



TARGET SENIORS FALLS PREVENTION SERIES

May 11, 2022
10:30am – 12:00pm

Chelsie Toews
Geriatric Nurse, Wolf Creek PCN

**Collaborative Community
Falls Program Partners**

Lisa Orton, Kimberly Larsen - Drumheller
Alex Seefeldt, Kristi Lem – Lacombe
Brad Pawluik, Michelle Sharpe – Innisfail

HEALTHY AGING
CORE Collaborative Online
Resources & Education
ALBERTA

Hosted by:
CORE Falls Prevention Group



TARGET SENIORS FALLS PREVENTION - SPEAKERS



Chelsie Toews

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Brad Pawluik

Exercise Specialist, Wolf Creek PCN

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Community Recreation Therapists

Drumheller, Hanna & Three Hills

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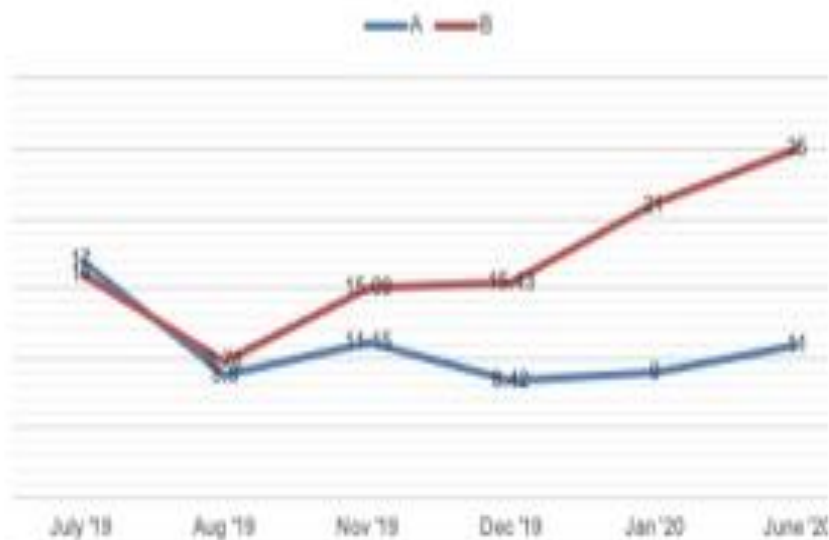




Fall 
Prevention
STEP UP TO STOP FALLS



Timed Up and Go (TUG) Scores of Two Falls Program Participants



Participants have shown significant improvements in:

- Balance
- Strength
- Confidence

Supporting Communities to remain Active & Engaged

Let's Connect!

Online & Telephone Programs

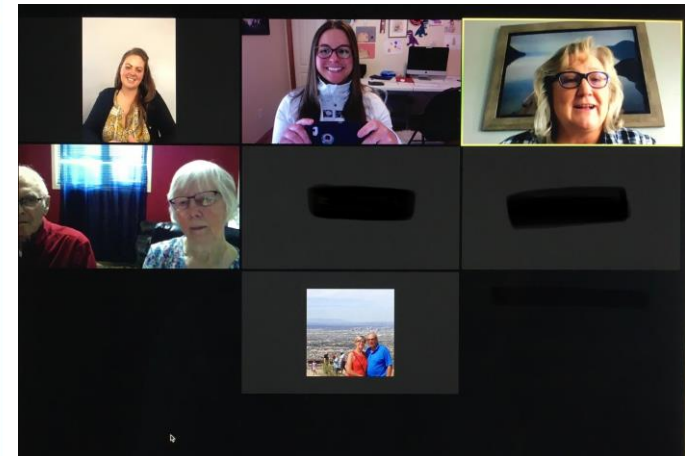
Everyone is welcome



Sponsored By:



Innisfail Senior Drop-In Society



Innisfail seniors are now better connected



Rhiannon Evans, a summer student for the town and the Community Partners in Action, right, offered technical support to seniors Ron and Judi Petersen at Snowberry Downs condominiums following the installation of a new TV.

Submitted photo

Ellen Helgason, a recreation therapist for Alberta Health Services and a member of the Community Partners in Action, said the new program was designed for the hundreds of local seniors living in local condominiums who may be having difficulties connecting to the community, especially during the pandemic.

“It also helps to connect people with their families if they choose to do so, to stay active, to decrease that potential of social isolation, which again the pandemic definitely brought into focus for our Community Partners in Action team,” said Helgason.



MOVERS & GROOVERS

An in-person and online follow-along exercise program for adults. Includes strength exercises, balance exercises, and stretches.



Mondays, Wednesdays, and Fridays



10:00-11:00 AM



Free to attend



Library Learning Centre, Innisfail, AB

Online: <https://us02web.zoom.us/j/8711592750>

Maintain or improve your health, fitness, day-to-day functioning, and quality of life by attending this class regularly. Brad, a PCN Exercise Specialist, leads you through safe and appropriate exercises for a wide range of fitness levels each day.

Movers & Groovers is a year-round drop-in class. You can attend as many times as you like. In fact, we encourage you to attend often! For more information, visit the website link below or contact Brad.



Brad

Exercise Specialist
Wolf Creek Primary Care Network
BKin, ACSM Certified Exercise Physiologist



brad.pawluik@wpcpn.ca (825) 221-0435

<https://wolfcreekpcn.com/programs-and-classes/movers-and-groovers/>



SUPERVISED EXERCISE PROGRAM

Exercise in the Penhold Multiplex Fitness Centre
under the supervision of a PCN Exercise Specialist.



Tuesdays and Thursdays



9:00 AM - 12:00 PM



**Monthly gym membership fee
(\$20/month if 55 or older)**

This program is for those who want to learn to exercise safely and properly in a gym in order to prevent, manage, or treat chronic health conditions; and/or to maintain or improve their fitness in order to enhance their day-to-day functioning and quality of life.

Get an individualized exercise program and coaching from a qualified fitness professional. Registration is required. If you are interested, or for more information, use the contact information below to contact Brad or speak to him in person at the Penhold Multiplex Fitness Centre.



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WALK THE BLOCK

A social walking group that makes its way around different paths in Innisfail every week.



Tuesdays and Thursdays



12:30-1:30 PM



Centennial Park, Innisfail, AB



Free to attend

Walk the Block is a free walking group for those who would like to have some company while they walk outdoors. This group is for those who can walk at a decent pace for about one hour. It is led by Brad, a PCN Exercise Specialist.

Walk the Block is a drop-in group, so you are welcome to join any time. Dress appropriately for the weather and bring anything that will make the walk comfortable for you (e.g. walking poles, water bottle).



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STEADY STEPS

A walking program that uses walking poles and interval training to improve your walking ability.



Mondays and Fridays



1:00-2:00 PM



Library Learning Centre, Innisfail, AB



Free to attend

Steady Steps is a program for those who have challenges walking, including those unable to walk for long before needing a break, who walk slowly, or who use assistive devices (canes or walkers).

Improve your walking ability, balance, confidence, and experience the numerous other benefits of walking by walking with us in a safe, indoor space. Registration is required. Visit the website link below or contact Brad using the information below to learn more or to register.



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Virtual Fall Prevention–Lacombe

1 hour session ran virtually through Zoom once per week for 6 weeks.

Resources gathered from Finding Balance Alberta.

Includes:

- Pre and Post Outcome measures
- Resource package
- 20 minute education session
- 30 minute Otago exercise program

Community Recreation Therapy: COVID 19 Uplift - Drumheller, Hanna & Three Hills

Falls Prevention/ Finding Balance

Partners & Process

Hanna – PCN, AHS, Home Care, Centennial Centre

Drumheller – PCN, AHS, Home Care, Badlands
Community Facility (BCF)

Three Hills – PCN, Home Care, Seniors Outreach, Bethel
Community Evangelical Missionary Church

- 10 week program
- Oct – Dec 2021
- Pre-Post Assessment
- Client Feedback

Community Programs

Walk & Talk

Hanna
Drumheller

Finding Balance Presentations

Drumheller Manors
Hanna Manors
TOPS
Crown Jewels

Community Clients

1-1 Finding Balance
Exercises
Thera band
exercises with
booklet

- What's next
- Programs in progress

Questions??

TARGET SENIORS FALLS PREVENTION - SPEAKERS



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