



Activity: Fall Prevention Month Exercise Classes

About Fall Prevention Month Exercise Classes:

Fall prevention research tells us that exercise interventions are effective in preventing falls in older adults (Stubbs, Brefka, & Denkinger, 2015).

Planning an exercise class for older adults during Fall Prevention month can be a good way of introducing exercise to the older adults living in your community, and connecting them to facilities who provide exercise classes on a regular basis. If your organization already provides regular exercise classes, Fall Prevention Month could be an opportunity to promote these classes.

Please let Lindsay Toth at lindsay@onf.org know of your plans for Fall Prevention Month.

How does it work?

There are a number of options. Here are a few ideas to help you get started:

1. Promote an existing exercise class for seniors:

If you are in the province of Ontario, it is possible to find a list of all available Exercise and Fall Prevention Programs at www.thehealthline.ca. The local Community Care Access Centre (CCAC) is also a gateway to local exercise programs. You may find local programs led by the Victorian Order of Nurses (VON) or at recreation and/or senior centres.

2. In person class:

Hire an exercise instructor, and hold the exercise class in your organization. Certified local instructors may be found through recreation and senior centres, the VON, or through the Canadian Centre for Activity and Aging (ccaa@uwo.ca, 519 661 1603). You could help by doing the following:

- Book a space (big enough room, non-slip floors, no obstacles or trip hazards)
- Advertise
- Assist with liability waiver and brief pre-screening
- Promote programs that work on balance, strength and flexibility

- Record the number of participants and complete the short evaluation survey at:
<http://goo.gl/forms/R5DMmgcuHv>
- Please also consider distributing the following link to those who attended the event:
<http://goo.gl/forms/RceydgfcKl>

3. Online class:

Hold an exercise class which you webcast, and invite people to join online. You can use a free tool such as Google+ Hangouts (up to 10 people can join a hang out) or a purchasable software such as GoToMeeting (25 to 100 people can join a meeting depending on the license) to broadcast the live audio and video.

We are going to be piloting the broadcast of an exercise class at Toronto Rehab. Feel free to contact Christiane.brown@uhn.ca if you have any questions.

Reference:

Stubbs, B., Brefka, S., & Denking, M. D. (2015). What Works to Prevent Falls in Community-Dwelling Older Adults? Umbrella Review of Meta-analyses of Randomized Controlled Trials. *Phys Ther.*