

## Finding Balance Falls Prevention Campaign, 2022 - Recap

### Practitioners' Day

- » Practitioners Day - **220** practitioners attended the event
- » Survey Results: 52% completed survey
  - » 97% satisfied or very satisfied
  - » 96% agree the content provided increased knowledge

### Educational Webinars Hosted or Supported by Finding Balance

- » Finding Balance Tools for Presentations Webinar
- » 257 registered, **152** attended
- » Snow Moles
- » 27 registered, **18** attended
- » College of Licensed Practical Nurses Association (CLPNA)
- » Falls : **460** attendees, webinar archived on the CLPNA site.
- » Vision: **384** attendees, webinar archived on the CLPNA site.
- » Prescription To Get Active - **236** registered, **139** attended
- » Community Presentations - 19 with support from AHS Edmonton

Total number of Finding Balance resources distributed (from April 1, 2022 - January 30, 2023): **33,604**

### Keeping Well Booklet Distribution (from April 1, 2022 - January, 30 2023)

- » **12,587** copies of the Keeping Well Booklet have been distributed in 2022 for a total of **27,587 since 2021**.
- » **274 requests** (216 online and 58 by phone and email) for the Keeping Well Booklet
- » **479** copies of the Keeping Well booklet have been downloaded since April 2022
- » **274 orders** - 216 online +58 by phone/email
- » **258 total different locations across Alberta** received the booklet
- » Over **58 orders were placed by AHS**, 40 older adults, other orders by Alzheimer's Societies, pharmacies from across the province, FCSS locations across Alberta , Senior Centres, Family & Community Support Services, Primary Care, Senior Lodges/Facilities and Libraries.

### New 2022 Keeping Well Booklet Information Sheet downloads:

Individual information sheets from the Keeping Well Booklet were created in response to feedback. This also allows the information to be shared after the booklets are no longer available.



## Band Exercises for Older Adults Booklet -

reviewed and updated in 2022

- » **150** Resistant Bands from Alberta Blue Cross were shared with older adults across Alberta in November during Falls Prevention Month 2022
- » **156 copies** of the Band Exercise Booklet for Older Adults downloaded (399 from January 1 2021 to Jan 30 2023)
- » **8,774** copies of the Band Exercise Booklet for Older Adults distributed since the launch of the Keeping Well booklet in September 2021
- » **16,087** total copies of the Band Exercise Booklet for Older Adults have been distributed since the resource was launched in 2019.
- » **Survey results: highlights**
  - » *The booklet was easy to use.*  
95 % Strongly Agree or Agree with this statement.
  - » *The content was appropriate.*  
91% Strongly Agree or Agree with this statement.
  - » *Would you use this booklet again?* 91% answered Yes.
  - » *Would you recommend this booklet to your colleagues?*  
95% answered Yes.

## Upcoming Webinars and Programs for Practitioners:

### The Role of Physiotherapists in Optimizing Health of Older Adults - Spotlight on Falls Prevention

June 6, 2023 9:00-10:00 am (MDT)

Join Laura Kean from Edmonton Neurophysio for a deep dive into the changes that occur with aging and why getting to know your local physiotherapist can help keep you upright and moving with confidence for life.

[Register now »](#)

### Educational opportunity - Purposeful Movement for Older Adults

This course is recognized by Alberta Senior Citizens Housing Association (ASCHA) and provides 8 Fitness Alberta (AFLCA) Continuing Education Credits. To register or to host a Purposeful Movement for Older Adults course contact:

Physical Culture

[physicalculturealberta@gmail.com](mailto:physicalculturealberta@gmail.com)

(780) 886-8281

## Programs for Older Adults:

**Rec@Home:** <https://thebsf.ca/recathome>

Those interested can also sign up with Sarah

directly via email at: [sarah.allen@theBSF.ca](mailto:sarah.allen@theBSF.ca)

Here is the link to the "Rec@Home" promotional video that has been posted to YouTube:

<https://www.youtube.com/watch?v=IL35fXK4JTY>

This program is offered by the Brenda Strafford Foundation, and supported by Unison at Kerby, in Calgary.

### ParticipACTION:

Aging is an inevitable part of life, but following the Canadian 24-Hour Movement Guidelines can help you stay strong, mentally fit and independent.

<https://www.participaction.com/the-science/benefits-and-guidelines/adults-65-plus/>

Does your organization or community have a program dedicated to seniors' wellness?

Share your community program with us and we will promote it!

## Educational Opportunities for Practitioners

### Best Practices for Developing an Inpatient Program to Prevent Older Adult Falls after Discharge

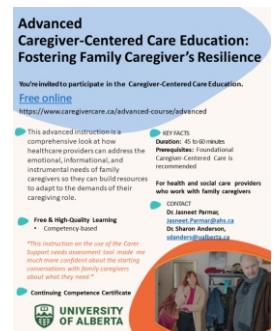
Are you and your colleagues certified in fall prevention? This internationally acclaimed five-week facilitated course equips multidisciplinary health care teams with the knowledge and skills to design, implement, and evaluate fall-prevention programs in their workplace or practice setting. Those who complete the course are awarded a Professional Development Certificate from the University of Victoria which may be submitted to professional bodies for continuing education credits.

[Apply here »](#)

### Advanced Caregiver Centered Care Education

Earn your certificate in Advanced Caregiver Centered Care. The advanced level education is designed for healthcare providers who have significant direct contact with or responsibility for family caregivers.

This course covers the 6 Competency Domains in the Caregiver Centered Care Competency Framework in the depth and breadth needed to provide person-centered support to family caregivers at all stages of the care trajectory.



[Apply here »](#)

## Hot Topics in Falls and Falls Prevention:

### GCU Professor behind new World Falls Guidelines

Meet Glasgow Caledonian University (GCU) Professor in Ageing and Health, Dawn Skelton. She was part of an international expert group behind the landmark publication of the World Guidelines for Falls Prevention.

### Leveling up Balance with Reactive Stepping?

If you have taken [Modern Management for the Older Adult](#) or heard our podcasts, you know how we feel about balance training. It is often boring and underdosed and we leave so much on the table that we could use to get our older adults better. Annoushka, a part of our MMOA team, posted [this INCREDIBLE reel](#) of one of her older adults with neurological issues doing reactive stepping using a towel and a body-weight supported frame. Cool fact? It has almost 5 MILLION Views!

### Interview with Stephen Kinney: Teaching falls across the spectrum.

Often when we think about falls preparedness, we think about getting a person back off the ground after having a fall. But what if that was only PART of the story? Check out this [interview with Stephen Kinney](#) who is starting to research teaching older adults HOW to fall.

### Sedentarism & Chronic Disease

As communities continue to try to get people as fit as possible the reality is that for many of our folks just simply breaking up their sedentarism is a huge victory that we need to acknowledge. [This open access paper](#) really drives home the benefit of simply moving. Very pertinent for the folks in more acute settings where sedentarism is rampant.

### NEW RESOURCE! How to fall workshop for your community!

The MMOA team is at it again! This time with a "How to Fall" Workshop that you can take and disseminate to your community. We know that you are a busy clinician who WANTS to do community outreach but sometimes doesn't have the time to put it together. We take the guesswork out. Watch the lecture, take the slides, slap your logo on it and get after it! You can grab it [here](#).

### How to fall Seniors class in Practice

Sometimes when we teach how to fall in MMOA Live, people think ... there's no way! But it's happening more and more because of research coming out in this area. One of our amazing community members saw our new resource, sent it to her dad who showed us this WONDERFUL video of a fall preparedness seniors class. Go check it out!

### New systematic review on the Otago program

There are a variety of different group-based programs that have been created to tackle falls prevention. The Otago program is well-researched and one commonly seen in nursing home settings. This systematic review demonstrated that the Otago program improved physical function, frailty, and health status in older nursing home residents and provided some reference value for reducing the fear of falling and preventing the frequency of falls ( $\geq 4$  times). [Check out the link here](#).

### Researchers to map health effects of climate change across Alberta.

Seniors, children and refugees are at higher risk of chronic illness linked to extreme weather and air pollution.

[Read more »](#)



Stay Independent.  
Prevent Falls.

### **When are negative labels helpful and when do they just promote ageism?**

No one gets the warm and fuzzies being called frail. It often brings up thoughts of decline and permanent losses in function. Sometimes it also can reduce the quality of care because people think there is less capacity to return to higher levels of function. So when is it helpful and when is it not? [This narrative review](#) did a nice job of talking through the ethics of this conversation.

### **How Medicine Shoppe pharmacists can support their patients' mental health | National Post**

Like many pharmacist owners at more than 230 locations of The Medicine Shoppe across Canada, Jodi Cunningham believes that the ability to provide patient-centered care is her highest calling as a professional.

[Read more »](#)

### **More than 6 drinks a week puts your health at risk: New Canada's Guidance on Alcohol and Health | Canadian Centre on Substance Use and Addiction**

According to the new Canada's Guidance on Alcohol and Health, 3–6 standard drinks a week represents a moderate risk to your health. After that, the more you drink, the more you increase your risk of seven types of cancer, most types of cardiovascular diseases, liver disease and violence.

[Read more »](#)

## Journal Articles & Research

### **Pumping Iron Improves Longevity in Older Adults**

[Read more »](#)

### **Study uncovers a surprising temporal relationship between cognitive function and physical activity**

[Read more »](#)

### **Adapting your home to age in place**

[Read more »](#)

### **Foot health: A ground-up approach to preventing falls**

[Read more »](#)

### **Strength training: How to build muscle after 60 and beyond**

[Read more »](#)

### **Impact of Aging on Empathy: Review of Psychological and Neural Mechanism**

[Read more »](#)

### **New Research Indicates That Weak Muscles May Speed Up Aging**

[Read more »](#)

## Journal Articles & Research

### Age-Related Muscle Loss: How Not to Let Muscle Mass Go to Waste

[Read more »](#)

### Determinants of healthy ageing: a systematic review of contemporary literature

[Read more »](#)

### Physical Activity for Older Adults

[Read more »](#)

## Resources about Physical Activity and Dementia

The DICE team is a collaboration of researchers, exercise providers, health care providers, dementia service providers, and people with lived experience regarding dementia (people living with dementia and family care partners).

[Read more »](#)

Rural Seniors Benefit From Pandemic-Driven Remote Fitness Boom. Since April 2020, the National Council on Aging has organized monthly conference calls for service providers to discuss how to improve virtual programs or begin offering them.

[Read more »](#)

**We'd like to acknowledge our *Finding Balance 2022* sponsors and supporters.**

**Thank you!**



To order resources, please visit the [findingbalancealberta.ca](https://findingbalancealberta.ca) or go directly to the resource [order form](#).

For more information, please call 780-492-6019 or email [info@findingbalancealberta.ca](mailto:info@findingbalancealberta.ca)

## Social Media

### Share your events and stories!

Start or join a conversation about falls prevention:

**Facebook:**

@FindingBalanceAlberta

**Twitter:**

@StopFalls #PreventFalls2021 #BeActive

#BuildStrength



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



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



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[findingbalancealberta.ca](https://findingbalancealberta.ca)

*Finding Balance* is a seniors' falls prevention initiative developed by the Injury Prevention Centre at the University of Alberta.