

Quick Facts

- Falls remain the leading cause of injury related hospitalization.
- 50% of falls happen in the home.
- Fall-related hospitalizations for older adults result in 40-50% longer lengths of stay in hospital.
- Falls are a major catalyst for transition to long term care.
- The numbers of falls leading to hospitalization that result in death are unfortunately increasing.
- 35% of hospitalizations related to falls are from fractured hips.
- 80% of fractures in Canada are caused by osteoporosis.

(PHAC, Report on Seniors Falls in Canada, 2014)

Be Aware— look around you. Learn to recognize risk. Anticipate where problems might occur.

Be Safe— take steps to lower your risk. Remove hazards in your home. Ask for help when necessary. Compensate for some of the physical changes that happen with aging by moving more carefully.

Be Active—maintain a healthy lifestyle which includes regular physical activity to keep bones and joints in good health.



Our Vision

*Healthiest people
Healthiest
communities
Exceptional service*

For more information about these programs and how to host them, contact:

Staying on Your Feet
Community Services
Phone: (306)655-3418

www.in-motion.ca

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Staying on Your Feet



A Falls Prevention Balance and Education Program



Forever...
in motion
Physical Activity - do it for life!

Balance and Education Program

Long Program 8 -12 Weeks

Short Program 4-6 Weeks

Goals

- Reduce falls and fall-related injuries for older adults living in the community.
- Educate older adults living in the community on how to prevent falls.
- Provide information and resources on preventing falls for older adults, health professionals, and **Forever...in motion** leaders.
- Provide safe physical activity opportunities with a focus on balance for older adults.
- To train and support **Forever...in motion** leaders to integrate safe balance exercises into their groups.
- To evaluate the effectiveness of falls prevention education and balance exercises in reducing falls for older adults.



- Program is appropriate for seniors' housing complexes, **Forever...in motion** sites, seniors' centers.
- Progressive balance exercises 1-2 times per week for 30 to 45 minutes.
- Education sessions on personal fall risk factors and fall prevention strategies.
- Presentations from health professionals addressing topics that relate to fall risks.
- Demonstration and development of a personal safety plan, and practice on "How to Get Up Off the Floor".
- All participants provided with program manual.
- Pre and post screening to measure balance, mobility and risk of falling.
- Falls Risk Assessment, follow-up and referrals to family physician provided for moderate to high risk individuals where appropriate.
- Training and support for **Forever...in motion** leaders to incorporate balance exercises and fall prevention into their groups.



- Program is appropriate for seniors' centers, seniors' housing complexes, **Forever...in motion** sites, community-based programs and groups.
- Simplified version of the long program.
- Progressive balance exercises once a week with education sessions on personal fall risk factors, fall prevention strategies and safety plan.
- Handouts or manuals provided for participants.
- Screening to measure balance, mobility and fall risk where appropriate.
- Programs are tailor made for groups.

"Falls represent a major threat to the health status and independence of older adults. The good news is that falls are predictable and preventable. Don't let the fear of falling prevent you from being physically active. Inactivity will actually increase your risk of falling."

*Saskatoon Regional Health Authority
Programs sponsored by the SHR and provided at no cost.