

## Fall Prevention Month Display

November is Fall Prevention Month! Creating Awareness and increased knowledge can be “key” to the prevention of falls

The following is a printable display to use in your area to engage in conversation and action. Please print all pages and use the guide for arrangement. **We recognize space may be an issue so use what you feel is most relevant if the package in its entirety cannot be displayed.**

The display should stay up for the month of November and there are many activities and tips that you can add or build on to suit your needs.

How to use: Please print the display template and resources needed for your display, you can choose to have envelopes for the brochures to go in or have them posted. You can use the Pledges to “Step up for falls” to outline your board or place you a- z risk factors from the kits activities to the board as well.

Let’s spread the word to help people prevent falls and maintain their independence!

If you have barriers to printing this material or need copies of the brochures, please contact Daphne Kemp at 306-655-2400 or Brenda Chomyn at 306-655-2454

For more information and resources on Fall Reduction and Injury Prevention or on activities for the month please go to: [www.saskatoonhealthregion.ca/falls](http://www.saskatoonhealthregion.ca/falls)

# Display Setup



Falls Prevention Month Display—Community

## Falls Prevention Month *Working Together to Prevent Falls*



### Sheet

**Know Your Personal Risk Factors**

Not an exclusive list: Hearing; Weakness; Hydration; Chronic Illness; Footwear

✉ **Envelope: Brochures**

**“Anyone Can Fall”**  
*A fall is defined as: “An unexpected event that results in a person coming to rest on the ground or floor or lower level with or without injury.”*

**Make A Plan to Prevent Falls and Injuries**

### Sheet

**Know Your Environment**

Not an exclusive list: Furniture; Flooring.

✉ **Envelope: Environmental Checklist**



**Idea Board**



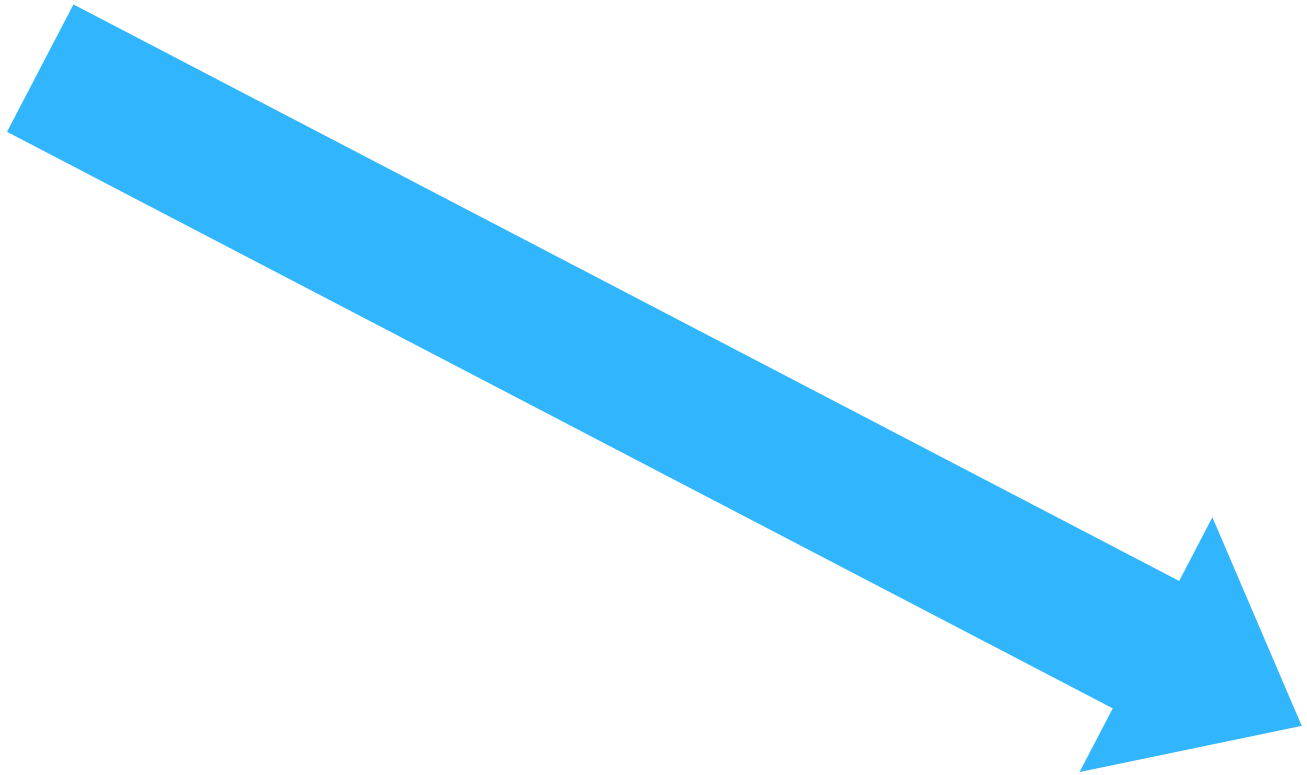
**FALL**

**PREVENTION MONTH**

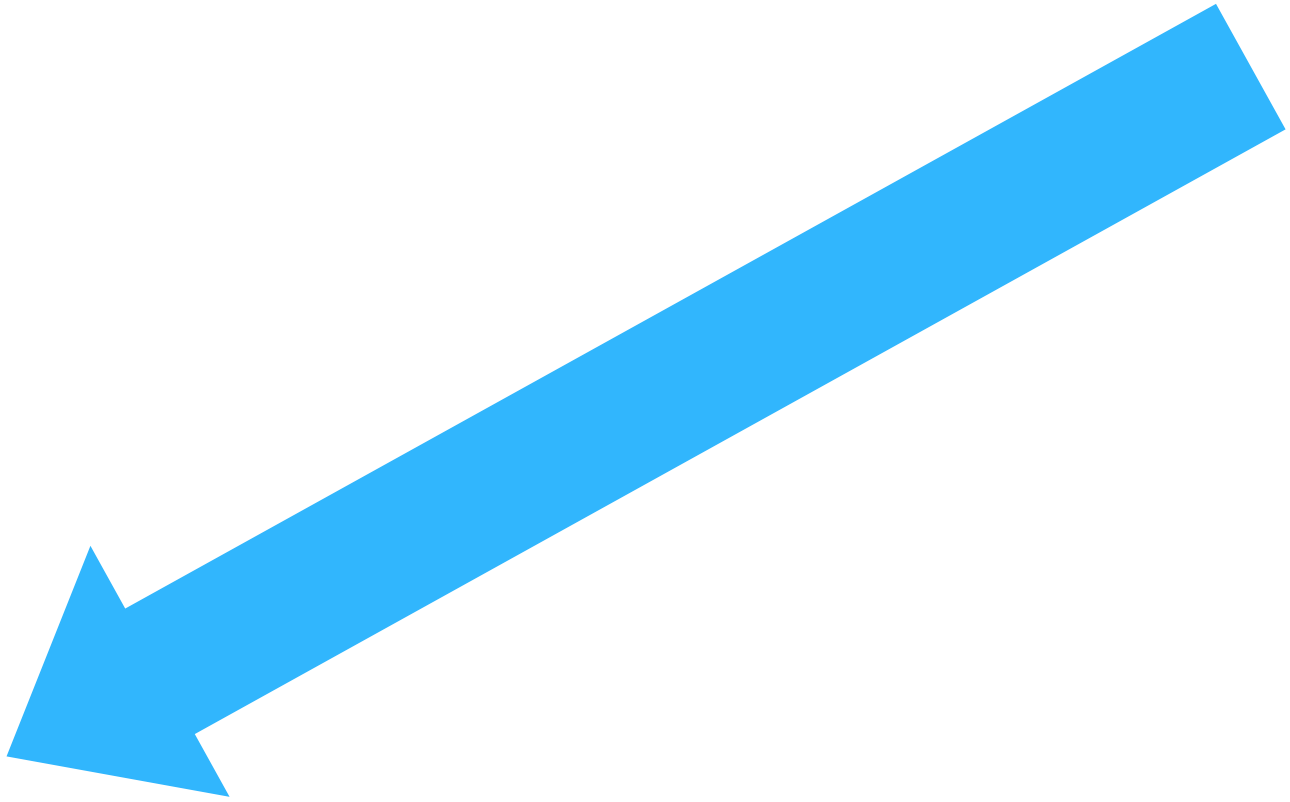
**WE ALL HAVE A ROLE TO PLAY**

## Working together to prevent falls











**November is**



# Fall Prevention



**Month**



**Working  
Together**



# **To Prevent Falls**

# Identify Your Personal Risk Factors

**Know Your Personal Risk Factors**



Not an exclusive list: Hearing; Weakness;  
Hydration; Chronic Illness; Footwear

# Know Environment Hazards

## Know Your Environment



Not an exclusive list: Furniture; Flooring.

# Anyone Can Fall

*A fall is defined as:*

*“An unexpected event that results in a person coming to rest on the ground or floor or lower level with or without injury.”*

Make A Plan



*Are you at risk  
for a fall?*



**Take steps to maintain  
your independence**



\* [Are you at risk for a fall](#)  
**(Brochure)**



## FALLS SAFETY ASSESSMENT FOR THE HOME

Please read the following points. After this assessment is completed, date and sign on the second page, as well comment if follow-up action is needed.

This assessment is to be completed yearly.

- The door openings in resident's bathrooms are wide enough for an assistive device to fit through
- The door openings are flush within the floor for ease when moving resident equipment
- Bedside commodes are available on the unit and are in good condition
- Broken equipment is properly tagged for non-use
- Floor surfaces are free of cracks and tripping hazards
- Entrance and hallways are kept adequately clear/clutter free to allow for resident ambulation
- Floors are properly marked when wet to avoid slipping, and spills are cleaned up immediately
- Parking lots are free of uneven pavement/tripping hazards
- Sidewalks are free of uneven pavement/tripping hazards
- Parking areas/entrances are well lit
- Parking lots are well marked
- Non-slip surfaces are provided in resident shower/bath areas

## \* Environmental Checklist



## *Vitamin D3: a proven "D-fence" against falls A guide for older adults*

Vitamin D3 is important to help maintain strong muscles and bones. Vitamin D levels tend to decrease with age. The sun is one source of Vitamin D3, but is less reliable as we age, and varies with seasons. Taking Vitamin D3 supplements year round is recommended to boost your Vitamin D level, strengthen muscles and bones, and prevent falls and fractures.

### *Saskatoon Health Region supports*

- ❑ Osteoporosis Canada's recommendation that adults age 50 and over who are living at home in the community take 800-2000 IU daily of Vitamin D3 supplement year round.
- ❑ Doses up to 4000 IU daily of Vitamin D3 for people living in long term care homes. Doses at this level would be on the advice of a physician, nurse practitioner or other health-care professional. Discuss any concerns or questions regarding dosages with your health-care provider first.



\* [Vitamin D](#)  
(Brochure)

Be Active



Protect  
Yourself



Tell someone if you  
have fallen

Ideas of what you can do.

***Create ideas or borrow  
from this list.***

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