

Stepping Out Safely (SOS) Huron-Perth Fall Prevention Collaborative Summer 2016 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 fall 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 Injury Prevention Resource Centre, is promoting the key messages:

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

The SOS Collaborative will be participating in a variety of ways. A meeting will be set up soon for further information.

Goderich Peer Support Program

In 2014, Gateway Centre of Excellence in Rural Health (Gateway) partnered with Alexandra Marine and General Hospital (AM&GH) in Goderich to develop this unique volunteer facilitated self-management support program aimed at reducing falls for Goderich residents, specifically those without access to a primary healthcare provider. The volunteer team has received more than twenty hours of education related to fall prevention best practice, health coaching skills and local community support services through the South West Healthline. In fall 2015, the South West LHIN's Assess and Restore Project provided additional funding. Interested participants are encouraged to call 519-524-8689 ext. 5717 to arrange for a fall risk assessment, no referral needed. Eligible participants can request a volunteer in-home visit which includes a Get Up and Go assessment, nutrition screening and a Home Safety checklist. Participants will create a personal action plan with their volunteer 'coach', who will also provide follow-up and support to help the participant achieve their self-directed goal(s) for fall prevention. The program recently received funding to implement the program through to March 2017.

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

A pilot project between the Perth District Health Unit and OneCare is being planned at the Greenwood Court Dining Program in October. The Staying on Your Feet Guide, which covers the common risk factors associated with falls will guide the program. The Pilot will involve three sessions, facilitated by Chera Longston and supported by trained volunteers. The first two sessions will cover the Guide's 15 risk factors and the third will assist them in setting goals to help reduce their risk. Participants will then receive a follow-up phone call three months later to address any barriers and assist with setting additional goals.

Age Friendly Initiatives Update

Huron East – An action plan has been developed and several items are in progress. The group is also completing an environmental scan to identify what already exists in the community that supports the Age-Friendly plan.

South Huron – Recently completed an Age-Friendly Communities action plan. Information was collected from the community through a survey, focus groups, key informant interviews and a community forum. The final report sets out guiding principles that the steering committee will move ahead with through a number of goals. The priority areas include: Facilities and Infrastructure, Services and Support and Community Engagement.

Bayfield – Home4Good received a New Horizons for Seniors grant to host a one-day event in the fall, geared towards supporting seniors that want to remain in the community.

Perth County – Focus groups and an online survey were recently conducted with local residents. The results will be used to develop an Age-Friendly Community Plan.

S.O.S Committee Update

A Symposium was held on April 19th at the Mitchell Golf and Country Club. Three priority areas were identified:

1. Education of healthcare providers, 2. Education of older adults and families, 3. Coordination and referral.

Sub-committees are being established to address items #1 and #2. If you are interested in joining either (or both), please contact Chera or Alycia. Once the members are selected, meetings will be arranged.

Next Meeting

A meeting will be set up in late summer to discuss Fall Prevention Month (November). 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

[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:

Finding Balance Ontario

www.findingbalanceontario.ca

For more information about how to prevent falls please contact:

South West Community Care Access Centre

310-CCAC (2222)

<http://healthcareathome.ca/southwest/en>

To learn about fall prevention programs in your community please contact:

The South West Healthline

www.southwesthealthline.ca

211 Ontario

Dial 2-1-1

www.211ontario.ca

Future Events/Programs

Golf to Support our Seniors: Hosted by OneCare

- Saturday August 6, 2016
- Woodland Links, Clinton
- \$85 for 18 holes, \$65 for 9 holes
- Call 519-482-1634 ext 2009 to register
- See attached flyer for more details.

Contacts

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FREE Fall Prevention Printed Resources

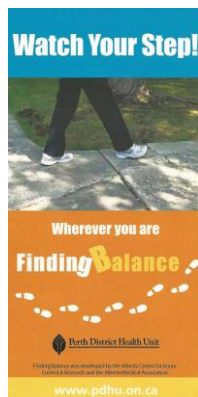
Are you looking for printed resources for your older adult clients? If so, look no further!

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

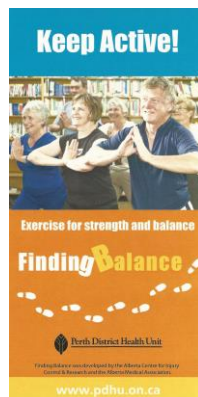
- Name of the resource
- How many resources you are requesting
- When you ideally need them by
- If you are able to pick them up



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



Finding Balance
Watch Your Step
Card



Finding Balance
Keep Active Card



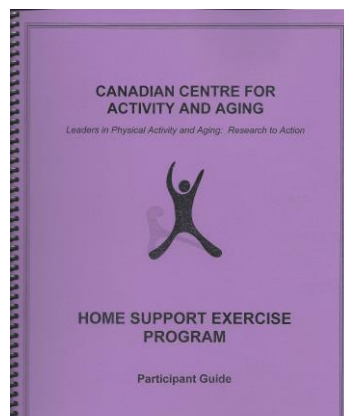
Finding Balance
Check Your
Medications
Card



Finding Balance
Anyone Can Fall
Brochure



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



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



Finding Balance
Home Safety Guide for
Older Adults



Finding Balance
Staying on Your Feet
Guide for Older Adults



Exercises at the Kitchen
Sink DVD and Booklet