All of these resources are available free of charge for public health professionals through the Materials Distribution Agency (MDA).

Resource Topics/Tools (Cont'd)

- Interactive Home Safety Checklist
<http://www.homesafetycheck.ca>
- Staying on Your Feet Community Presentation

What's New?

- Handout: 8 Steps to Stay on Your Feet
- Pow Toon Videos:
 - 1. 8 Steps to Prevent a Fall
 - 2. Exercise & Balance
 - 3. Manage Your Medications

Winter Footwear

- <https://www.youtube.com/watch?v=H7arcyry6Xc>

What's New for Professionals?

- Online community of practice
www.fallsloop.com
- Conversation Tool:
MOVE/IMPROVE/REMOVE

Who Does Falls Prevention in the Winnipeg Community?

- .Healthy Aging Resource Teams
- .Geriatric Program Assessment Teams
- .Community Therapy Services
- .Day Hospitals
- .Mobile Falls Prevention Clinic projects

But all allied health professionals have a
role!

Community & Health Resources that can impact on Falls Prevention

- Active Living Coalition for Older Adults in Manitoba(ALCOA-MB) including Steppin' Up with Confidence Peer Exercise Program
- A&O Support Services for Older Adults
- City of Winnipeg-Leisure Guide
- Emergency Response Information Kits
- Reh-Fit Centre
- Senior Centres
- Senior Resource Finders
- U of M-Aging Actively Programs
- U of W-55 Plus Program
- Victoria Lifeline
- Wellness Institute
- YMCA-YWCA

ALCOA has launched into Active Aging Canada

- <http://www.activeagingcanada.ca/>

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