

Fall Prevention Month – Adults’ toolkit site map 2018

Category: Promotions & Media

- Age-Friendly Communication: Facts, Tips and Ideas
- Branded Media Package
- Fall Prevention Month Backgrounder
- Finding Balance British Columbia- Campaign Toolkit
- How to Engage the Media
- Sample News Release
- Stories from Patients and Caregivers

Category: Statistics and Infographics

- CIHI Injury and Trauma Emergency Department and Hospitalization Statistics, 2016-2017
- CIHI- Dementia and Falls
- Finding Balance British Columbia- Campaign Toolkit
- Preparing Your Home for Winter
- Public Health Ontario- Snapshots
- Seniors Falls in Canada- Infographic
- Provincial Data
 - Alberta
 - Nova Scotia
 - Ontario
 - Saskatchewan

Category: Ideas for Activities

- Evaluation for Event Participants
- Safety Superheroes
- Active Living
 - Check your Balance
 - Exercise Activities for Chronic Disease and Neurological Impairments (2 Activities)
 - FAME Program
 - Late Life Training™
 - Exercise and Fitness Activities (4 Activities)
 - Challenge Yourself to Move
 - Flash Mob
 - Urban Poling
 - Globe Walk
 - Minds in Motion
- Education Activities for Professionals and Staff
 - A to Z Risk Factors and Interventions (2 Activities)

- Bone Fit™
- Fall Prevention Month Display
- Vision and Safety Activity
- Promotion and Awareness
 - A to Z Risk Factors and Interventions (2 Activities)
 - Fall Prevention Month Display
 - Promoting Fall Prevention Month in Flu Clinics
 - Public Education Presentation
 - Safe Winter Walking
 - Social Activities and Games (6 Activities)

Category: Practitioner Resources

- Medications and the Risk of Falling- For Health Care Practitioners
- Portals, Resource Centres and CoPs
 - Age-Friendly Communities
 - Canadian Best Practices Portal
 - Dietitians of Canada
 - Finding Balance Campaign
 - Loop
 - McMaster Optimal Aging Portal
 - Parachute
 - SafetyLit
 - TheHealthLine.ca
- Staff Training/Ongoing Education
 - Aging is a Contact Sport: Hip Protectors Video
 - Canadian Centre for Activity and Aging
 - Canadian Fall Prevention Curriculum
 - Fall Prevention Webinars
 - Positive Steps Work- A Fall Prevention E-Course
 - SAIL Fall Prevention Program
 - STEADI Stopping Elderly Accidents Death & Injuries – CDC
 - Step Ahead to Falls Prevention in Older Adults
 - Too Fit to Fracture
- Guides, Guidelines and Reports
 - Assessment and Prevention of Falls in Older People
 - Bruyère Report: Evidence-Based Screening Tools and Fall Risk Assessment in Continuing Care
 - Cost of Injury in Canada
 - Falls and Fall Prevention Among Older Adults Indigenous People of Australia, Canada, New Zealand and the United States: A Systematic Review
 - Falls Prevention in Continuing Care: A Bruyère Report

- Falls Toolkit (U.S. Veterans' Affairs National Center for Patient Safety)
- Fracture Prevention Toolkit
- Healthy Aging Through Fall Prevention Among Older Aboriginal People
- Long-Term Care Best Practices Toolkit- Fall Prevention
- Occupational Therapy in the Prevention and Management of Falls in Adults
- Preventing Falls and Reducing Injury from Falls (4th Ed.)
- Reducing Falls and Injuries from Falls: Getting Started Kit
- Senior's Falls in Canada Second Report

Category: Information for Older Adults and Caregivers

- Fall Prevention: How Your Optometrist Can Help
- For Caregivers
 - Caregiver Exchange
 - Ontario Caregiver Coalition
- Medications
 - Canadian De prescribing Network- Medications and Falls
- Healthy Eating
 - A Guide to Healthy Eating for Older Adults
 - Dietitians of Canada
- Staying Active
 - Everyday Movements for Balance
 - Exercise for Healthy Bones
 - Tips to Get Active
 - Too Fit to Fracture
- Home Safety
 - Keep Your Home Safe
 - Maintaining Senior's Independence Through Home Adaptations
 - Preventing Falls on Stairs
- General Fall Prevention
 - Fall Prevention Video Campaign
 - Finding Balance Campaign
 - How to Get Up By Yourself
 - How to Lower Your Fall Risk
 - How to Safely Help Someone to Get Up
 - Safe for Elders, Safe for All
 - Staying Independent
 - You Can Prevent Falls!