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Memo

To: Community Partners and Community Members

From: Daphne, Kemp, Regional Fall Reduction and Injury Prevention Coordinator

Date: October 26, 2016

Re: November Fall Prevention Month

Promoting November as Fall Prevention Month

"It takes a community to prevent a fall. We all have a role to play!"

Falls is a serious health and safety concern that can affect everyone. Falls can cause pain, loss of function, injury and lead to death. It can cause extended length of stays in hospital and increased long term care admissions, in fact, falls are the cause of 85% of senior's injury related hospitalizations and they are the leading cause of injury amongst older Canadians. Falls are preventable and we all have a role to play!

November is Fall Prevention Awareness Month, to raise public awareness about the impact of falls and how to prevent them. It's our hope that our communities and community partners will participate in spreading awareness of this important safety issue. We invite Saskatchewan communities to join us in this campaign. We want to keep our clients, patients, residents, families, staff and public as safe and healthy as possible to maintain independence

We will be providing web based fall prevention "Tool Kit" on line with Saskatchewan information in conjunction with the Ontario based version - it will consist of information for the public as well as a portion targeted for our health region staff and areas that support fall prevention planning. The intention of this "Tool Kit" is to provide you with the resources you need in your own fall reduction and injury prevention work using "ready-made" tools throughout the month. This allows you more time to "get the word out" on this important safety issue.

We invite you to download, print, use and share any resource, but please credit the agency that created the resource. We regret that we are unable to provide hard copies of resources. Organizations are responsible for their own printing costs. You are free to use the Fall Prevention Month logo and promotional materials along with your own organization's logo.

Healthiest people ~ Healthiest communities ~ Exceptional service

For our community partners and community members that wish to participate within the province, please see the Saskatoon Health Region website at the following link for the community toolkit,

https://www.saskatoonhealthregion.ca/locations_services/Services/Falls-Prevention/Pages/Community-Toolkit.aspx.

We want to acknowledge the Fall Prevention Committee we participated with to move this forward and adapt to our area using our local resources.

Partners for Promoting November as Fall Prevention Month

These organizations have been working together for the past year to bring Fall Prevention Month to Ontario in 2016. We thank all organizations for their contributions.

- Canadian Patient Safety Institute
- Saskatoon Health Region
- Finding Balance Alberta
- Finding Balance Ontario
- Fall Prevention Community of Practice
- Ontario Injury Prevention Resource Centre
- Ontario Neurotrauma Foundation
- Ontario Public Health Association
- Osteoporosis Canada
- National Institute of Ageing (Ryerson University)
- Parachute
- Public Health Agency of Canada
- Registered Nurses Association of Ontario
- Toronto Rehabilitation Institute – University Health Network

Thank you in advance for your support and dedication to participate in creating a culture of safety in our region!

If you have any questions, please contact Daphne Kemp, Regional Fall Reduction and Injury Prevention Coordinator at daphne.kemp@saskatoonhealthregion.ca