



RESOURCE GUIDE ON FALLS PREVENTION - FOR CLIENTS AND FAMILY CAREGIVERS



THE CHANGE
FOUNDATION



Canadian Foundation for
**Healthcare
Improvement**

Fondation canadienne pour
**l'amélioration des
services de santé**



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INTRODUCTION

Falls are an important safety issues for seniors. Injuries from falls are one of the most common adverse events in home care, and are often associated with hospital admission, increased odds of a Long-Term Care (LTC) placement and increased odds of death.¹⁻⁶ A scan of Canadian grey literature shows that much work and many resources have been undertaken and created across Canada; however, there is a lack of infrastructure to enable sharing and uptake of these resources, and no nationally administered strategy for fall reduction in home care. The resources included in this toolkit, drawn from national, provincial and regional sources, are an attempt to fill this gap.

This “toolkit” is the result of the previously mentioned scan of the grey literature. While it was not feasible to undertake a true critical appraisal of these resources, materials were assessed using the following criteria from the Medical Library Association for evaluating health information from the web.⁷

- 1 **Sponsorship.** The website sponsor is clearly labeled, a recognized organization and known for producing dependable information.
- 2 **Currency.** In most instances, materials reviewed are less than 5 years old. In rare cases, seminal works or population specific information are included if it they are the most current information that could be found. Tools should have a clear publication/revision date.
- 3 **Clearly Written.** Information presented is based on current research or best practices, based on identified primary sources and presented in a clear manner. For client and family resources, the term “clearly written” is used as they rarely contain references to primary sources. For health care provider and administrator resources, the term “evidence-based’ is used.
- 4 **Audience.** The target audience for the material included is either clearly stated or presented in a way that makes it very clear to the user.

Toolkits that have been included here are marked with an *. Toolkits could be assessed on a general basis only as in some cases there were too many resources to feasibly assess each individually. In other cases, it was hard to separate one resource from it’s companion pieces and individual assessment would not have been useful or practical.

Resources and toolkits marked with a \$ contain material that would be appropriate for unregulated workers, either for their own knowledge or to share with clients and families. Organizations may wish to adapt some of these resources for continuing education purposes for their staff.

The clinical practice guidelines included in this toolkit were measured against the above criteria **in addition to** the following:

- 5 **Demonstration of rigour in the development process.** The guideline is evidence based. It is built upon a systematic review of the literature and the recommendations are grounded in supporting evidence.
- 6 **Multidisciplinary stakeholder involvement.** The guideline shows evidence of multidisciplinary stakeholders' involvement in the development process.
- 7 **National interest.** The guideline has national applicability and appeal.
- 8 **Freely available on web.** There is no cost for the included guidelines.

It should be recognized that the assessment of these materials should not be confused with a grading system. For example, being outdated does not necessarily mean that a resource is ineffective. Likewise, being current or evidence-based, does not necessarily mean that the materials are effective. The purpose of the assessment criteria is to make users of this toolkit aware of the strengths and limitations of the various resources.

This toolkit is organized by themes that emerged in the **Safety at Home Study**¹⁻⁶ and by various audiences; however it should be noted that categories are not mutually exclusive. For example, in some cases, clients may find information targeting health care providers useful, while some of the material identified for clients may be useful for care providers, especially home support workers/PSWs. Additionally some of the material for healthcare providers is actually designed to be used and shared with clients for education purposes. Context and purpose must be taken into account.

Some of the included material is copyrighted and requires permission from the developing organization before reproducing. Users of this toolkit should check the copyright information or the web sites of the sponsoring organization.

This resource guide contains fall prevention information that is more specific to clients and their families. Depending on the situation, home care providers (including home support workers or PSWs) in some cases could direct clients to appropriate resources, or home care agencies could compile a selection of resources to provide to clients and families in specific situations. Alternately, agencies may find some resources easily adaptable for teaching purposes.

FALL PREVENTION EDUCATION - ACTIVITY AND EXERCISE

The **Safety at Home Study**¹⁻⁶ found that a fall resulting in injury was the most frequent adverse event among Canadian home care clients. In fact, according to the Alberta Center for Injury Control and Research (2013)⁸, 1 in 3 older adults will fall and 40% of people in long term care are there because they have suffered a serious fall. The consequences of a fall can be serious and costly.

Activity and exercise that improves older adult's balance and strength can help lower risk of falling. For a number of reasons as adults age they can become less active – especially if they have experienced a fall already. The importance of staying strong – especially after a fall, is an important point for older adults and their families to understand. The following resources may help the older adult incorporate healthy activity into his/her daily routine.

Alberta Center for Active Living

This is a booklet which encourages older adults in rural areas to stay active and provides ideas for incorporating activity and exercise into daily life. Staying strong and active has a beneficial effect on health – including reducing the risk of falls.

Rural Route to Active Aging - acal.infoharvest.ca

	MET	UNMET	UNKNOWN
Currency	2010		
Clearly written	x		
Audience: A guide for people in rural areas who want to stay active as they age			
Sponsor: Government of Alberta; Alberta Sport, Recreation Parks & Wildlife Foundation; University of Alberta; Government of Canada			

Canadian Society for Exercise Physiology

The Canadian Society for Exercise Physiology has developed a one page overview of Canadian Physical Activity Guidelines for older or frail adults.

Adults 65 and Older – www.csep.ca

	MET	UNMET	UNKNOWN
Currency	2011		
Clearly written	x		
Audience: Adults over 65 or frail seniors and their families, health care providers			
Sponsor: CSEP, Participaction			

The next 2 resources are brief handouts on staying active and exercise that may be appropriate for older adults with excellent English literacy and motivation to stay active.

Public Health Agency of Canada

Tips to get active – www.phac-aspc.gc.ca

	MET	UNMET	UNKNOWN
Currency	2011		x
Clearly written	x		
Audience: Seniors			
Sponsor: Government of Canada			

Government of British Columbia & British Columbia Medical Association

Home Exercise Program Handout - www.gpsc.bc.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Seniors			
Sponsor: Government of British Columbia; General Practice Services Committee; British Columbia Medical Association; BC Injury Research & Prevention Unit; Center of Excellence on Mobility, Fall Prevention and Injury in Aging			

Windsor Essex Community Health Center

This is a comprehensive handout with very clear instructions and graphics on how to perform strengthening exercises at home. A unique feature of this resource is the companion You Tube videos which could reinforce the written instructions.

Exercises at the Kitchen Sink - www.wehealthunit.org
or on YouTube www.youtube.com/watch?v=xO0gxu03WCs (part 1) and
www.youtube.com/watch?v=N4okjAxDvnU (part 2)

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Seniors			
Sponsor: Erie St Clair Local Health Integration Network; Windsor Essex Community Health Unit; Windsor Essex County Health Unit			

Government of Manitoba

This is a short easy to follow brochure with some photos to complement the instructions.

Improve your Balance and Strength^S - www.wrha.mb.ca

	MET	UNMET	UNKNOWN
Currency	2012		
Clearly written	x		
Audience: Seniors			
Sponsor: Winnipeg Regional Health Authority			

GENERAL FALL PREVENTION EDUCATION

These next several resources are 2-4 page pamphlets that are designed to be given to older adults, who are at a lower risk of falls. They provide information about modifications or lifestyle changes older adults can make to reduce their risk of falls as they continue to age. They touch briefly on a range of topics and some are provided in languages other than English.

Alberta Center for Injury Control and Research

TAKE ACTION to Prevent Falls in Older Adults - www.acicr.ca

	MET	UNMET	UNKNOWN
Currency	2013		
Clearly written	x		
Audience: Seniors			
Sponsor: Alberta Center for Injury Control and Research; Government of Alberta; University of Alberta School of Public Health			

British Columbia Ministry of Health

What You Can do to Prevent Falls – www.fraserhealth.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Seniors			
Sponsor: Fraser Health			

Prevent Falls, Stay in the Game – vch.eduhealth.ca

	MET	UNMET	UNKNOWN
Currency		2005	
Clearly written	x		
Audience: Seniors			
Sponsor: Vancouver Coastal Health			

Maintain your Independence - www.northernhealth.ca

	MET	UNMET	UNKNOWN
Currency	2010		
Clearly written	x		
Audience: Seniors			
Sponsor: Northern Health			

Finding Balance Alberta/Ontario

Finding Balance Alberta Finding Balance is a campaign designed to increase awareness of falls prevention among older Albertans/Ontarians.

Anyone Can Fall brochure - www.findingbalancealberta.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Seniors and older adults			
Sponsor: Alberta: Alberta Center for Injury Control and Research; Alberta Government; Physiotherapy Alberta; College and Association of Registered Nurses of Alberta; Alberta Therapeutic Recreation Association; Professional Association of Resident Physicians of Alberta; Alberta Blue Cross; Global Media. Ontario: South West Local Health Integration Network.			

	MET	UNMET	UNKNOWN
Currency	2011		x
Clearly written	x		
Audience: Seniors and their families			
Sponsor: Public Health Agency of Canada			

Finding Balance Alberta/Ontario

Finding Balance Alberta is a campaign that promotes real life strategies older adults can implement to reduce their risk of falling. They have created another example of a general falls awareness resource, but in electronic form.

Keep your Independence - www.findingbalancealberta.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Seniors and older adults			
Sponsor: Finding Balance Alberta, Finding Balance Ontario			

In the next section of this toolkit examples are provided of comprehensive booklets or guides that can be used to help older adults understand what causes falls and that many falls are predictable and preventable. They contain an overview to a variety of fall prevention topics such as medications, environmental screening, home adaptations and protective devices etc. and together with other health promotion activities, would be appropriate for older adults at higher risk of falls. Many of the guides also contain checklists or other exercises to help older adults better understand their falls risk.

British Columbia Ministry of Health

Prevent Falls, Stay on Your Feet

This booklet from Vancouver Coastal Health, covers vision, medications, home and environmental hazards and what to do when a fall occurs. The print is quite small.

www.fallprevention.vch.ca

	MET	UNMET	UNKNOWN
Currency	2010		
Clearly written	x		
Audience: Seniors			
Sponsor: Vancouver Coastal Health			

Ontario Seniors' Secretariat

A Guide to Preventing Falls –

The Ontario Senior's Secretariat has developed a small booklet with sections on home adaptations and assistive devices with some helpful illustrations.

www.seniors.gov.on.ca

	MET	UNMET	UNKNOWN
Currency		2006	
Clearly written	x		
Audience: Seniors and their families			
Sponsor: Ontario Seniors' Secretariat			

The Safe Living Guide –

The Public Health Agency of Canada has produced a lengthy guide with sections on risk assessment, medications, and mobility aids.

www.phac-aspc.gc.ca

	MET	UNMET	UNKNOWN
Currency	2011		
Clearly written	x		
Audience: Seniors			
Sponsor: Public Health Agency of Canada			

Bruno and Alice, A love story in 12 parts about seniors and safety –

‘Bruno and Alice’ is a fall prevention guide in the form of a story. It requires a higher than average literacy level. It integrates humour with teaching.

www.phac-aspc.gc.ca

	MET	UNMET	UNKNOWN
Currency	2011		
Clearly written	x		
Audience: Seniors with high literacy			
Sponsor: Public Health Agency of Canada			

SMARTRISK (now Parachute)

SMARTRISK developed this comprehensive guide to falls prevention activities for older adults.

SMART MOVES, Information about fall prevention for older adults -

www.oninjuryresources.ca

	MET	UNMET	UNKNOWN
Currency		2005	
Clearly written	x		
Audience: Seniors and their families			
Sponsor: SMARTRISK			

IDENTIFYING FALLS RISK

Falls prevention requires the development of a comprehensive strategy incorporating risk screening, primary prevention, and secondary prevention for clients with a history of falling. The **Safety at Home Study**¹⁻⁶ found inconsistencies in the process of falls risk assessment. Failure to institute a re-assessment following a client fall, and inconsistencies in implementation of falls prevention interventions were some of the factors that contributed to falls related adverse events. There are a number of tools that can support risk assessment of home care clients.

Research has identified many risk factors for falls. Most falls are caused by the interaction of these many risk factors. It is important for home care clients to understand the types of risk factors and how they interact to keep falls from occurring. The following resources are some examples of materials that can help home care clients understand the risk factors for falls.

British Columbia Ministry of Health

These brief brochures have falls risk checklists that can be printed or completed on-line. They are a general place to start a multifactorial risk assessment.

Staying Independent - www2.gov.bc.ca

	MET	UNMET	UNKNOWN
Currency	2011		
Clearly written	x		
Audience: Seniors			
Sponsor: Government of British Columbia; General Practice Services Committee; BC Injury Research and Prevention Unit; British Columbia Medical Association; Center of Excellence on Mobility, Fall Prevention and injury in Aging			

Fall Prevention in Community Care - www.health.gov.bc.ca

	MET	UNMET	UNKNOWN
Currency	2011		
Clearly written	x		
Audience: Seniors			
Sponsor: Interior Health			

Seniors Falls Can be Prevented -

This is a comprehensive brochure covering many aspects of falls risk, although explicit links between the risk factors are not made. The print is small and would require a higher than average literacy level.

www.health.gov.bc.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Seniors with very good English literacy			
Sponsor: BC Injury Research and Prevention Unit; British Columbia Falls & Injury Prevention Coalition			

Finding Balance Alberta/Ontario

Another quick falls risk checklist from Alberta, with some practical tips to reduce the risk of falls.

Falls Risk Assessment - www.findingbalancealberta.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Seniors and older adults			
Sponsor: Finding Balance Alberta/Ontario			

Government of Manitoba

This is a comprehensive falls prevention booklet and companion checklist from Manitoba covering a range of risk factors for falls. There is space for written reflection or areas for improvement. Higher literacy level would be required as this booklet contains a lot of words and not so many pictures.

Take action to Prevent Falls – www.wrha.mb.ca

	MET	UNMET	UNKNOWN
Currency	2008		
Clearly written	x		
Audience: Seniors			
Sponsor: Winnipeg Regional Health Authority			

A Checklist to Help You Prevent Falls -
www.wrha.mb.ca

	MET	UNMET	UNKNOWN
Currency	2008		
Clearly written	x		
Audience: Seniors			
Sponsor: Winnipeg Regional Health Authority			

Ontario Seniors' Secretariat

A Guide to Preventing Falls^S –

This booklet from Ontario reviews the causes of falls and recommends changes in 4 areas: exercise, medications, assistive devices and household hazards. There are some accompanying graphics.

www.seniors.gov.on.ca

	MET	UNMET	UNKNOWN
Currency		2006	
Clearly written	x		
Audience: Seniors and their families			
Sponsor: Ontario Seniors' Secretariat			

Falls Prevention Starts with you –

This is a one page checklist which can be used to identify areas of risk for falls. Interventions are mentioned briefly.

www.seniors.gov.on.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Seniors			
Sponsor: Government of Ontario; Stay on Your Feet			

Saskatoon Health Region

Saskatoon Health Region and the University of Saskatchewan developed this booklet for seniors and their families to identify falls risk and plan strategies to prevent falls. It is part of a larger toolkit of fall prevention information for care providers.

Staying on your Feet, A Guide to Fall Prevention for Older Adults^S -

www.saskatoonhealthregion.ca

	MET	UNMET	UNKNOWN
Currency	2012		
Clearly written	x		
Audience: Seniors and their families			
Sponsor: Saskatoon Health Region, University of Saskatchewan			

HOME AND ENVIRONMENTAL SAFETY

The **Safety at Home Study**¹⁻⁶ found that clients' homes were often ill-suited for the delivery of safe health care. Crowded space and clutter can create environmental falls risk. During times of illness and stress, the home may become a low priority and become cluttered, and poorly maintained.

An important step to prevent falls is identifying and communicating risk factors that exist in and around the home. These next resources describe tips for modifications that can be made in and around the home to minimize the risk of falls.

Canada Mortgage and Housing Corporation

Maintaining Seniors Independence through Home Adaptations – A self-assessment guide –

www.cmhc-schl.gc.ca

	MET	UNMET	UNKNOWN
Currency	2009		
Clearly written	x		
Audience: Seniors and their families, contractors			
Sponsor: Canadian Mortgage and Housing Corporation; Government of Canada			

Preventing Falls on Stairs – www.cmhc-schl.gc.ca

	MET	UNMET	UNKNOWN
Currency	2010		
Clearly written	x		
Audience: Seniors and their families with very good English literacy			
Sponsor: Canadian Mortgage and Housing Corporation, Government of Canada			

The Public Health Agency of Canada noted that seniors are injured at home more than in any other location. The following resource was developed by the Public Health Agency of Canada to help seniors understand how they can prevent falls at home.

Public Health Agency of Canada

Seniors are more at risk of falling on the stairs than younger adults, and are at a higher likelihood of being seriously injured. This guide provides tips to make stairs safer.

12 Steps to stair safety at home – www.phac-aspc.gc.ca

	MET	UNMET	UNKNOWN
Currency	2010		
Clearly written	x		
Audience: Seniors and their families			
Sponsor: Public Health Agency of Canada			

Accessible Housing by Design (bathrooms) - www.cmhc-schl.gc.ca

	MET	UNMET	UNKNOWN
Currency	2010		
Clearly written		x	
Audience: Seniors and their families, contractors			
Sponsor: Canadian Mortgage and Housing Corporation			

Finding Balance Alberta/Ontario

Be Falls Smart in Your Home - www.findingbalancealberta.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Older Adults			
Sponsor: Alberta Health Services; City of Edmonton; Alberta Center for Injury Control & Research; Greater Edmonton Foundation			

Government of Manitoba

Information in this checklist is based on “Stay On Your Feet Western Australia” and was adapted by the Winnipeg Regional Health Authority for use in Canada. This comprehensive booklet of checklists is intended to guide older adults in recognizing risks by providing a series of questions about safety in the home and surrounding environment.

Your Home Safety Checklist - www.wrha.mb.ca

	MET	UNMET	UNKNOWN
Currency	2008		
Clearly written	x		
Audience: Seniors and their families			
Sponsor: Winnipeg Regional Health Authority			

Ontario Seniors' Secretariat

The hazards associated with winter weather can increase the risk of falls. The Ontario Senior's Secretariat has published falls prevention tips for winter weather.

www.seniors.gov.on.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Seniors			
Sponsor: Government of Ontario; Community Care City of Kawartha Lakes			

Fall Prevention Center of Excellence (US)

Preventing Outdoor Falls - www.stopfalls.org

	MET	UNMET	UNKNOWN
Currency	2010		
Clearly written	x		
Audience: Anyone			
Sponsor: Fall Prevention Center of Excellence (United States)			

Vancouver Island Health Authority & BC Injury Research and Prevention Unit

This series of detailed checklists can be filled out by clients with assistance from their family or a health care provider (including support workers). Suggested actions are offered for each area where risk is identified.

Strategies and Actions for Independent Living (SAIL) Checklist and Actions Plan^S - www.injuryresearch.bc.ca

	MET	UNMET	UNKNOWN
Currency	2009		
Clearly written	x		
Audience: health care providers working with home care clients and First Nations home care clients			
Sponsor: Vancouver Island Health Authority & BC Injury Research and Prevention Unit (Arctic Institute of Community-Based Research for YFN version)			

Assistive devices can be helpful in preventing falls for people who are unsteady on their feet. The next two resources provide information about selecting and using various assistive devices such as walkers, canes etc.

Public Health Agency of Canada

Go for it! A guide to choosing and using assistive devices – www.publications.gc.ca

	MET	UNMET	UNKNOWN
Currency		2002	
Clearly written	x		
Audience: Clients, families & caregivers			
Sponsor: Public Health Agency of Canada			

University of Ottawa and Canadian Association of Occupational Therapists

This series of printable pamphlets discusses ways to prevent falls when travelling, using grab bars, canes etc.

Printable Pamphlets for Clients - www.caot.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Clients, families & caregivers; care providers			
Sponsor: Community Health Research Unit, University of Ottawa; Canadian Association of Occupational Therapists			

CLOTHING AND FOOTWEAR

Proper footwear can help prevent falls in many older adults. The resources below can help guide you to what to look for when selecting shoes.

Finding Balance Alberta/Ontario

Choosing the Ideal Shoe^S - www.findingbalancealberta.ca

	MET	UNMET	UNKNOWN
Currency	2009		
Clearly written	x		
Audience: Older Adults, anyone with balance problems			
Sponsor: Finding Balance Alberta			

Government of Manitoba

Proper Footwear can Help Prevent Falls^S- www.wrha.mb.ca

	MET	UNMET	UNKNOWN
Currency	2012		
Clearly written	x		
Audience: Seniors or anyone with trouble balancing			
Sponsor: Winnipeg Regional Health Authority			

While hip protectors don't decrease the risk of falls, they are intended to prevent hip fractures after a fall. They are usually used for people who are at high risk of falls. The next two resources provide information about choosing and wearing hip protectors.

British Columbia Ministry of Health

Hip Protectors Work - www.health.gov.bc.ca

	MET	UNMET	UNKNOWN
Currency	2011		
Clearly written	x		
Audience: Seniors and Older Adults			
Sponsor: Interior Health			

Hip Protectors – Always on your Side - www.fraserhealth.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written		x	
Audience: Seniors or anyone needing a hip protector			
Sponsor: Fraser Health			

MEDICATION SAFETY

In the **Safety at Home Study**¹⁻⁶, medications were implicated in many of the adverse events involving falls that resulted in injury. Most of the falls-related incidents occurred with clients who had well-established histories of falls, and in most cases, medication was a contributing factor. In some cases lack of continuity of providers coupled with poor documentation and communication processes in the home contributed to inconsistent and inaccurate messaging, thus placing clients at risk. Tools that promote health literacy, and facilitate communication of medication information and potential adverse effects to monitor, can be helpful for clients and care providers.

Home care clients need to understand the relationship between their medication and risk for falls. There are several resources that may help clients better understand this relationship.

British Columbia Ministry of Health

This resource from BC provides a brief medication assessment and a list of common medications together with their adverse effects. It requires a high level of English literacy.

Medications and the Risk of Falling - www.health.gov.bc.ca

	MET	UNMET	UNKNOWN
Currency	2011		
Clearly written		x	
Audience: Seniors with very good English literacy (would also be suitable for health care professionals)			
Sponsor: British Columbia Falls & Injury Prevention Coalition			

Finding Balance Alberta/Ontario

These one page fact sheets from Alberta/Ontario describe the untoward effects of some medications, and coach older adults about questions to ask their pharmacist or health care provider.

Be Falls Smart – Medications - www.findingbalancealberta.ca

	MET	UNMET	UNKNOWN
Currency	2009		
Clearly written		x	
Audience: Older Adults			
Sponsor: Hamilton County (United States) Fall Prevention Task Force			

Finding Balance Ontario

Medication record book - www.findingbalanceontario.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Any clients on medications			
Sponsor: Canadian Medical Association, Canada's Research Based Pharmaceutical Companies, Canadian Pharmacists Association			

Health Canada

This Health Canada guide is a comprehensive resource to identify problems that you or the person you're helping may have with medicine. It provides tips on solutions.

Safe Medicines for Seniors – A Guide for Caregivers^{\$} - www.pharmacists.ca

	MET	UNMET	UNKNOWN
Currency		2006	
Clearly written	x		
Audience: Caregivers for seniors			
Sponsor: Health Canada; Canadian Association for Community Care; the Canadian Healthcare Association; the Canadian Pharmacists Association; VON Canada			

ISMP Canada

This program provides a tool that helps you create a medication record in a variety of formats, including a phone app. Having this information readily available can help you review your medications regularly with your health care provider.

Knowledge is the Best Medicine Medication Record – www.knowledgeisthebestmedicine.org

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Clients			
Sponsor: Canada's Research Based Pharmaceutical Companies; VON Canada; ISMP Canada; Canadian Pharmacists Association, Canadian Nurses Association; Canadian Medical Association; Best Medicines Coalition			

Phone App – www.knowledgeisthebestmedicine.org

FALL PREVENTION INTERVENTIONS FOR SPECIFIC CLIENT POPULATIONS

The **Safety at Home Study**¹⁻⁶ found that clients with more co-morbid conditions, dependent IADL and ADLs, unstable disease, peripheral vascular disease, Parkinsons, renal failure, and polypharmacy were at higher risk of adverse events. For example, clients with Parkinsons disease were at up to 26% more likely to have a fall. Clients, families and care providers need to be aware of these increased risks when care is being planned.

A scan of falls prevention resources found examples of resources developed for specific diagnostic groups such as clients with Parkinsons disease or multiple sclerosis.

British Columbia Ministry of Health

Stay on your Feet (reducing the risk of falling for people with Parkinson's) - vch.eduhealth.ca

	MET	UNMET	UNKNOWN
Currency	2011		
Clearly written	x		
Audience: People with Parkinson's Disease			
Sponsor: Pacific Parkinson's Research Center; Vancouver Coastal Health; Parkinson Society British Columbia; National Parkinson Foundation			

Canadian Society for Exercise Physiology

Adults with Multiple Sclerosis - www.csep.ca (*guidelines tab*)

	MET	UNMET	UNKNOWN
Currency	2013		
Clearly written	x		
Audience: Adults age 18 – 64 with MS			
Sponsor: CSEP, Multiple Sclerosis Society of Canada, Participation			

Adults with Spinal Cord Injuries - www.csep.ca (*guidelines tab*)

	MET	UNMET	UNKNOWN
Currency	2011		
Clearly written	x		
Audience: Adults with chronic spinal cord injury			
Sponsor: Rick Hansen Institute, SCI Action Canada			

Adults with Parkinsons - www.csep.ca (*guidelines tab*)

	MET	UNMET	UNKNOWN
Currency	2012		
Clearly written	x		
Audience: People with Parkinson's			
Sponsor: Parkinson Society of Canada, Canadian Physiotherapy Association			

The Arthritis Society

Physical Activity and Arthritis - www.arthritis.ca

	MET	UNMET	UNKNOWN
Currency	2009		
Clearly written	x		
Audience: Anyone with arthritis			
Sponsor: Rub – A535; Canadian Physiotherapy Association; ParticipACTION			

POST FALL CARE

The **Safety at Home Study**¹⁻⁶ found that risk assessments were not always repeated after a client fell, and sometimes there was no evidence of client teaching or other secondary prevention strategies.

Home care clients need to know what to do should a fall occur. Several organizations have developed resources for seniors that provide instructions should someone fall, or witness a fall.

Finding Balance Alberta/Ontario

How to get up After a Fall - www.findingbalancealberta.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Seniors or any adult who has fallen			
Sponsor: Finding Balance Alberta; Alberta Center for Injury Control & Prevention; Government of Alberta; Alberta Medical Association			

Ontario Seniors' Secretariat

What to do if you have a Fall - www.seniors.gov.on.ca

	MET	UNMET	UNKNOWN
Currency			x
Clearly written	x		
Audience: Seniors			
Sponsor: Government of Ontario, the Hastings & Prince Edward Counties Health Unit			

What to do After a Fall (poster) – www.phac-aspc.gc.ca

	MET	UNMET	UNKNOWN
Currency	2012		x
Clearly written	x		
Audience: Seniors and their families. Contains pictures			
Sponsor: Public Health Agency of Canada			

If you fall or witness a fall, do you know what to do? – www.phac-aspc.gc.ca

	MET	UNMET	UNKNOWN
Currency	2008		
Clearly written	x		
Audience: Seniors			
Sponsor: Public Health Agency of Canada			

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