



Flu Clinics: Promoting Fall Prevention Month

About this “targeted outreach” initiative:

Flu Clinics provide an ideal target audience for the Fall Prevention Month messaging, either through distribution of a fall prevention resource, a self-screening tool, or by conducting a mini screen and brief contact intervention to determine your clients’ falls risk.

How does it work?

It is important for communities to have a discussion with whoever is doing the flu clinics in their area such as pharmacies, physicians, Health Units, etc.

Adults attending a free health department flu clinic have option to receive fall prevention health promotion material, a self-screening tool and/or brief contact intervention highlighting five things you can do to prevent a fall including:

1. Exercise daily to build strength and balance
2. Wear safe footwear
3. Have regular eye check ups
4. Make your home safer
5. Talk to your healthcare provider to learn more about your risk

Provide a question on the Influenza Vaccine Consent Form (example provided in toolkit) that asks if the client is 65 years of age or older. If yes, they are referred to complete the back of the consent form page that has a fall prevention screening tool. If they answered yes, to three or more of the questions, they may be referred to the appropriate resource (e.g. Community Care Access Centre, CCAC) by the nurse, physician, or pharmacist giving the flu shot.

You can also hand out educational resources to those 65 and older. Look in the Client Resources section of the toolkit to find a variety of fall prevention handouts.

You should consider setting up a display in the waiting area where the clients wait 15 minutes after having a flu shot. You can even have a health promoter use the [Timed-Up and Go Test](#) as a quick assessment as well.

I'm in! What's next?

Step 1: Confirm interest and approval at your health unit.

Step 2: Draft a plan including flu clinic staff education and creating a clinic script. Develop common Q&A's and fall prevention resource materials for distribution. Use resources from the toolkit or those of the health unit.

Step 3: Finalize plans for implementation and evaluation. Consider media.

Step 4: Implement training.

Step 5: Hold flu clinics.

Step 6: Make sure to share your plans with us via lindsay@onf.org

Step 7: Fill out a simple evaluation. See Evaluation documents in the Fall Prevention Month toolkit for details.

*If you have any questions or if you need some guidance,
please feel free to contact Lindsay Toth at lindsay@onf.org*