

Finding Balance is an education program and public awareness campaign designed to educate and empower older Albertans to stay independent and prevent falls.

The falls prevention program and campaign is developed and led by the Injury Prevention Centre at the University of Alberta, in partnership with seniors groups, health care organizations and practitioners from across Alberta.

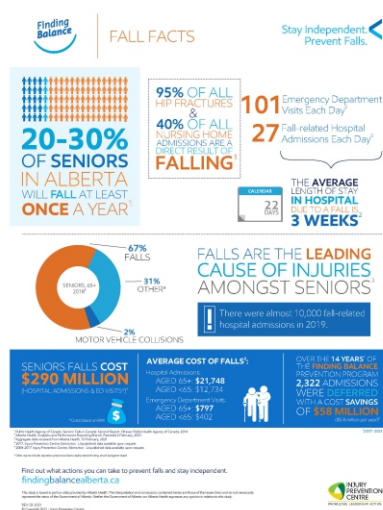
## Finding Balance Resources - Recently Updated

Everyday Exercises for Older Adults to Do at Home (Poster)

Available to [order](#) or [download](#)

Fall Facts (Infographic)

Available for [download](#)



## We want to hear from you!

### *Keeping Well This Winter* booklet

Thank you for ordering the *Keeping Well this Winter* booklet. So far we have sent out **2,600** copies of the new resource in just over 2 weeks!

We know it's early but, now that you have received the booklet, let us know how you intend to share the resource (i.e. at the lodge, immunization clinic, mail to clients, caregivers of patients, etc.). Is there anything missing? Which section did you find had the most impact?

Please forward your feedback to [info@findingbalancealberta.ca](mailto:info@findingbalancealberta.ca)

We will be sending you a follow-up survey in early April to help us evaluate the impact of this *Keeping Well this Winter* booklet.

For us to continue to develop resources and provide them to Albertans it is essential that we have evidence that these resources are being used by older adults.

Please feel free to connect with us should you have any questions.



## Poison Prevention Week

For National Poison Prevention Week, **March 21-27, 2021**, the Injury Prevention Centre, the Poison and Drug Information Service (PADIS), Alberta Health Services, and community partners from across Alberta are sharing messages encouraging Albertans to take action to prevent poisonings from disinfectants, hand sanitizers and household cleaners.

As Albertans take steps to protect their families and communities from COVID-19, they have increased their use of disinfectants, bleach, other household cleaners, and hand sanitizers. While these products are essential for cleaning and preventing the spread of the virus, when used incorrectly, they can cause unintentional poisoning and serious injuries.

When comparing the same two time periods in 2019 and 2020, the Poison and Drug Information Service (PADIS) reported:

- » A 73% increase in calls concerning exposures to disinfectants, hand sanitizers, and bleaches. All age groups experienced an increase, but older adults 60+ years of age had an 89% increase.
- » Of calls due to disinfectants, hand sanitizers and bleaches, calls due to hand sanitizers increased 200%. All age groups experienced an increase, but older adults 60+ years of age had a 517% increase.

Help share information about safe storage and handling of these products with your community.

Visit the [IPC website](#) and the [Finding Balance website](#) for resources to download and share including a campaign backgrounder, posters, social media, a poison prevention checklist, and video.

During Poison Prevention Week follow IPC on [Twitter](#) and [Facebook](#). Share what actions you are taking to prevent poisoning and be entered into our draw for a gift card.

## Finding Balance Falls Prevention Events, 2021

### Seniors' Week Webinar

#### SAVE THE DATE:

Thursday, June 10, 2021 from 10:00 – 11:00 am

**Presenter:** Dr. Jason Pearce, Optometrist

**Presentation Title:** *Working Together:*

*Supporting older adults eye health and overall health. It's all connected!*

Learn how an optometrist uses an eye exam to look at the tissues and structures inside the eye to catch early signs of eye disease and to also look for early signs of serious medical conditions. Whether it's a new or pre-existing condition an optometrist can help with patient management. You'll also learn the significant role vision plays in falls prevention, one of the leading causes of seniors' hospital visits, and what you can do to help reduce the incidences. There are many considerations that impact senior vision and eye health. Optometrists are there to help.

Registration information will be available shortly - please visit the [Finding Balance website](https://findingbalancealberta.ca).

### Practitioners' Day 2021

#### SAVE THE DATE:

October 21, 2021 from 9:00am – 11:00am

This will be a Virtual Online Event.

Details will be available on the [Finding Balance website](https://findingbalancealberta.ca) and announced on social media.

## Finding Balance Falls Prevention Month

### November 1-30, 2021

Watch for more information and coming details to be announced in the May edition of the Finding Balance e-Newsletter, and on the 2021 campaign section of the [Finding Balance website](https://findingbalancealberta.ca).

Please share your Falls Prevention Month activities and events with us by emailing [info@findingbalancealberta.ca](mailto:info@findingbalancealberta.ca).



## Movement & Exercise Resources

### Make Movement Your Mission

Where can you find *Make Movement your Mission*? You can find us on [Facebook](#), where for the last 10 weeks we have delivered 3 daily movement 'snacks' lasting 10-15 minutes. You can also find us on [YouTube](#) where we record the live movement snacks and post them.

### Tips for caregivers to help seniors stay active during the COVID-19 pandemic and beyond



While spending more time at home, seniors may develop a routine with less daily physical activity. Here's how caregivers can support seniors to stay active and help them prevent falls. [Download](#) this resource from Parachute.

### Exercise & Brain Health in Older Adults

This [article in the New York Times](#) explains how older adults who took aerobic dance classes twice a week showed improvements in brain areas critical for memory and thinking.

## Resources for Practitioners

### Social Isolation and Older Adults

Social isolation and psychological distress among older adults related to COVID-19: A narrative review of remotely-delivered interventions and recommendation.

[Read more >](#)

### Mental Health and Wellness

Understanding the Impact of COVID-19: Staying Connected. Being Resilient. Getting Support.

[Read more >](#)

### Older Adults and Suicide

People 65 years and older have a high risk of suicide. As the baby boomers approach the plus 65 age range, we may see an increase in suicide in years to come.

[Read more >](#)

### Successful Aging: what it means for older adults

Successful aging has become an important concept to describe the quality of aging. Despite a growing literature on this topic, there is no standard definition of successful aging. It is increasingly seen from a holistic point of view. It may refer to the capacity to maintain good physical health, while also referring to the social and psychological adaptation processes in later life. In this [blog post](#), we explore how some older adults have defined successful aging.

## Active Aging Canada

### CIHR - Institute of Aging, Older Adult Advisory Council Application

Join their new Older Adult Advisory Council The Institute of Aging (IA) wants to hear from you! They are launching an Older Adult Advisory Council to guide and inform them on matters related to the well-being and quality of life of older adults, including the opportunities and challenges arising from a rapidly growing and increasingly diverse aging population. They are looking for older adults, aged 60 years and older, and caregivers to someone over the age of 60 from all regions across Canada and from diverse backgrounds, perspectives, and life experiences, to contribute for a period of two years to IA research priorities. The Council will meet virtually two to three times per year, with possible additional online conversations throughout the year.

**Apply by March 31, 2021** to join our Council.

The Older Adult Advisory Council has two goals, which are to:

- » Integrate the lived experience perspective and voice of older adults, and those who care for them, into the IA research priorities.
- » Improve and maintain the quality of life for older adults through engagement and insight gained from the lived experience of older adults and caregivers of older adults, to inform the Institute of Aging's research priorities.

Please complete and [submit your application](#) by March 31, 2021, 11:59 p.m. EST

If you have any questions or concerns, please reach out to the CIHR Institute of Aging team at: [ia-iv@cihr-irsc.ca](mailto:ia-iv@cihr-irsc.ca)



## Support for Albertans

The **Rehabilitation Advice Line** (1-833-379-0563) is a telephone service which provides free rehabilitation advice and general health information for Albertans over 18 years of age. The service provides information on:

- » Activities and exercises that help with physical concerns
- » Strategies to manage the day-to-day activities affected by these concerns
- » Rehabilitation services that are open for in-person and/or virtual visits
- » Community-based organizations

For concerns unrelated to rehabilitation, please call:

- » Your physician, pharmacist about medication questions
- » 811 or physician about significant pain, or regarding worsening symptoms.

## Social Media

### Share your events and stories!

Start or join a conversation about falls prevention:

**Facebook:**

@FindingBalanceAlberta

**Twitter:**

@StopFalls #PreventFalls2021 #BeActive #BuildStrength

*Finding Balance is a falls prevention program that provides seniors and practitioners with the latest information and resources to help seniors live an active and independent lifestyle. The program uses real life strategies that older adults can use to lower their risk of a fall. Finding Balance is developed and promoted by the Injury Prevention Centre at the University of Alberta.*



[facebook.com/findingbalancealberta](https://facebook.com/findingbalancealberta)

[twitter.com/stopfalls](https://twitter.com/stopfalls)

Stay Independent.  
Prevent Falls.