



DATE: April 22, 2021 | **TIME:** 1:00 – 2:10 p.m.

**LAUNCH EVENT:
CORE FALLS
PREVENTION
AWARENESS &
EDUCATION**

HEALTHY AGING
CORE Collaborative Online
Resources & Education
ALBERTA

WELCOME!

**We invite you to write in the chat box and let us
know your...**

NAME

LOCATION

ORGANIZATION

We will start shortly



LAUNCH EVENT: CORE FALLS PREVENTION AWARENESS & EDUCATION

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ALBERTA

DATE: April 22, 2021 | **TIME:** 1:00 – 2:10 p.m.

HOST : Shelley Dallas-Smith, Health Promotion Facilitator from Alberta Health Services

GUEST SPEAKERS:

Finding Balance from the Injury Prevention Centre

- **Melanie Morgan-Redshaw**, Education Coordinator
- **Nan Shybunka**, Project Coordinator

Golden Circle Senior Resource Centre

- **Monica Morrison**, Executive Director

SPECIAL THANKS TO: Bonnie Lewis from Golden Circle Senior Resource Centre & Celine Jensen from Bethany Care Society.

HEALTHY AGING

CORE

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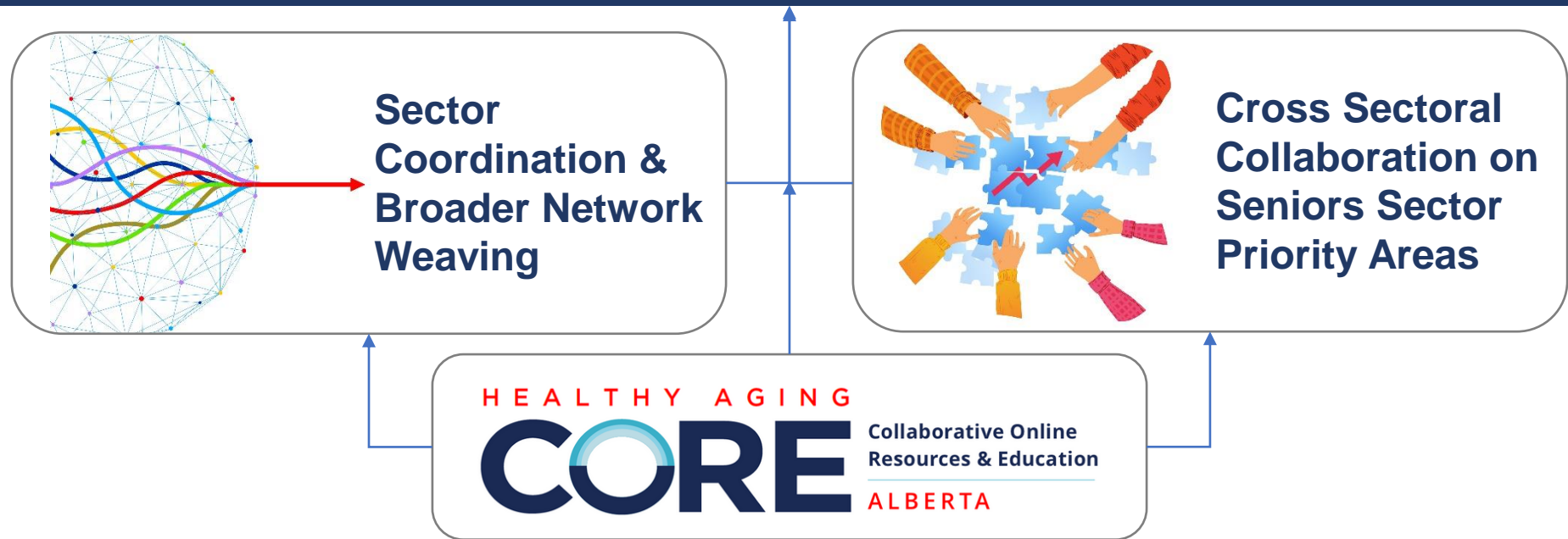
ALBERTA

AGENDA

- Community-Based Seniors Serving Sector Initiative & CORE Alberta
- CORE Falls Prevention Group Introduction
- Finding Balance Presentation
- Q & A – Speakers
- Wrap-Up & Goodbye



COMMUNITY-BASED SENIORS SERVING (CBSS) SECTOR DEVELOPMENT INITIATIVE



SECTOR CHALLENGE

CBSS and government partners jointly identified lack of coordinated sector as a challenge:

- Larger systems unable to collaborate and coalesce at a systems level
- Lack of unified sector voice meant limited influence around policy

Creating a coordinated
**COMMUNITY-BASED
SENIORS SERVING SECTOR
IN ALBERTA**



A joint initiative by:



A photograph of two people mountain biking through a forest. The person in the foreground is a woman wearing a blue helmet, a light-colored jacket, and a backpack, smiling broadly. The person in the background is a man wearing a blue helmet, a light blue long-sleeved shirt, and a dark vest, also smiling. The background is filled with tall, thin trees with green foliage. A vertical white line is positioned between the two people, and a horizontal white line is positioned below the text.

CORE FALLS PREVENTION GROUP INTRODUCTION



A
PROGRAM
OF THE



INJURY
PREVENTION
CENTRE

Finding Balance

Nan Shybunka

Melanie Morgan-Redshaw



THE INJURY PREVENTION CENTRE (IPC)

- Aims to change beliefs, attitudes, and behaviours so that Albertans can live, work, and play free from life-changing injuries.
- Shares knowledge, data, evidence, and best practices for injury prevention with our partners and citizens.

FINDING BALANCE PROGRAM

- Provides older adults and practitioners with the latest information and resources.
- Aims to help seniors live an active and independent lifestyle.
- Engages in partnerships with seniors' groups, health care organizations and practitioners across Alberta.

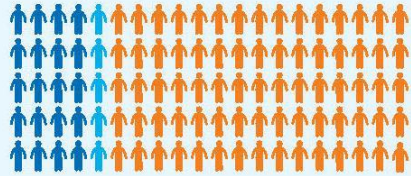




Falls are the leading cause of injuries among older adults.



Fall Facts for Older Adults



20-30%
OF SENIORS
IN ALBERTA
WILL **FALL** AT LEAST
ONCE A YEAR¹

FALLS **COST** ALBERTANS
OVER \$290 MILLION
EVERY YEAR IN HOSPITAL ADMISSIONS
AND EMERGENCY DEPARTMENT VISITS²

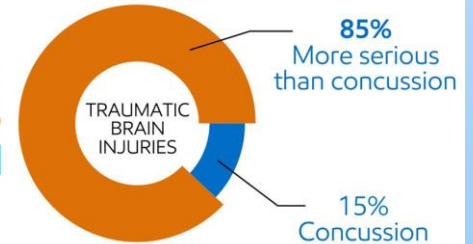


Traumatic Brain Injury (TBI) Fall Facts for Older Adults

SENIORS OLDER THAN 65 ARE
9 TIMES MORE LIKELY
THAN THOSE YOUNGER THAN 65
TO BE ADMITTED TO HOSPITAL
FOR **FALL-RELATED TBI INJURIES**

SENIORS' FALL-RELATED TBI HOSPITAL ADMISSIONS

85% OF THESE
ARE **MORE SERIOUS**
THAN **CONCUSSION**



39% OF
SENIORS
WITH FALL-RELATED
TRAUMATIC BRAIN INJURY
ARE ADMITTED
TO **HOSPITAL**



15% OF
THESE HOSPITAL
ADMISSIONS
WERE DISCHARGED
TO **EXTENDED
CARE FACILITIES**



Could a fall
change their
lifestyle?



After a fall, older adults may...

- Lose confidence
- Be afraid they might fall again
- Stop going out and doing things they enjoy
- Not be able to live the way they want to



Risk Factors



There are steps people can take to reduce their chances of falling.



**Challenge
Your
Balance**

**Build
Strength**

**Be
Active**

Challenge Your Balance

- Balance is controlling your movements.
- Practice movements like reaching while standing, toe and heel raises, stepping in different directions, step-ups or half-squats.
- Try tai chi, yoga or sports that challenge your balance.



Build Strength

- Do exercises for your leg muscles.
- Use bands, weights or your own body weight.
- Try squats, hamstring curls, and side leg lifts.



Be Active

- Do activities you enjoy!
- Try to do 30 minutes or more of moderate to vigorous activity or exercise at least 5 times per week.
- Walk, dance, garden, bicycle, or swim.



Everyday Exercises for Older Adults - Adapted

WHEN EXERCISING, REMEMBER TO:

- » Check with your healthcare provider before you start a new exercise program.
- » Wear comfortable, supportive footwear.
- » Use a firm, stable chair or counter top for support.
- » Start with 5 repetitions of each exercise. Add 1 or 2 everyday until you reach 15 repetitions.
- » Be aware that muscle soreness after exercise is normal.



SIT TO STAND

- » Sit in a chair, feet hip-width apart
- » Slowly stand up half way
- » Make sure your knees do not come forward past your toes
- » Keep your hips, knees, and ankles in line
- » Stand up straight and tall, then return to seated position
- » Repeat up to 15 times



STANDING LEG CURL

- » Stand with feet hip-width apart, hold a counter for support
- » Shift weight onto one leg
- » Bend other knee
- » Raise heel toward buttocks as far as it is comfortable
- » Return to starting position
- » Repeat on each leg up to 15 times



SIDE LEG LIFT

- » Stand with feet together, hold a counter for support
- » Shift weight onto one leg
- » Raise the other leg out to the side
- » Keep your back straight and tall
- » Slowly return leg to the floor
- » Repeat on each leg up to 15 times



HEEL RAISE

- » Stand with feet hip-width apart
- » Hold on to counter and look forward
- » Slowly raise both heels off the floor, standing on toes
- » Hold for 5-10 seconds
- » Return to start position
- » Repeat up to 15 times



TOE RAISE

- » Stand with feet hip-width apart
- » Hold onto counter and look forward
- » Slowly raise toes off the floor, putting weight onto heels
- » Hold for 5-10 seconds
- » Return to start position
- » Repeat up to 15 times



WALL PUSH-UP

- » Facing a counter, stand arms' length away and place hands on the counter's edge, and shoulder-width apart
- » Tighten the abdominal muscles
- » Keeping back and legs straight, bend elbows while lowering upper body toward the counter
- » Hold for 2-3 seconds
- » Straighten arms pushing against the counter and return to starting position
- » Keep elbows slightly bent
- » Repeat up to 15 times

BE ACTIVE - WARMING UP FOR YOUR DAILY LIFE!

Keeping your legs strong and maintaining good balance is the best way to reduce your chances of having a fall. If you are just starting to be physically active, consult with a healthcare professional to make sure these activities are right for you. Start with a few exercises and build up endurance, strength and balance over time. A good warm up includes a variety of movements that get you prepared for physical activity.

Start with 2-4 activities from the "Getting Ready to Move" column, then add on 1-2 from "Challenging Balance" and/or "Building Strength" to progress. Start with 4 repetitions and increase to 12 as you progress. Balance exercises can be held for 10 -15 seconds per side.

GETTING READY TO MOVE CHOOSE 2-4	CHALLENGING BALANCE CHOOSE 1-2	BUILDING STRENGTH CHOOSE 1-2

REMEMBER TO: HAVE SLOW AND CONTROLLED MOVEMENT, GO AT YOUR OWN PACE/SPEED/ABILITY, AND BREATHE THROUGHOUT.



Be Active – Warm-up Poster and E-module

The interactive image below is a supplemental learning resource to the "Be Active - Warming Up for your Daily Life" poster available for download at:

www.befitforlife.ca/resources/warmingupforlife



Click on the markers next to each image to see how to properly perform the exercise. Some exercises include more than one video to demonstrate how to modify the movement based on the participant's level of ability and comfort.



Adding Movement to Your At-Home Routine

Adding movement to your at-home routine (cont.)

After lunch

WALL PUSH-UP



- Facing a wall, stand arms' length away and place hands on the wall at shoulder height, and shoulder-width apart
- Tighten the abdominal muscles
- Keeping back and legs straight, bend elbows while lowering upper body toward the wall
- Hold for 2-3 seconds
- Straighten arms pushing against the wall and return to starting position
- Keep elbows slightly bent
- Repeat up to 15 times

While watching your favourite TV show

SIT TO STAND



- Sit in a chair, feet hip-width apart
- Slowly stand up half way, both arms outstretched
- Make sure your knees do not come forward past your toes
- Keep your hips, knees, and ankles in line
- Stand up straight and tall, then return to seated position
- Repeat up to 15 times

To access this exercise guide for seniors online, visit parachute.ca/movetips

Material is approved by the Government of Ontario through the Ontario Health Services Support Fund and is provided for informational purposes.

Tips for Caregivers to Help Seniors Stay Active During the COVID-19 Pandemic and Beyond

Tips for caregivers to help seniors stay active during the COVID-19 pandemic and beyond (Cont.)

Seniors should add movements into their at-home routine that help maintain and improve balance, strength and flexibility.

Balance



Encourage seniors to incorporate activities that challenge balance, beginning with easy movements and gradually progressing. Exercises in a standing position, such as step-ups, toe and heel raises, heel squats, or Tai Chi, may help improve balance.

Strength



Resistance exercises, such as with weights or vital push-ups, can help build strength. Resistive services that should be done with a sturdy chair, counter or wall for support.

Flexibility



Seniors can try stretching, yoga, or Tai Chi to help improve their flexibility.

To access an exercise guide for seniors, visit parachute.ca/movetips
For more information on keeping seniors active and safe, visit parachute.ca/tipsforwondercare

Material is approved by the Government of Ontario through the Ontario Health Services Support Fund and is provided for informational purposes.

A health care provider can help identify reasons related to health or environment that can cause older adults to fall.



Have their vision checked every year for changes to their eyesight, cataracts, and other conditions.



Medications for sleep, anxiety, and treating depression can make people dizzy or sleepy and unstable on their feet. Review their medications with a doctor or pharmacist.



Supportive footwear and foot care can ease foot pain. In the winter, wear anti-slip devices on their footwear.



Make their home safer by removing tripping hazards, improve lighting. An occupational therapist can help.



If it seems a person has fallen for no apparent reason, they may have a medical condition that needs to be addressed by a doctor.

KEEPING WELL THIS WINTER



Are you at risk
of falling?



Are you at risk of falling?



Circle YES or NO for each statement, then tally your score below.		Steps to lower your risk of falling
Have you fallen in the last 6 months?	YES 2 NO 0	Learn more about how to lower your fall risk to prevent yourself from falling again.
Do you use, or have you been advised to use, a cane or walker to get around safely?	YES 2 NO 0	Talk with a physiotherapist to get the best walking aid for your needs.
Do you sometimes feel unsteady when you are walking?	YES 1 NO 0	Exercise to improve your strength and balance.
Do you have to steady yourself by holding onto furniture when walking at home?	YES 1 NO 0	Talk with a physiotherapist for exercises to improve your balance.
Do you worry about falling?	YES 1 NO 0	Talk to your healthcare provider if you are worried about falling, especially if it stops you from being active.
Do you need to push yourself up with your hands to stand up from a chair?	YES 1 NO 0	Do 30 minutes of physical activity 5 days a week. Strengthening your muscles can reduce your risk of falling.
Do you have trouble stepping up onto a curb?	YES 1 NO 0	Be active to improve strength and balance.
Do you often have to rush to the toilet?	YES 1 NO 0	Talk with your doctor or health care provider about managing the need to rush to the toilet.
Have you lost any feeling in your feet?	YES 1 NO 0	Talk with your podiatrist or doctor because numbness in your feet can cause a fall.
Do you take medication to help you sleep or improve your mood?	YES 1 NO 0	Review your medications, vitamins, and supplements with your pharmacist or doctor yearly or if your prescription changes.
Do you take medication that sometimes makes you feel lightheaded or more tired than usual?	YES 1 NO 0	Talk to your doctor or pharmacist about medication side effects or causes of light-headedness.
Do you often feel sad or depressed?	YES 1 NO 0	Talk to your healthcare provider or doctor about how you are feeling.
Do you have difficulty avoiding hazards in your path because you don't see well?	YES 1 NO 0	Visit an eye doctor yearly to check your eye health.

Add up the number of points for each YES answer.
If you scored 4 points or more, you may be at risk of falling.

TOTAL SCORE: _____

Talk to your healthcare provider or doctor for more information.

HOW TO GET UP FROM THE FLOOR BY YOURSELF AFTER A FALL

- Calm down.
- Check your body.
- If you are injured, call for help. Stay warm.
- If you are not injured, look for a sturdy piece of furniture.

Stay Independent. 
Prevent Falls.



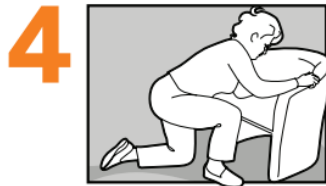
Roll onto your side.



Crawl over to a chair
or sturdy piece of furniture.



From a kneeling position, put your
arms up onto the seat of the chair.



Bring one knee forward.
Place that foot on the floor.



Push up with your arms and legs.
Pivot your bottom around.



Sit down. Rest before
trying to move.

Finding Balance Resources

- New Resources in 2020-2021
- Resources for download - 70+ Resources for free

Available from the Finding Balance website: findingbalancealberta.ca/resource-catalogue

12 **information sheets** on fall prevention topics

Live Well Guidebook to motivate and track physical activity

How to Get up from the Floor - instructions in 15 languages (English, French, Traditional Chinese, Simplified Chinese, Cree - Plains (dialect Y), Korean, Polish, Punjabi, Russian, Serbian Croatian, Spanish, Tagalog, Urdu, and Vietnamese)

Informative **posters**

Additional Resources - Binders, Toolkits, Banners and more

Translated Resources

- **French**
- **Other Languages**

NEW in 2020:

- Could a fall change your lifestyle? Brochure (available in FRENCH)
- Are you at risk of falling? Self-Assessment Checklist - Pamphlet (available in FRENCH)
- Everyday Exercises for Older Adults - Poster (available in FRENCH)



Seniors Week - June 7-13, 2021

Webinar: June 10th, 2021
10:00-11:00 am

Working Together: Supporting
Eye Health and Overall
Health. It's all Connected!

Vision and Falls Video on
Global



Practitioners' Day 2021

- Free virtual event
- October 26, 2021
- From 9:00 - 11:00 am



Finding Balance Falls Prevention Month November 1 - 30, 2021

- Webinars - Vision, Medication, In Your Home
- Social Media Campaign
- Community Events
- Videos

Program Support

- Connect Care – request to link to FB website
- Parachute Canada – request to translate resources
- Primary Care Network – request to use the FB Assessment in digital form
- Indigenous Adaptation – request to adapt resources to meet needs
- Physiotherapy AHS Calgary – request to adapt the Everyday Exercise Poster
- Self Assessment Checklist - adapted and included in brochure at immunization clinics in Ontario

Support community initiatives with resources, toolkits and banners

Communication

- E-Newsletter
- *Finding Balance* Website
- Social Media





Finding Balance E-newsletter January 2021

Finding Balance is an education program and public awareness campaign designed to educate and empower older Albertans to stay independent and prevent falls.

The falls prevention program and campaign is developed and led by the Injury Prevention Centre at the University of Alberta, in partnership with seniors groups, health care organizations and practitioners from across Alberta.

Finding Balance Resources Recently Updated



Seniors' TBI infographic
Download from our website.

39% OF SENIORS
WITH FALL-RELATED
TRAUMATIC BRAIN INJURY
ARE ADMITTED
TO HOSPITAL



15% OF THESE HOSPITAL ADMISSIONS
WERE DISCHARGED
TO EXTENDED
CARE FACILITIES



New & Upcoming Resources

Keeping Well This Winter booklet



At this time of year, shorter days and cooler temperatures mean it's normal to stay inside more and be less active. Older adults are more likely to become ill from the flu or colds, and feel a bit down. Due to COVID-19, this year it is especially important for those who are older and those with

pre-existing conditions to take extra care and be prepared. Together people can support and protect each other by keeping in touch and looking after themselves at this time.

This printed booklet has ideas and suggestions to help older adults keep active and connected, stay safe and well and lower their risk of falling. The resource was created for those with little to no access to on-line resources and includes a list of helpful resources and contact numbers.

If you are interested in ordering the new printed booklet, *Keeping Well This Winter* for older adults in your community, please fill out this [Google Form](#). If you have additional questions, please email info@findingbalancealberta.ca

Warm-Up for Daily Life: Be Fit For Life

During this time, social distancing has resulted in isolation that has impacted the ability of older adults to stay active and attend or participate in programs and activities. With the increase in isolation, decrease in community programs, and less opportunity for activity, the risk of a fall is an even greater issue.

Be Fit For Life has created an e-module on how to use the poster.



20-30%
OF SENIORS
IN ALBERTA
WILL FALL AT LEAST
ONCE A YEAR!

Thank you!

Find out more about preventing a fall at:
findingbalancealberta.ca

Nan Shybunka at: nans@ualberta.ca

Melanie Morgan-Redshaw at: morganre@ualberta.ca

info@findingbalancealberta.ca

IPC office: tel. 780.492.6019



QUESTIONS?

Thank you for participating & sharing.

SEE YOU ON CORE!

Remember to update your info on 211

healthyaging@calgaryunitedway.org

