

Injury Alert: Staying on Your Feet Resources

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The Winnipeg Regional Health Authority launched the Staying on Your Feet falls prevention resources in 2008. These reflected the best evidence of the day and were designed to help older adults identify and address their personal risk factors for falls.

We are pleased to announce that these popular resources have been updated to include new evidence and recommendations along with feedback from the public and health professionals.

Resources available include:

Take Action to Prevent Falls (booklet)

- Messaging updated to reflect new evidence (e.g. Vitamin D recommendations)
- Incorporated Home Safety Checklist and Balance Exercise sheet into booklet
- Information on mobility aids and safety devices (e.g. hip protectors) has been expanded
- Balance Exercise and Vitamin D log sheet has been added

A Checklist to Help You Prevent Falls

Improve Your Balance and Strength fact sheet

Proper footwear can Help Prevent falls fact sheet

Staying on Your Feet Posters series (Exercise, Medications, Footwear and Vitamin D)



New ordering information

The Joint Management Committee of the Regional Health Authorities of Manitoba has decided to print these resources and make them available across Manitoba. All resources are available in French and English and can be viewed online at www.preventfalls.ca. Resources are free to Manitoba health care providers through Materials Distribution Agency (MDA). For an inventory listing off all Manitoba Government's health resources and ordering information, please visit <http://www.gov.mb.ca/health/jmc/index.html>.

[Preventfalls.ca](http://www.preventfalls.ca), WRHA's website dedicated to falls prevention, has also been updated to reflect the new evidence. This website features an interactive checklist to help the user identify personal risk factors and a list of Winnipeg exercise classes that help improve strength and balance. The user can find nearby classes through a postal code search. We have just added a new feature- a comprehensive, interactive home safety checklist. Visit www.preventfalls.ca !

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