



Fall Prevention Week Toolkit

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Fraser Health Fall Prevention Team

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MAKE YOUR
HOME SAFER



GET YOUR VISION
AND HEARING
CHECKED



REVIEW YOUR
MEDICATIONS
WITH YOUR DOCTOR



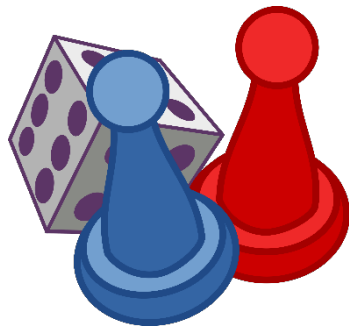
STAY ACTIVE
AND EXERCISE

STABL (Strength and Balance for Life)

Falls Prevention Month Resources

Take Action Resources will help you plan, promote and host your own activities.

List of Social Activities and Games:



Playing games and working with others enhances learning

- Playing games is crucial to enhance learning and memory retention about fall prevention.
- The better staff understand the concepts of fall prevention the more likely they are to realize when older adults are putting themselves at a fall risk and fix that behaviour.
- The better older adults understand fall prevention concepts the easier it is for them to be motivated and make changes in their life to reduce the chance they will fall.

How to organize games

- Provide resources or host a presentation with participants from the next section of this toolkit called “Resources about Fall Prevention.” Specifically, the “Fall Prevention Presentation” and “Fall Prevention Tips” in that section have pertinent information to the games listed below.
- Schedule a time where you can get a group of older adults together to play a game with them from list below to enhance their learning.
- These games can also be played with staff members to enhance their education of fall prevention and create an environment that is up to standards with current fall prevention techniques.

Word Search

Developed by Saskatchewan Health Authority- Saskatoon area.

Search for words related to the risk factors for falls in this word search puzzle. Take this opportunity to start a conversation about fall prevention, risk factors and what can be done to reduce the risk of falling. This can be done individually or with a group in the form of a contest to see who can complete this first. It is great to spark conversation of all the risk factors for falls there are. Useful for staff members and for older adults.



Word Search <https://www.fallpreventionmonth.ca/adults/take-action-adults/ideas-for-activities-/word-search>

Word Scramble

Developed by Sherbrooke Community Centre of the Saskatchewan Health Authority in Saskatoon.

This activity can be done as an individual activity or in teams for staff in various sectors. It can be made into a challenge to engage staff (e.g. All completed scrambles can be submitted for a draw of 3 prizes - Tim Horton's gift cards). This is also good to pair with the word search as they both are a shorter games.

Download the game: [Fall Prevention Month Word Scramble Challenge 2019.docx \(live.com\)](#)

Scramble information: <https://www.fallpreventionmonth.ca/adults/take-action-adults/ideas-for-activities-/word-scramble>

Falls Prevention Trivia

Resource developed by the Grey Bruce Health Unit

The purpose of this activity is to increase awareness of fall risk factors and strategies for preventing falls.

These Trivia Cards are similar to other trivia game cards. One side of the card poses a question, the other side gives the answers. These cards are designed to provide information about preventing falls and injuries in both seniors and young children. They were designed by the Grey Bruce (Ontario) Fall Prevention and Intervention Program, in collaboration with the Community of Practice Fall Prevention Month team.

Trivia can be shared in several different formats:

- Group presentations (virtual or in person)
- Hospital/Doctor Office/Optometrlist/ waiting room screens
- Websites

Download the game:

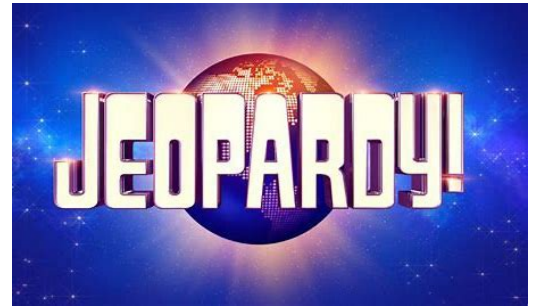
[Fall Prevention Trivia Cards - Presentation Format](#)

[Fall Prevention Trivia Cards - For Print Format](#)

Fall Prevention Jeopardy

Developed by Saskatchewan Health Authority- Saskatoon area.

Play a game of fall prevention Jeopardy! This game can be used in any setting. It is a fun way to engage talk on the risk factors for falling. The categories cover various risk factors for falling. Print off the poster to promote your activity. If you have a projector this can be helpful to display on a screen or wall. This works well with one person leading the activity and a helper to make additional comments and hand out prizes.



Download the game: [Fall Prevention Jeopardy \(Community\) 2018.ppt \(live.com\)](https://www.live.com/jeopardy/jeopardy-2018.ppt)

CSI Clue Game

Developed by Lynda Hoffmeyer from Grey-Bruce Owen Sound Cardiac Rehab Program. An activity that allows your group to be detectives for fall prevention. Based on the board game "Clue." Can be used with up to 10 people. The links below provide instructions and game information.



Game information:

<https://www.fallpreventionmonth.ca/adults/take-action-adults/ideas-for-activities-/csi-clue-game>

Game instructions [CSI Game.pdf \(fallpreventionmonth.ca\)](https://www.fallpreventionmonth.ca/adults/take-action-adults/ideas-for-activities-/csi-clue-game)

Falls Risk Factor Visual Brainstorming Activity

Developed by Saskatchewan Health Authority- Saskatoon area.

This activity can be used with staff members. Create a visual aid using Bristol board or chart paper and brainstorm with your group the various risk factors for falls. Have your group write the risk factors on the visual aid. Discuss potential interventions/tips on how to lower the risk of falls. Post the visual aid in a visible area and add to it regularly during Fall Prevention Month.

Brainstorming Activity: <https://www.fallpreventionmonth.ca/adults/take-action-adults/ideas-for-activities-/fall-risk-factor-visual-brainstorming-activity>



Fall Prevention Bingo

Developed by Safe for Elders, this bingo game was created to raise awareness about the different types of risk factors for falls, and to learn what older adults can do to help reduce the chance they are injured from a fall. It is played the same way as normal bingo with the leader instead of calling numbers and letters, will call fall prevention words and letters. Printable bingo sheets and all other game resources are found at the website

Fall Prevention Bingo: [bingo \(safeforelders.com\)](http://bingo(safeforelders.com))

For more fun games and Falls Prevention Activities please visit:

<https://www.fallpreventionmonth.ca/adults/take-action-adults/ideas-for-activities->

Resources about Fall Prevention:

Fall Prevention Presentation and Info

Developed by Cameron Fielding and Ronda Field from the Fraser Health Fall Prevention Team



This presentation is useful to present to staff members who typically deal with older adults with fall risk to enhance their education. It talks about the 4 pillars of fall prevention, which are the most important aspects of fall prevention. It is also a useful resource for older adults because it is in an easy to understand and has the best information on what older adults can do to reduce their chances of falling. It also shows many exercises that are good for seniors to help increase their balance and leg strength, which is the most important aspect of fall prevention.

Presentation: [Virtual Falls Prevention- 4 pillars.pdf](#)

Free Fall Prevention Education courses

These courses were developed by different agencies around Canada

In this document there is many different fall prevention courses to choose from that staff can complete to enhance their education about fall prevention. They are all free online courses, some taking hours, and some taking minutes. They are all great resources for staff members who work with older adults who are a fall risk.

Courses: Click on “Resources” to access the pdf once you click the link - [Fall Prevention Month - Canada](#)

Fall Prevention for people with Parkinson's disease

Developed by the Parkinson Society British Columbia and reviewed by Shelly Yu, a Parkinson's physiotherapist.



This resource provides information about the evaluation of fall risk, how to minimize fall risk, and how to get up from a fall for people with Parkinson's. Care workers who typically converse with older adults with Parkinson's can provide resources and education to minimize the risk of falling for those with Parkinson's. Also, staff members can run an exercise program for those with Parkinson's by using the excellent exercise videos by Shelly Yu.

Improving Balance & Preventing Falls Information:

<https://www.parkinson.bc.ca/media/31449/balancing-and-falling.pdf>

There is also an extensive video series detailing exercises for balance and strength for those with Parkinson's by Shelly Yu Video Series: [\(82\) Balance & Falls Prevention Exercise Series for Parkinson's Disease - YouTube](#)

Safe Winter Walking Campaign

The Safe Winter Walking Campaign was created by the South West Ontario Fall Prevention Network. The campaign provides a variety of different awareness activities that can be used and adapted throughout the fall and winter seasons. The purpose of this activity is to promote physical activity throughout the year. Prevent falls by staying active all year round and being safe while doing so!

Winter Walking Fact Sheet:

<https://www.fallpreventionmonth.ca/uploads/2017%20Toolkit%20Files/Information%20for%20Older%20Adults%20and%20Caregivers/Winter%20Walking.docx>

Fall Prevention Tips

Developed by Sinai Health, Healthy Ageing and Geriatrics based in Ontario.

This Fall Prevention Tip Sheet can help inform older adults about some of the fall risks they should consider and what other actions they can take to help prevent falling. This is an option that is shorter than the presentation and still provides good education about the 4 pillars of fall prevention. It also comes in a PDF style so you could print and hand out this information to older adults. Although be careful because some of the contact numbers on the last page of the document are from Ontario not BC.

PDF Tip Sheet link: [Sinai Health | Preventing Falls at Home \(sinaigeriatrics.ca\)](#)



Learning module for workers who work with older adults with fall risk

Developed by Alberta Health Services

A learning module developed for healthcare workers and anybody else who works with clients at risk for falling. The purpose of this module is to learn about upstream strategies and actions that can be used to address falls, and to help those working with older adults expand their knowledge base. This is a very good educational resource that is free, and easy to work through.

Upstream approach to fall prevention: [An Upstream Approach to Falls Prevention | Alberta Health Services](#)

How to help older adult up off the ground when they fall

The Video explanation was developed by Digital Health and Care Scotland, and the written explanation by My Health Alberta.

Both resources are useful to show staff members how to help an older adult get up off the ground, and what other actions need to be taken in the event of a fall.

Video explanation: [First Falls Film 2 What To Do if Someone Falls FULLHD on Vimeo](#)

Written Explanation: [How to Safely Help Someone to Get Up \(alberta.ca\)](#)



Leading research. Finding answers. Saving lives.

Arthritis research Canada Fall Prevention Webinars and Videos

Developed by Arthritis Research Canada

A video and recorded webinar for staff members and older adults trying to learn more about how osteoarthritis affects falling. Use the information provided by this resource to help older adults with osteoarthritis reduce their fall risk. This disease is quite common among older adults and should be a useful resource for care providers.

Videos: [Fall Prevention Month - Canada](#)

Useful Home Modifications and Safety Equipment



Head Protectors

These are head protectors recommended by the Fraser Health Fall Prevention Team. If any older adults inquire about these this is a useful resource to guide them or their family members in buying a head protector.

Click on the PDF for Head protectors:



2022_Head
Protectors.pdf

Hip Protectors

This infographic shows hip protectors that are recommended by the Fraser Health Fall Prevention Team. If any older adults inquire about hip protectors this infographic can be given to older adults and their families to help decide which option is most suited for them.



hip-protector-purcha
sing-guide-591659 (1

Click on the PDF for Hip Protectors:



Safer Bathrooms, Safer Bathing - Grab Bars

Developed by Dr. Alison Novak and the UHN Toronto Rehabilitation Institute

This infographic provides information about grab bars as a prevention tool, what to look for when selecting a grab bar, and how to install a grab bar. Staff can use this resource in order to properly install grab bars in the best place to help prevent falls in the shower and bathtub. The bathroom is a common place we see older adults fall, and having proper safety equipment there is key to reduce injuries if an older adult were to have a fall in the bathroom

Infographic:

https://www.fallpreventionmonth.ca/de/cache/toolkit_resources/1829/fr_doc_Grab%20Bar%20Infographic_FINAL%20ENGLISH.pdf



Apple Watch Fall Detection

An explanation on how to use fall detection on Apple watch. This device can be used to detect falls and then give options to call 911, call emergency contacts, or do nothing. It is a cheaper resource than lifeline because there is no monthly fee and only one purchase fee. This resource can be given to older adults or their families who are wondering about their options for fall detection or lifeline assistance alert button. Lifeline should also be suggested as some older adults have difficulty with managing the Apple Watch.

Website explanation: [Use fall detection with Apple Watch - Apple Support](#)



Home Safety Tips to Reduce Falls Risk

Developed by Lifeline

This resource provides a detailed room by room guide to help remove hazards from older adult's rooms and common spaces that commonly cause falls. This can help staff analyze each client's room and decide if there are hazards that could cause a fall. It is also useful to clean and set up common spaces like kitchens, bathrooms, and sitting spaces.

Tips: [Home Safety Tips For Seniors \(2021 Guide\) | Lifeline Canada®](#)

How to use a Walker Properly

Developed by Senior Safety Advice, this webpage explains how to properly use a walker.

This is a useful resources for staff to go over themselves and then hold a class or info session about how to use a walker. After learning about how to use a walker they can also help older adults fix their posture and height of walker if needed. Using a walker improperly is one of the greatest risks of falling and should be corrected for all older adults. Remember to stand up straight and walk inside your walker!!!



Webpage: [How To Use A Walker Properly \(Tips On Using Them Safely\) \(seniorsafetyadvice.com\)](#)

If you have any questions about the toolkit or are wanting more resources email fallsprevention@fraserhealth.ca or call 604-374-2273.