

Quick Facts

- 72% of falls occur in and around a senior's home.
- 1 out of 3 older adults over the age of 65 will fall this year.
- Older adult fall related hospitalizations result in 40-50% longer lengths of stay.
- Falls by older adults account for more than 95% of hip fractures.
- 6% of hospitalizations due to older adult's falls result in death.
- Exercise helps to prevent falls by improving strength, balance and coordination.

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 in the body 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:

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Staying on Your Feet



A Falls Prevention Balance and Education Program



Forever...



in motion[™]

Physical Activity - do it for life!

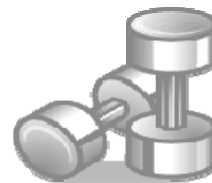
Balance and Education Program

- To provide education opportunities on falls prevention for older adults at *NO COST*.
- To provide resources on fall prevention for older adults, health professionals, and **Forever... in motion** leaders.
- To provide safe physical activity opportunities with a focus on balance and fall prevention for older adults.
- To train and support **Forever... in motion** leaders to integrate safe balance exercises and fall prevention programs into their groups.
- To evaluate the effectiveness of falls prevention programming and resources in reducing falls.



12 Week Balance and Education Program

- Structured and progressive balance exercise program.
- Exercises 2 times per week for 30 to 45 minutes.
- Education sessions on fall risk factors.
- Demonstration and development of a personal safety plan.
- Practice on “How to Get Up Off the Floor”.
- Training and support provided to **Forever...in motion** leaders.
- Program is appropriate for senior’s housing complexes, **Forever...in motion** sites, and senior’s centers.



“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 because inactivity will actually increase your risk of falling.”

- Saskatoon Regional Health Authority

5 Week Balance and Education Program

- Education based on the risk factors for falls once per week.
- Progressive balance exercises each week.
- Demonstration and development of a personal safety plan.
- Practice on “How to Get Up Off the Floor”.
- Educational material provided for participants.
- Program appropriate for senior’s centers, City of Saskatoon leisure centers, and community programming.

