



“Stand Up to Falls” Intervention Program

A fall is clinically defined as “unintentionally coming to rest on the floor, ground or lower level with or without injury”

Why do we want to reduce falls in seniors?

- 🌀 Falls lead to hospitalization, relocation to a long term care facility, loss of independence, decreased quality of life and sometimes death
- 🌀 Falls directly cost the Canadian Health Care system \$2 billion each year
- 🌀 40% of all long term care admissions are the result of falls
- 🌀 95% of hip fractures are due to a fall

How do we decrease falls?

- 🌀 It is understood that an integrated program that features both exercise and education on fall prevention can decrease falls in seniors.
- 🌀 We know that regular exercise contributes to improved health and wellbeing, prevention of chronic illnesses, improved mental and social health and increased independence. But regular exercise also helps to prevent falls.
- 🌀 Furthermore, understanding the different types of risk factors for a fall, and knowing how to reduce those risk factors can reduce the risk of a fall.



The “Stand up to Falls” Intervention Program

- 🌀 Six week program integrating both exercise and education on fall prevention five days a week
 - 🌀 Three days a week Kinesiologist works one-on-one with different participants during the specialized SMART™ (Seniors Maintaining Active Role Together) exercise program, which is led by a Gentle Exercise Facilitator
 - 🌀 The SMART™ program is a national, evidence based gentle exercise and falls prevention program developed by VON Canada in consultation with physiotherapists, kinesiologists and older adults themselves
 - 🌀 SMART™ classes aim to be 45 minutes
- 🌀 Two days a week Kinesiologist presents on a variety of topics related to reducing the risk of a fall (45 minutes)
- 🌀 Seniors are encouraged to attend both the exercise component as well as the educational sessions

The “Stand up to Falls” Curriculum

Day 1: Falls & Chronic Illnesses
Day 2: Muscle & Bone Health
Day 3: Blood Pressure & Hypotension
Day 4: Vision & Hearing Changes
Day 5: Those Darn Feet
Day 6: Sleep Disturbances & Mental Health

Day 7: Medication Use
Day 8: Home & Environment Safety
Day 9: Mobility Aids & Assistive Devices
Day 10: Nutrition & Incontinence
Day 11: Building Balance at Home & Arthritis
Day 12: How to get up from a Fall & Goal Setting

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