

Quick Facts

Falls remain the leading cause of injury-related hospitalizations in Canada.

- 50% of falls happen in the home.
- Fall-related hospitalizations for older adults result in 40-50% longer lengths of stay in hospital.
- Falls are a major catalyst for transition to long-term care.
- The number of falls leading to hospitalization that result in death are, unfortunately, increasing.
- 35% of hospitalizations related to falls are from fractured hips.
- 80% of fractures are caused by osteoporosis.

(PHAC, Report on Seniors Falls in Canada, 2016)

Falls represent a major threat to the health status and independence of older adults.

The good news is that falls are often predictable and preventable. Don't let the fear of falling prevent you from being physically active. Inactivity will actually increase your risk of falling.

Contact Information

To learn more information about this program and how to become a host site, contact:
Staying On Your Feet
Community Services
Phone: 306-655-3418



Staying On Your Feet works in collaboration with the **Forever...in motion** program.



saskhealthauthority.ca

Staying On Your Feet

A Falls Reduction, Injury Prevention, Balance and Education Program



 Saskatchewan
Health Authority

Healthy People, Healthy Saskatchewan

Goals of Program

- Reduce falls and fall-related injuries for older adults living in the community.
- Educate older adults living in the community on how to prevent falls.
- Provide information and resources on preventing falls for older adults, health professionals and **Forever...in motion** leaders.
- Provide safe physical activities with a focus on balance for older adults.
- To support **Forever...in motion** leaders by reinforcing the inclusion of safe balance exercises for their groups.
- To evaluate the effectiveness of fall reduction, injury prevention, education and balance exercises in reducing falls for older adults.



Long Program (8-12 weeks)

- The program is appropriate for seniors' housing complexes, **Forever...in motion** sites and seniors' centres.
- Progressive balance and strengthening exercises once per week for 30 to 45 minutes.
- Education sessions on personal fall risk factors and fall prevention strategies.
- Presentations from health professionals addressing topics that relate to fall risks.
- Demonstration and development of a personal safety plan and practice on "How to Get Up Off the Floor".
- All participants provided with program manual.
- Pre- and post-screening to measure balance, mobility and risk of falling.
- Falls Risk Assessment, follow up and referrals to family physician provided for moderate to high risk individuals, where appropriate.

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

Short Program (4-6 weeks)

- The program is appropriate for seniors' centres, seniors' housing complexes, **Forever...in motion** sites, community-based programs and groups.
- Simplified version of the long program.
- Progressive balance and strengthening exercises once per week with education sessions on personal fall risk factors, fall prevention strategies and safety plan.
- Handouts provided for participants.
- Screening to measure balance, mobility and fall risk where appropriate.
- Programs are tailor-made for groups.

General Reminders

Be Aware — *Look around you. Learn to recognize risk. Anticipate where problems might occur.*

Be Safe — *Take steps to lower your risk. Remove hazards in your home. Ask for help when necessary. Compensate for some of the physical changes that happen with aging by moving more carefully.*

Be Active — *Maintain a healthy lifestyle that includes regular physical activity to keep bones and joints in good health.*