

Manitoba Fall Prevention Professional Education Reference: A Companion Guide

A companion guide:

- To the webinar resource titled: *Orientation to Fall Prevention Tools and Resources*
- Outlining new and current fall prevention tools, resources, staff training opportunities and online communities of learning for health care professionals

FOCUS	RESOURCES FOR HEALTH PROFESSIONALS	RESOURCES/LOCATION
Staff and Public Education	NEW! Handout: 8 Steps to Stay on Your Feet	Resources and Tools: http://preventfalls.ca/professionals/resources-and-tools/
	NEW! Pow Toon Video: 8 Steps to Prevent a Fall	WRHA YouTube Channel: https://www.youtube.com/watch?v=QZaOzmD9os4&rel=0
	NEW! Pow Toon Video: Exercise & Balance	WRHA YouTube Channel: https://www.youtube.com/watch?v=RwbpAlk5ZBY&rel=0
	NEW! Pow Toon Video: Manage your medications	WRHA YouTube Channel: https://www.youtube.com/watch?v=vS1PSeVEPqY&rel=0
	NEW! Conversation Tool and Community Poster: Falls Prevention MOVE/IMPROVE/REMOVE	Manitoba Falls Prevention Network: http://preventfalls.ca/professionals/manitoba-falls-prevention-network/ LOOP Fall Prevention Community of Practice and Private Group: Manitoba Fall and Injury Prevention: http://www.fallsloop.com/
	A Checklist to Help You Prevent Falls helps you identify what is putting you at risk of falling	Resources are available free of charge for public health professionals through the Materials Distribution Agency (MDA) .
	Take Action To Prevent Falls Booklet contains the above checklist to help you identify what is putting you at risk of falling, provides information on what you can do to reduce the risks and has tools to help you make a plan	
	Home Balance and Strength Exercises contains pictures and step-by-step instructions of five exercises that you can do at home to improve your strength and balance	
	Proper Footwear Can Help Prevent Falls helps you choose the best footwear to decrease your risk of falling	
	Exercise for Strength and Balance – 11 x 17" poster	
Vitamin D, Prevent Falls and Injuries – 11 x 17" poster		
Medications and Risk of Falling – 11 x 17" poster		
Proper Footwear Prevents Falls – 11 x 17" poster		
Staying on Your Feet Community Presentation -a public presentation that aims to reduce falls and fall-related		

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	injuries.	
Staff Training: Fall Prevention Education	Canadian Falls Prevention Curriculum (CFPC) : The CFPC is a resource which provides health professionals with the knowledge and skills required to design, implement and evaluate falls prevention programs.	https://continuingstudies.uvic.ca/health-wellness-and-safety/courses/canadian-falls-prevention-curriculum
	Webinar: <i>Orientation to Fall Prevention Tools and Resources</i>	Manitoba Falls Prevention Network: http://preventfalls.ca/professionals/manitoba-falls-prevention-network/ LOOP Fall Prevention Community of Practice and Private Group: Manitoba Fall and Injury Prevention: http://www.fallsloop.com/
Online Communities of Practice	Fall Prevention Community of Practice-Loop : The CoP informs, allows you to share ideas and support each other to improve the implementation of evidenced-informed fall prevention practices.	http://www.fallsloop.com/
	Manitoba Falls Prevention Network : The CoP provides an opportunity to connect, share best practices and highlight innovative research projects for the purpose of preventing falls and reducing severity of injuries from falls in Manitoba.	http://preventfalls.ca/professionals/manitoba-falls-prevention-network/
Fall Prevention Group/Committee	Manitoba Falls Prevention Advisory Committee Manitoba Falls Prevention Network Regional Falls Prevention Leadership Committee	Contact: Charlotte Lwanga Policy Analyst Active Living, Population and Public Health Branch Manitoba Health, Seniors and Active Living 4100 - 300 Carlton Street Winnipeg, MB R3B 3M9 Phone: 204-788-6790 Fax: 204-948-4748 Email: Charlotte.Lwanga@gov.mb.ca
	Community and Ambulatory Care Fall Prevention and Management Virtual Interest Group	Contact: Kate M. A. Dubberley, M. A. <i>Research Associate</i> IMPACT, Injury Prevention Program Population and Public Health Winnipeg Regional Health Authority Mailing Address Winnipeg Regional Health Authority 216A 2 nd Floor - 490 Hargrave Street Winnipeg, MB R3A 0X7 Phone 204 940 8310 Fax 204 940 2690 Email KDubberley@wrha.mb.ca

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Fall Prevention Action Plan	Provincial Falls Prevention Plan (2015-2020).	Healthy Living and Healthy Populations Unit of Manitoba Health, Seniors and Active Living: http://www.gov.mb.ca/healthyliving/hlp/docs/injury/fallspreventionplan.pdf
Evidence-informed Programs	<p>Fall Proof - is scientifically tested and shown to improve balance and mobility and to reduce the risk of falls. The program is a structured and progressive program of activities specifically designed to address the multiple dimensions that contribute to balance and mobility.</p> <p>FaME is delivered by Postural Stability Instructors (PSI).</p> <p>The programme is delivered over 9 months (once a week in a group and twice a week at home), by trained exercise instructors, significantly reduced falls. The course is designed for professionals working with frailer older people with a history of falls in the community.</p> <p>Lifestyle-Integrated Functional Exercise (LiFE) – LiFE is an innovative and non-traditional approach to exercise launched by the University of Sydney. The LiFE program incorporates balance and strength training into everyday activities and embeds it within their daily routines. It has been shown to reduce falls by 31 per cent.</p> <p>Otago Exercise Programme – Otago Exercise Programme is a home-based, individually tailored strength and balance retraining programme with a focus on preventing falls in older adults. The programme was designed specifically to prevent falls.</p>	<p>Additional information on Fall Proof - http://hdcs.fullerton.edu/csa/FallProof/index.htm#first_entry</p> <p>Additional information on FaME – http://www.laterlifetraining.co.uk/fame-effect-of-psi-exercise-on-reduction-in-falls/</p> <p>Additional information on LiFE - http://fallsnetwork.neura.edu.au/blog/uncategorized/life-program-resources/</p> <p>Additional information on Otago - http://www.acc.co.nz/PRD_EXT_CSMP/groups/external_providers/documents/publications_promotion/prd_ctrb118334.pdf</p>
Additional Videos	Taking Care of My Health: Fall prevention video campaign: Ottawa Public Health's <i>Taking Care of My Health</i> Fall Prevention video campaign was created to increase public awareness of falls in older adults and encourage healthy and safe behaviours to reduce this risk. The following videos identify 4 key behaviours in relation to prevention falls among older adults.	<p>Video 1: Preventing falls is easier than standing on your head</p> <p>Video 2 : Prevent falls – make your home safe</p> <p>Video 3 : Eating for healthy bones</p> <p>Video 4 : Report ALL falls</p>