Inventory of Existing Resources for Fall Prevention Classes

About this Summary

The Ontario Falls Prevention Community of Practice (http://www.shrtn.on.ca/community/falls-prevention-community-practice) is pleased to provide this information related to best practices in fall prevention. Fall prevention in older adults has been extensively researched and there are many strategies that can be effective in community and residential settings. The following summary focuses on the recommended components for fall prevention classes, including exercise-based classes. The Community of Practice (Cop) does not endorse one program or resource over another, but aims to share valuable information on evidence-informed resources that are currently being used, that can be applied to fall prevention classes. The following programs/resources are categorized under:

- Training and Professional Development
- Resources for health professionals
- Resources for older adults

A. TRAINING AND PROFESSIONAL DEVELOPMENT

1. The Canadian Falls Prevention Curriculum (CFPC)

The Canadian Falls Prevention Curriculum (CFPC) is a training curriculum for those working in the area of fall prevention among older adults. The CFPC provides the knowledge and skills those working with older adults need to apply a public health approach to fall prevention. Participants learn how to design, implement and evaluate a fall prevention program tailored to their work or community setting. The CFPC is available in two formats: a two-day facilitated session, as well as a four-week e-learning version. The course is available in English and French.

In Ontario, this course is offered through the Ontario Injury Prevention Resource Centre (OIPRC). More information on this course is available through the OIPRC’s website:
TransCare Community Support Services has produced a new training video for personal support workers, recreationists and caregivers who work with clients or have family members with dementia. The video promotes healthy and safe living for individuals and their caregivers through exercise.

Designed with input from healthcare staff including physiotherapists, recreationists, occupational therapists and PSWs, this educational resource video trains PSWs and recreationists in Ontario to deliver client exercise programs in the home or in a group setting to individuals with dementia.

Copies of the video, in both English and French, are available to all community support services agencies and their clients/caregivers, as well as other health care providers upon request throughout Ontario.

Please refer all enquiries to the attention of Odette Maharaj, Executive Director at 416-750-9885 or by email at Odette.maharaj@tcare.ca.

The links to the videos are:
https://vimeo.com/62906534 (English)  https://vimeo.com/63609601 (French)

B. RESOURCES FOR HEALTH PROFESSIONALS

1. The Integrated Falls Prevention Framework and Toolkit

The Integrated Falls Prevention Framework and Toolkit contains a list of programs available in Ontario, as of 2012. A list of selected programs from the toolkit is available below. These programs can be found on pages 59-61 of the full document, available at: http://www.shrtn.on.ca/resource/integrated-falls-prevention-framework-and-toolkit

Selected Leading Falls Prevention Interventions:

a) CCAC Medication Management Support Services

- A home-based service providing medication safety, simplicity and accuracy
- Through this program, eligible seniors are assigned a dedicated nurse to assess their medications
- By working with a pharmacist and the client’s family doctor as necessary, medication issues (e.g., drowsiness) that present a high risk for falls are resolved
- Follow-up procedures ensure medication recommendations are adhered to
- This program has resulted in a 46% reduction in falls

For more information, contact Central CCAC at 1-888-470-2222.
b) Home-Based Exercise Program

- Developed by the Canadian Centre for Activity and Aging (http://www.uwo.ca/actage/)
- Consists of 10 simple and progressive exercises that have been shown to increase balance and functional mobility
- Delivered by personal support workers (PSWs) and volunteers to seniors in their homes on an individual basis
- PSWs and volunteers are trained by qualified facilitators

For more information, contact the Canadian Centre for Activity and Aging
Telephone: (519) 661-1603 Email: ccaa@uwo.ca

c) Sage Advice & Gentle Exercises for Seniors

- Implemented by a number of agencies under the auspices of Community Care City of Kawartha Lakes
- A 10-week program designed to be led by peer volunteers and conducted with groups of seniors
- The program is structured around four main components: education, exercise, nutrition and social interaction
- A facilitator manual is available which provides:
  - Week-by-week instruction guide
  - Educational video information
  - Tip sheets and handouts
  - Information on exercise video
  - Program support

For more information or for Sages program tools, call 705-324-7323 or e-mail sages@community-care.on.ca

d) Seniors Maintaining Active Roles Together (SMART) Program

- Provided by Victorian Order of Nurses (VON)
- 12-week group exercise or home exercise programming and education for high-risk seniors in home, community or residential settings
- To assist those implementing this program, VON has developed the “Leading practices in the development of the VON Canada SMART Program Document” which can be accessed at http://www.von.ca/en/special_projects/docs/SMART_LeadingPractices.pdf

For more information, visit the VON website at http://www.von.ca/en/special_projects/senior_exercise.aspx
e) STAND UP!

- Initiated in Montreal, Quebec
- Provides a 12-week education and exercise program designed to improve balance among older adults
- Consists of three components: group exercises, exercises at home, and discussion sessions on fall prevention
- Can be offered in a community setting by group format
- Evidence shows that STAND UP! is effective in maintaining physical activity among older adults beyond the 12-week intervention

For more information, please contact: Ève Gauthier 514 273-3800, extension 8038

f) Stay on Your Feet

- Developed in Australia and piloted in three areas in Ontario with funding by the Ontario Neurotrauma Foundation (ONF)
- Targeted to community dwelling seniors
- Addresses many risk factors including: footwear, vision, physical activity, balance and gait, medication use, chronic conditions, and home and public environmental hazards.
- Multiple strategies were implemented including awareness raising, community education, policy development (with both state and local governments), home hazard reduction, media campaigns, and working with clinicians and other health professionals
- Resulted in a 22% reduction in self-reported falls and a 20% reduction in hospitalization rate

For more information, please contact Pat Cliche, Northern Injury Prevention Coordinator, (705) 472-8172.

g) SAIL (Strategies and Actions for Independent Living)

The SAIL program (http://www.health.gov.bc.ca/prevention/fallhome.html) is targeted toward community health workers and home health professionals who provide support to seniors living in the community. The main components of SAIL are:

- A fall prevention training program for community health workers and home health professionals
- A fall monitoring and reporting system
- Implementing a client centred and risk-assessment tool
- Protocols for identifying and addressing seniors who are at high risk for falling

For more information on SAIL please email fallprevention@gov.bv.ca.

h) Engaging Seniors – Better Practices for Falls Prevention Guide
The Engaging Seniors - Better Practices for Falls Prevention Guide brings together information and resources to help service providers make their fall prevention efforts and programs more successful among older adults they serve.

The chapters follow a series of evidence-based recommendations to better engage older people in activities to prevent falls by addressing the many barriers to acceptance and adoption of falls prevention advice. Information and resources are provided for each recommendation including:

- A checklist for self-assessment of your needs
- What you need to know: relevant evidence and literature
- What you can do: best practice approaches
- What you can say: tools and scripts
- References: further reading

For more information, visit www.hnhb.on.ca and check out Falls Prevention and then Resources for Health Professionals

i) Falls & Related Injuries among Older Canadians: Fall-related Hospitalizations & Prevention Initiatives

In 2010, the Public Health Agency of Canada contracted Vicky Scott, PhD, RN and her team, Lori Wagar MSc and Sarah Elliott BSc., to complete a scan of all fall and fall-related injury prevention Initiatives in Canada. The scan is available at the link below: http://www.hiphealth.ca/media/research_cemfia_phac_epi_and_inventor_20100610.pdf

As this scan is several years old, the contact information listed within may not all be up to date. However, many of the same persons and programs are still active as of the summer of 2013. The Ontario programs can be found on pages 142-169.

j) The Promoting Active Living (PAL) Best Practice Guidelines for Fall Prevention in Assisted Living is an evidence-based, practical tool designed to ensure our older populations continue to have the best possible quality of life, free of falls. The guidelines aim to aid staff and residents of Assisted Living in order to identify and reduce falls, as well as related risk factors.

To order a copy, please visit: http://www.crownpub.bc.ca/Product/Search?term=pal#/?statesave=true
C. RESOURCES FOR OLDER ADULTS

Select Available Guides and Toolkits Targeted to Older Adults

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<thead>
<tr>
<th>Title</th>
<th>Audience</th>
<th>Author, Year</th>
<th>Description</th>
<th>Access</th>
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<tr>
<td>A Guide to Programs and Services for Seniors in Ontario</td>
<td>Seniors</td>
<td>Ontario Seniors’ Secretariat 2010</td>
<td>A resource for seniors that provides information on the many programs and services that are available to them. Falls prevention programs are listed under section 5, “Emergency Services and Public Safety.”</td>
<td>Go to: <a href="http://www.homecareontario.ca/docs/seniors_guide_final_english_web.pdf">http://www.homecareontario.ca/docs/seniors_guide_final_english_web.pdf</a></td>
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<tr>
<td>Smart Moves Toolkit</td>
<td>Seniors and Caregivers</td>
<td>SMARTRISK, 2005</td>
<td>This toolkit provides information to seniors on how to prevent falls. It is a large-type booklet divided into four main categories: bone health, exercise, medication management and home modifications. Seniors who have received this toolkit have reported increase in uptake supplements for bone health, increase in exercise and lower use of painkillers.</td>
<td>Go to: <a href="http://www.oninjuryresources.ca/publications/topic/C7">http://www.oninjuryresources.ca/publications/topic/C7</a></td>
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On behalf of the Ontario Falls Prevention Community of Practice, we hope that this inventory is helpful to you. The Ontario Falls Prevention Community of Practice would like to acknowledge the support of the Seniors Health Knowledge Network (SHKN) as well as the Ontario Neurotrauma Foundation and their respective funder, the Ministry of Health and Long Term Care.

The Ontario Falls Prevention Community of Practice would also like to acknowledge the Ontario Injury Prevention Resource Centre (OIPRC) for editing the final version of this document.

For further information or to send feedback, please email Marguerite Thomas: marguerite@thomas.name