



## Promoting November as Fall Prevention Month

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

### Toolkit Overview

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 expectation that **all areas** of the Saskatoon Health Region and as well as 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 a 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.

If you are planning a fall prevention initiative of any kind for November 2016, and would like to promote your initiatives through our calendar, please submit your information to Brenda Chomyn at [brenda.chomyn@saskatoonhealthregion.ca](mailto:brenda.chomyn@saskatoonhealthregion.ca) to be added to our calendar. Sharing information about your activities will help us track the reach and impact of the campaign.

The tool kit consists of the following components:

- Fall prevention resources
- Promotional materials
- **Activities** to help with fall prevention awareness
- Statistics
- Ongoing programs

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

### **Additional Organizations that have contributed to the subgroups:**

- Huron County Health Unit
- Oxford County Health Unit
- Perth District Health
- Region of Waterloo Public Health
- Windsor Essex County Health Unit

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Disclaimer: This Toolkit provides a sampling of resources available on fall prevention and injury reduction but it is not an exhaustive list. The resources provided are not to be substituted for medical advice. While there may be some slight variation in guidelines and/or statistics on resources created by various agencies, we endorse the statistics contained within the Statistics & Infographics category of the Toolkit.