



Finding Balance is an education program and awareness campaign designed to educate, empower older Albertans to stay independent and prevent falls. The falls prevention program and campaign is developed and led by the Injury Prevention Centre, School of Public Health, University of Alberta, in partnership with seniors groups, community & health care organizations and practitioners from across Alberta.

Get your free copy of the Keeping Well for Older Adults Booklet

Please share with your friends, family and networks.

Keeping Well is a booklet designed to help older Albertans stay well, keep active and stay connected to lower their risk of falling.

It contains a range of useful information for seniors from physical activity and exercise tips to advice on fall prevention, healthy eating, medication use, vision care, mental health and avoiding fraud and scams.

The free resource is available to download as a PDF document at findingbalancealberta.ca, and printed booklets can be ordered online or by phoning 780-492-6019 or by emailing info@findingbalancealberta.ca.



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Practitioners' Day 2022

Join us on October 25, 2022 from 9:00 - 11:00 AM MT for Practitioners' Day 2022. Professor Dawn Skelton, Professor of Ageing and Health, Ageing Well Research Group, Research Centre for Health (ReaCH) will be presenting the following topics:

Session 1: Preventing falls: should we start young? Is it ever too late?

Dawn will explore the evidence behind mid-life prevention of falls and the growing body of evidence in true prevention rather than management of falls. She will also cover some of her recent research looking at prevention of frailty and the link between inactive lifestyles, social engagement, loneliness and functional decline. Controversially she will also explore whether it is ever too late to instigate falls prevention?

Movement Break: Lesley McEwan from Physical Culture Association of Alberta, will be leading a 'FUNctional FIT Break' between sessions.

Session 2: Make Movement Your Mission: 2.5 years later.

Concern about lack of physical activity and loneliness amongst older people with medical conditions during quarantine and isolation in the first long lockdown of the Covid-19 pandemic, led Later Life Training to set up MMYM live on Facebook 3 times a day 7 days a week, 10-15 minute movement snacks to keep people active and engaged. 2 years later and following a published evaluation on the benefits to physical function, physical activity, social connectedness and physical literacy, Dawn will talk about how movement, simply explained and regularly practiced, still benefits a wide range of people and outcomes.

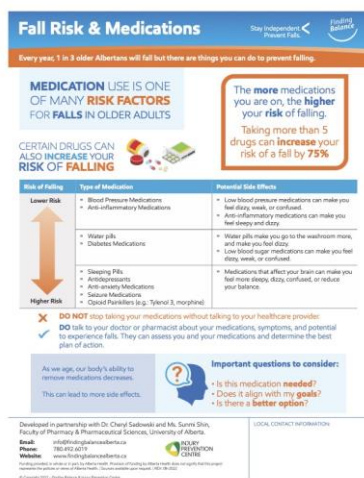
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Finding Balance Program & Campaign Update

1. Finding Balance Individual Information Sheets

- Medications & Alcohol
- Vision & Eye Health
- Getting Up From A Fall
- Avoiding Fraud & Scams
- Ideal Shoe
- Fall Risk & Medications



2. Finding Balance Falls Prevention Webinars

October through November 2022.

Check the [Finding Balance website](#) and social media for topics, speakers, and dates.

3. 2022 Falls Prevention Month Events

Stay tuned on social media and [our website](#) for details.

Upcoming Webinars

Finding Balance PowerPoint for Falls Prevention Community Presentations

Join us on October 20, 2022 from 10:00 - 11:00 am to learn more about the *Finding Balance* program and campaign. Our goal is to provide older adults and practitioners with the latest information and resources to help reduce the risk of falling and empower older adults to live an active and independent lifestyle. During the session we will share the NEW *Finding Balance* Falls Prevention PowerPoint, Information Sheets and other resources to support education and increase knowledge to prevent falls.

[REGISTER NOW](#)

Snow Moles on Patrol: Age-Friendly Volunteers Root Out Winter Walking Problems

Join us as we host a webinar presented by the Council on Aging of Ottawa's Pedestrian Safety and Walkability Sub-Committee on November 15, 2022 at 10:00 - 11:00 AM MT to:

- Learn about the history and evolution of the Snow Mole campaign to report on safe winter walking conditions in Ottawa.
- Find out how you can engage and mobilize your community to promote safe winter walking.
- Identify and recruit community champions, including key city councillors and staff.

[REGISTER NOW](#)

Programs and Events around the Province

1. Walk with the Mayors

Kick-off Alberta's Falls Prevention Month

WALK WITH THE MAYORS

with Central Alberta Mayors and Central Alberta Falls Prevention Coalition



2. An **Upstream Approach to Falls Prevention** is an online learning module which was developed with public health professionals in mind but is also relevant for health practitioners as well as others who work in the community and have an opportunity to impact the lives of Albertans as they age. The purpose of the module is to understand the importance of older adult falls prevention and be aware of upstream actions and strategies that can be used to address falls. The module introduces facts about falls, risk factors for falls, and provides a comprehensive health promotion framework to address falls in older adults and the broader population. To access the 30-minute module, click here: [An Upstream Approach to Falls Prevention](#) – Alberta Health Services.

Certificates are given upon course completion.



3. Purposeful Movement for Older Adults Course

The Purposeful Movement for Older Adults program has been developed to address a significant gap in the industry of Physical Activity Programs for older adults residing in Alberta communities. As the demographics of Alberta shift toward an aging majority, the demand for exercise/physical activity programs specifically designed for the older adult is continually increasing. Movement for Older Adults is an 8 hour Certification of Completion Course. All participants receive a Certificate of Completion and a Certificate of Recognition for their workplace. It is recognized by Alberta Senior Citizens Housing Association (ASCHA) and provides 8 Fitness Alberta (AFLCA) Continuing Education Credits.

Upcoming Sessions:

Edmonton - October 27, 2022
Parkallen Community Centre

Red Deer – November 29, 2022
Red Deer Collicut Centre

Calgary – December 9, 2022
Silvera

To register or to host a Purposeful Movement for Older Adults course contact:

[Physical Culture](#)
physicalculturealberta@gmail.com
(780) 886-8281

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Hot Topics

This new study looked at barriers to discussing physical activity hits on really good reflections such as personal behaviors, thoughts of patient readiness to hear advice, main complaint they are coming to rehab for and so many more.

[Read more >>](#)

Live Longer, Live Healthier

The United Nations has declared this to be the decade of healthy ageing, shifting its approach from not only treating and preventing disease, but also to focusing on a range of contributing factors to health and wellbeing.

[Read more >>](#)

New report provides insights on injury-related ER visits for people experiencing homelessness. Detailed data will help community organizations in Alberta develop effective injury prevention programs.

[Read more >>](#)

6 Unexpected Health Benefits of Walking

Walk your way to better sleep, strength, mood, and more incredible benefits.

[Read more >>](#)

Community Supports / Programs for Older Adults

Prescription to Get Active – RxTGA

Helping to get Canadians more active starts with more healthcare professionals encouraging their patients to get moving and prescribing activity. People are more likely to start down the road to lifestyle change with a prescription from a trusted healthcare professional. Get tips on staying active. #ConnectedCanadians is now offering FREE monthly chair mobility fitness classes to help keep seniors active! Support to use the technology is available if needed.

[Learn more >>](#)

The Rehabilitation Advice Line

1-833-379-0563 is a telephone service that provides free rehabilitation advice and general health information for Albertans over 18 years of age.

Alberta Health Services Patient Feedback Line

Clients who feel they are waiting too long for services, please follow up with the Alberta Health Services patient feedback line at 1-855-550-2555.



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Journal Articles

The Importance of Resistance Exercise Training to Combat Neuromuscular Aging – Physiology
<https://journals.physiology.org/doi/full/10.1152/physiol.00044.2018>

'A Lot of People Just Go for Walks, and Don't Do Anything Else': Older Adults in the UK Are Not Aware of the Strength Component Embedded in the Chief Medical Officers' Physical Activity Guidelines-A Qualitative Study – PubMed
<https://pubmed.ncbi.nlm.nih.gov/36011634/>

A seniors exercise park program for older adults with mild balance dysfunction – a feasibility study: Disability and Rehabilitation
<https://www.tandfonline.com/doi/full/10.1080/09638288.2022.2112984>

Urinary Incontinence in Older Women: A Syndrome-Based Approach to Addressing Late Life Heterogeneity
<https://pubmed.ncbi.nlm.nih.gov/34416944/>

Physical activity and cardiovascular health in depression: Links between changes in physical activity and cardiovascular risk.
<https://www.sciencedirect.com/science/article/abs/pii/S0163834322000858>

A Better Way To Walk: Nordic Walking Improves Quality of Life, Depression, and Functional Capacity
<https://scitechdaily.com/a-better-way-to-walk-nordic-walking-improves-quality-of-life-depression-and-functional-capacity/>

International Exercise Recommendations in Older Adults (ICFSR): Expert Consensus Guidelines
<https://link.springer.com/article/10.1007/s12603-021-1665-8>

Even simple exercise may help aging brain, study hints
<https://apnews.com/article/covid-science-health-exercise-8de5707d3b45642ed1dabe9cfc2a6511>

The 'miracle cure': how do primary care physicians prescribe physical activity with the aim of improving clinical outcomes of chronic disease? A scoping review
<https://bmjopensem.bmj.com/content/8/3/e001373>

Volume Reduction: Which Dose is Sufficient to Retain Resistance Training Adaptations in Older Women?
<https://pubmed.ncbi.nlm.nih.gov/34256389/>

Older Adults' Experience With Fall Prevention Recommendations Derived From the STEADI
<https://journals.sagepub.com/doi/abs/10.1177/1524839919861967>



A Systematic Review and Meta-Analysis of Resistance Training on Quality of Life, Depression, Muscle Strength, and Functional Exercise Capacity in Older Adults Aged 60 Years or More - PubMed
<https://pubmed.ncbi.nlm.nih.gov/35968662/>

Exercise as an Aging Mimetic: A New Perspective on the Mechanisms Behind Exercise as Preventive Medicine Against Age-Related Chronic Disease
<https://www.frontiersin.org/articles/10.3389/fphys.2022.866792/full>

Resources for Practitioners'

What is the "right" way to be active? Trick question - all movement counts towards the @CDCgov recommended 150 minutes of weekly physical activity!

Dancing is a great way to keep moving and have fun - check out this graphic from our partners at @ACSMNews for inspiration.

The resource for practitioners provides information on safe physical activity participation for older adults, exercise clearance, and tips for counselling older adults on becoming more physically active.

[@ActiveAgingCda](#)

Finding Balance Videos

Visit the IPC YouTube channel for our collection of Finding Balance videos:

- [Falls and Medication](#)
- [Falls and Vision](#)
- [How to Get Up From the Floor](#)
- [Be Active \(fall & winter\)](#)
- [Everyday Exercises for Older Adults](#)

We would like to acknowledge our *Finding Balance* 2022 sponsors and supporters:

Alberta Blue Cross
Alberta Health Services
Burke Media: Simply Redefined
Pioneer Press Ltd
Alberta Association of Optometrists
Alberta Therapeutic Recreation Association
SHAPE
College of Licensed Practical Nurses of Alberta
Physical Culture Association Alberta
University of Alberta

Social Media

Share your events and stories!

Start or join a conversation about falls prevention:

Facebook:

[@FindingBalanceAlberta](#)

Twitter:

[@StopFalls](#) [#PreventFalls2021](#) [#BeActive](#)
[#BuildStrength](#)



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