

Fall Prevention Month – Adults’ toolkit site map 2019

TAKE ACTION

Category: Promotions & Media

- **Fall Prevention Month Promotional Materials**
 - Branded Media Package
 - Build Your Own Poster
 - Fact Bank
 - Media Release Tips and Template
 - Social Media Guide
- **External Tips on Promotions and Media**
 - Age-Friendly Communications: Facts, Tips and Ideas
 - How to Engage the Media
 - Stories from Patients and Caregivers

Category: Ideas for Activities

- Evaluation for Event Participants
- Build Your Own Poster
- **Active Living**
 - Exercise and Fitness Activities (4 Activities)
 - Challenge Yourself to Move
 - Flash Mob
 - Urban Poling
 - Globe Walk
 - Safe Winter Walking
- **Education Activities for Professionals and Staff**
 - Fall Prevention Month Display
 - Spot the Hazards in a Room that can lead to Falls
- **Promotion and Awareness**
 - Promoting Fall Prevention Month in Flu Clinics
 - Public Education Presentation
 - Step Up- make a Pledge to Prevent Falls
 - Vision and Safety Activity
- **Social Activities and Games**
 - A to Z Risk Factors and Interventions (2 Activities)
 - CSI Clue Game
 - Fall Risk Factor Visual Brainstorming Activity
 - Jeopardy
 - Safe Elders- Bingo
 - Safety Superheroes

- Word Scramble
- Word Search

ADDITIONAL RESOURCES

Category: Statistics and Infographics

- **Provincial Data**
 - Alberta
 - BCIRPU – Injury Data Online Tool (iDOT)
 - Nova Scotia
 - Ontario
 - Public Health Ontario- Snapshots
 - Saskatchewan
- **National Data**
 - CIHI Injury and Trauma Emergency Department and Hospitalization Statistics, 2016-2017
 - CIHI- Dementia and Falls

Category: Practitioner Resources

- **Guides, Guidelines and Reports**
 - Bruyère Rapid Review: Falls Prevention in Continuing Care
 - Canada’s Food Guide- Healthy eating for seniors
 - Cost of Injury in Canada
 - Fall Prevention and Cognitive Impairment Inventory
 - Falls and Fall Prevention Among Older Adults Indigenous People of Australia, Canada, New Zealand and the United States: A Systematic Review
 - Falls Toolkit (U.S. Veterans’ Affairs National Center for Patient Safety)
 - Fracture Prevention Toolkit
 - Medications and the Risk of Falling- For Health Care Practitioners
 - NICE Quality Standard and Clinical Guideline- Falls in Older People
 - Occupational Therapy in the Prevention and Management of Falls in Adults
 - ProFouND Raising Awareness for Falls Prevention: A guide to running campaign activities
 - RNAO – Long-term Care Best Practices Toolkit- Fall Prevention
 - Senior’s Falls in Canada Second Report
- **Portals, Resource Centres and CoPs**
 - Age-Friendly Communities
 - Finding Balance Campaign
 - Loop
 - McMaster Optimal Aging Portal
 - Parachute
 - Preventing Falls – Injury Prevention & Safety, Information for Health Professionals

- **Programs**
 - Bone Fit™
 - Elder Exercise Videos and Leader Training
 - Fame and Later Life Training
 - Minds in Motion
 - Rate my Treads
- **Staff Training/Ongoing Education**
 - E-learning Opportunities in Fall Prevention
 - Loop Fall Prevention Webinars
 - STEADI Stopping Elderly Accidents Death & Injuries – CDC
 - Too Fit to Fracture

Category: Information for Older Adults and Caregivers

- **For Caregivers**
 - Carers Canada
- **General Fall Prevention**
 - Fall Prevention Video Campaign
 - Fall Prevention: How Your Optometrist Can Help
 - Finding Balance Campaign
 - Rate my Treads
 - Safe for Elders, Safe for All
 - Staying Independent
 - What to do After a Fall
 - You Can Prevent Falls!
- **Healthy Eating and Staying Active**
 - Canada's Food Guide- Healthy eating for seniors
 - Physical Activity Tips for Older Adults
 - Too Fit to Fracture
- **Home Safety**
 - Keep Your Home Safe
 - Maintaining Senior's Independence Through Home Adaptations
 - Preventing Falls on Stairs
- **Medications**
 - Canadian De prescribing Network- Medications and Falls