



Falls Prevention Month Tool Kit Guide (Community)

Getting Started:

Congratulations for participating in Fall Prevention Month. This is the first step in creating increased awareness to this serious safety issue. This toolkit will provide you with the tools and resources you will need to create your Fall Prevention Education and Awareness that will support maintaining independence.

Fall Prevention Month will take place the month of November 2016

Preventing falls and injuries from falls is a serious safety issue and the Saskatoon Health Region is committed to this work. Through partnerships and collaboration we can increase awareness and encourage people in the community to take action on reducing the risks, this will in turn reduce falls and injuries from falls. We would like to expand the opportunity to share this with as many areas of our province as possible.

We invite you to use this toolkit in whatever capacity you are able. The intention of this kit is to provide you with the **downloadable tools** for your Fall Reduction and Injury Prevention work.

Toolkit Sections:

1. How to use this kit
2. Statistic posters for you to use in your areas
3. Example:

Activities:

- Calendar of events of things happening in SHR- *please let us know if you have anything to add to the calendar within Saskatoon and area or beyond.*
- Activity ideas that you can try in your location
- Printable displays and templates to use in your area. This can be done as outlined or if space is limited, use the tools at your discretion
- “Step up” to falls. This template can be used to highlight what individuals may do to “**step up**” to prevent falls. It is for anyone to make a pledge for safety. These should be displayed for all to see!
- A- Z risk factors. There are 400 identified risk factors for falling. This activity can be used to increase awareness and brainstorm daily risk factors in accordance to the alphabet. An answer guide has been provided. Post it on a wall or play it as a game. See how many you can think of.
- Jeopardy - Play a game of Fall Prevention Jeopardy. This game is all set up and ready to be used in any setting. It will be played in various areas across the region, throughout the month. Watch for posters for a location near you.
- CSI- Play a game of CSI or try doing a fall risk factor word search.
- There are some additional posters of local events taking place throughout the month.

4. Promotional items are included that you may use as needed, such as the Fall Prevention Month Logo, a banner, posters, stories, etc.
5. Resources: The toolkit consists of links to provide you with additional resources and/or programs of interest.

The information is not an exhaustive list but is meant to support your Fall Prevention month activities.

The Saskatoon Health Region has an external website for community members and community practitioners as well as an internal site for staff within the region. If you would like additional activity ideas for the acute care and long term care settings please see contact information below.

Everyone has a role to play in preventing falls, let's work together for a safer province that supports safety and Aging in Place.

For more information please contact:

Daphne Kemp

Regional Falls Reduction and Injury Prevention Coordinator

Daphne.kemp@saskatoonhealthregion.ca

306-655-2400