

INVENTORY OF FALLS PREVENTION PROGRAMS - 2007

<i>Organization / Sector</i>	<i>Name of Program</i>	<i>Target Population</i>	<i>Description of Program</i>	<i>Location Where Provided</i>	<i>How to Participate / Register</i>	<i>Program Provider(s)</i>	<i>Type (regular/re-occurring, irregular or one-time)</i>	<i>Contact Name & information in Organization</i>	<i>Additional Resources / Information (eg website)</i>
Assiniboine RHA	Movement That Matters Exercise program	Adult Day Program clients	Project to institute a fall prevention peer-led exercise program. All program coordinators have had the training related to delivering the exercise program.	14 Day Programs throughout the Region	Referral to Home Care to determine eligibility for Day Program in communities where Day Programs exist. Contact- Katherine Bayes 867-8706	Adult Day program facilitators	The exercise program has been integrated into the overall planning of ADP activities and therefore would reoccur each time a participant attends Day Program	Home Care Program Contact Katherine Bayes (867-8706) or any Case Coordinator throughout the Region	
Assiniboine RHA	In development- Best Practices Approach	Home Care Clients	Working group has updated the Home Care Assessment form to include criteria to identify clients who are at a high risk of falls. The new updated assessment form will be implemented in the spring of 07. A Falls Prevention Best Practice guideline and reference material has been gathered and will be integrated into the Case Coordinator Practice Manual.	Home Care Client Caseload	Available to all clients on the Home Care caseload	Home Care Case Coordinators	The risk for falls assessment will be ongoing and will be applied each the time the client is reassessed (minimally every 6 months or sooner as required)	Home Care Program Katherine Bayes (867-8706)	
Assiniboine RHA	Clinical Decision Making Guidelines for Risk Related to Falls	RN's, RPN's, LPN's, Health Care Aides, Activities Coordinators	Staff & residents of PCH's attend information session.	28 PCH's in region	n/a	n/a	n/a	Long Term Care Program	

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Assiniboine RHA	Home Health & Safety Check "EMS HH&S"	Seniors 60+ living own home.	EMS personnel provide information packages on home safety as well as visit to do a safety check of home. Follow-up 1 month after visit.	In participant's home	Contact local EMS office	EMS Providers	As requested	EMS Coordinator	National Primary Health Care Awareness Strategy www.primaryhealthcare.ca
Assiniboine RHA	Day Care Safety	Children 0-1y.o.	1) Assiniboine North Parent-Child Coalition (ANPCC) Coordinator working fall related injuries with day care coordinators to raise awareness around prevention of 2) Assiniboine Community College –add falls prevention to curriculum for early childhood & family day care providers	Day care centres	n/a	ANPCC Coordinator	n/a	ANPCC Coordinator	
Assiniboine RHA	Baby Steps (Healthy Baby) Program	Parents of young children	Injury prevention, including falls prevention provided at all sessions that are provided from Assiniboine North Parent-Child Coalition (ANPCC)	n/a	n/a	n/a	n/a	ANPCC Coordination	
Assiniboine RHA	Families First Program	Parents of young children	General Safety promotion is core component of program & includes discussion & review of home hazards related to falls.	n/a	n/a	n/a	n/a	n/a	
Assiniboine RHA	Back Care team	RN's LPN's HCA's	Assessing mobility and transfer needs of each person admitted to PCH	28 PCH's in the Region	On admission to a PCH , once a year for residents or whenever there is a change in their condition that may require a reevaluation	RN's LPN's and HCA's that have received the back care training in the Region	Regularly occurring		
Brandon RHA	Brandon Regional Health	Home Care Clients	Morse Fall Scale to screen for falls risk	Brandon RHA	NA	Brandon RHA staff	Regular. Program	Kristi Chorney Quality Risk Manager Brandon	

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	Authority Falls Assessment and Prevention Program	Long Term Care Residents Acute Care Patients	Implementation of interventions to reduce falls risk and possible injury	programs			about to be launched in the next couple of months.	RHA 150 McTavish Av East Brandon MB R7A 2B3	
Brandon RHA	YOU can prevent falls!	Seniors and Veterans	Complete information package (print material and CD), instruction and in-home assessment to support fall prevention practices in the home.	Information sessions provided to eligible individuals, groups and agencies. In home assessments.	Call Veterans Affairs Canada	Veterans Affairs Canada	Upon request	Health Canada/Veteran Affairs Canada Falls Prevention Initiative c/o Division of Aging and Seniors Health Canada Address Locator 1908A1 Ottawa, Ontario K1A 1B4 (613) 952 7606	Email: seniors@hc-sc.gc.ca www.hc-sc.gc.ca/seniors-aines
CENTRAL RHA	Falls Management & Prevention Program – PCH, Home care, Acute Care	Seniors in facilities & communities	Falls Management Program Phase 1: Almost completed with a focus on clients in our facilities. Phase 2: Will focus on seniors living in our communities	Regional	Will be offered broadly on a community level through Home Care & Services to Seniors/Seniors Centres. The Program will be implemented in all facilities	RHA staff, Services to Seniors Resource Coordinators	Ongoing prevention & promotion.	Jan Marie Graham Program Leader, Seniors' Health RHA-Central Phone: 428-2206 Fax: 428-2010 Email: jmgraham@rha-central.mb.ca	RHA website under development. Falls prevention pamphlet will eventually be on the website but no firm date at this time.
Churchill RHA	Dancing Sky PCH beds	Resident Seniors	Falls assessment completed – those at risk are equipped with hip protectors and bed alarm	LTC					
INTERLAKE RHA	Falls Prevention Strategy	Seniors	Comprehensive strategy developed using WRHA model. Components shared with a number of IRHA programs and some external partners.	Throughout the region				Judy McKinnon Health Promotion Coordinator	

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INTERLAKE RHA	Steppin' Out with Confidence One component of our IRHA Falls Prevention Strategy	Seniors	Physical activity program, usually group sessions, to increase strength and balance.	Interlake Region Adult Day Programs and other community settings		Adult Day Program facilitators, Senior Centre programs, Seniors Resource Coordinators, community volunteers	regular	Ted Boehmer Services to Seniors Coordinator	
INTERLAKE RHA	Fall Prevention exercise program Selkirk Mental Health Centre (SMHC)	Patients in Extended Treatment and Rehabilitation Program at SMHC Age range 30-90	Balance & strengthening exercises for patients at high risk of falls &/ or who have experienced a fall.	Wards in ETU building, SMHC	Self referral or referred by staff after a fall.	Physiotherapist, occupational therapist, activity instructors	4 groups each run 1/wk. 50 minutes long. Evaluated every 10 weeks	Daphne Keck, OTReg(MB) Charyle Crawley OTReg(MB)	Ph.1-204-482-1600 ext 357 Daphne.keck@gov.mb.ca a Charyle.crawley@gov.mb.ca
INTERLAKE RHA	Mobility Program Selkirk Mental Health Centre (SMHC)	Patients in Extended Treatment and Rehabilitation Program at SMHC Age range 30-90	Daily mobility exercise for patients who have been identified as being at risk of losing their mobility. Physio- therapist or occupational therapist assess patient, recommend daily mobility, equipment and amount of help required to perform mobility. E.g. walk 100 feet, 2x daily, using SteadyMate walker and 1 person assist.	Wards in ETU building, SMHC	Treatment team referral	Physiotherapist, Occupational therapist, Nursing staff, activity instructors, Recreation therapist	Carried out daily by nursing staff or activity instructors. Evaluated monthly by PT or OT	Daphne Keck, OTReg(MB) Charyle Crawley OTReg(MB)	
INTERLAKE RHA	Physiotherapy/Occupational Therapy Services Selkirk Mental Health Centre (SMHC)	Inpatients at SMHC Age range 18+	Individual PT/OT assessment; appropriate fall prevention interventions are implemented and evaluated as needed. E.g. acquisition of appropriate equipment, such as walker, wheelchair, seat belt/clothing alarms	Available to all patients in programs at SMHC	Self referral, Treatment team referral;	Physiotherapist, Occupational therapists, activity instructors working under the clinical guidance of	prn	Sheri Dinnin OTReg.(MB) Chair Occupational Therapy Advisory Committee	Ph.1-204-482-1600 ext.299 Sheri.Dinnin@gov.mb.ca a

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						PT/OT			
INTERLAKE RHA	Back Care Part 1 Back Care Part2 Selkirk Mental Health Centre (SMHC)	Support staff & Clinical staff at SMHC	Part 1: Principles of lifting & caring for your back. Part 2: Application of back care principles to assisting patients in transfers & mobility. Training in use of mobility & transfer equipment.	SMHC	1. Mandatory for all new clinical staff as part of orientation; 2. Other staff register through SMHC's Training & Develop't.	Physiotherapist, occupational therapist	1. Provided as part of orientation for all new clinical staff. 2. Offered 4x /yr. through Training & Development.	Daphne Keck OTReg(MB)	
INTERLAKE RHA	Staff education on restraint use, mobility, positioning. Selkirk Mental Health Centre (SMHC)	Clinical staff in Extended Treatment and Rehabilitation Program	Education sessions address correlation between restraint use, mobility and falls.	Wards in ETU building, SMHC	Mini education sessions occurring at shift change. Coordinator of Patient Services (CPS) encourages staff to attend and arranges schedule with therapists.	Physiotherapist, Occupational therapists	One time session provided to each shift rotation. Future sessions will be arranged as indicated by evaluations on restraint use, falls, mobility and positioning	Charyle Crawley OTReg(MB)	
NOR-MAN RHA	Safe Kids Week	Children in region	Multifaceted approach including media packages, helmet fitting, displays & presentations.	Flin Flon/area The Pas / area	Events are open to the general public	Partnerships are developed based on the program content as required	Yearly activities	Fran Labarre – Flin Flon Don Gamache – The Pas	
NOR-MAN RHA	Community Capacity Building	Across Lifespan	Focus on falls prevention in varied sectors: workplace, recreation/leisure, child, youth and seniors - program activities included: health education presentations (health fairs), bike	Throughout region	Events are open to the general public	Partnerships are developed based on the program content as required	Yearly activities	Fran Labarre – Flin Flon Don Gamache – The Pas Lesa Nordick – Well Senior	

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			safety rodeo, Well Senior Clinics						
NOR-MAN RHA	Safety Directory & Injury Prevention Catalogue	Interested Individuals in Region	Currently reviewing and evaluating the effectiveness of the resource catalogue - review is based on new NRHA Primary Health Care structure	Available to anyone in region	N/A	NRHA Injury Prevention Committee	N/A	Tanis Campbell	
N.Eastman RHA	LTC Assessment & Management Program for Falls	Staff working in LTC	<p>Staff are instructed in the assessment & management of falls for LTC residents. The program includes criteria for assessment & the use of a risk assessment form.</p> <p>Staff are instructed in the assessment & management of falls for LTC residents. The program includes criteria for assessment & the use of a risk assessment form.</p> <p>1. Staff in all programs working in the Long Term Care environment are expected to be familiar with the program as it relates to their job function. This staff includes: Support Services, Nursing, Recreation, Social Work, Facility Receptionist, Dietitians and Occupational Therapists.</p> <p>2. Program Managers will provide new staff with an orientation to the Fall Management Program. This may be done by providing staff the document entitled: <i>Self-Paced Fall Management Module</i>.</p>	LTC Facilities	- new employees at orientation Day 2 -Existing employees ongoing reminders	-Action for program to monitor annually #falls # falls occurring with restraints	Regular and ongoing	-L. Dent-Prychun Director of LTC Phone: 268-7400 Or Suzanne Dick Phone: 268-7406 sdick@neha.mb.ca	-There is a program developed that focuses on our fall management strategies that involves all LTC staff in all departments.

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			<p>Copies of this module can be obtained from the LTC Staff Development Coordinator.</p> <p>3. Evaluation of the program will be ongoing using the Evaluation Framework outline within the Program document.</p> <p>4. The Fall Management Program will be reviewed every three years or when necessary as per other LTC guidelines, policies and procedures.</p>						
N.Eastman RHA	Preventing Falls Community Education Program	Seniors living in the community	This is a prevention of falls educational presentation(skit) delivered by the Services to Seniors program in partnership with EMS, Wellness & community seniors organizations.	Community sites.	Through the Services to Seniors Resource Coordinators	Services to Seniors in partnership with others	One time	Grace Honke Services to Seniors Specialist North Eastman Health Association	
N.Eastman RHA	Osteoporosis Workshop	Community members	Regional osteoporosis workshop delivered by planning district for community. Done in partnership with the MB Osteoporosis Society.	Community sites	NEHA Wellness program	Wellness	One time	Wellness Program Debbie Viel 268-7431	http://www.osteoporosis.ca
N.Eastman RHA	Home Care Attendant Home Hazards Training	Home Care Attendants	Home Care Attendants are educated on the importance of recognizing home hazards that contribute to falls. Also included is in-depth home hazard & risk assessment by Case Coordinators when clients admitted to program.	Staff Education Sessions	Through the Home Care Program Resource Coordinator	Home Care	irregular	Home Care Program	
N.Eastman RHA	SMILE (exercise) Program for Seniors	Seniors	Seniors living in Elderly Persons Housing (EPH) units as well as community dwellers are invited to participate at any one of the EPH units in the region where an	EPH Units	Through the Home Care Program Resource Coordinator	Home Care	Regular for participating EPH's	Home Care Program	

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			exercise program is conducted.						
N.Eastman RHA	Safe Kids Events	Children	Partnership with Safe Kids Canada to raise awareness & educate staff & parents within education sector on the importance of safe playground structures.	Community sites	NEHA Wellness program – participate in SafeKids week in end of May early June Different focus every year. In past year focus was playground safety and fall prevention	Wellness with community partners	Annual SafeKids participation with varying focus	Wellness Program Debbie Viel 268-7431	http://www.sickkids.ca/safekidscanada/
PARKLAND RHA	Emergency Awareness / Preparedness Presentations	Kind. To Grade 6 Students	Targeted presentations to students on safety issues including falls.	Schools in region	n/a	Parkland EMS	Annually and one time as opportunity arises	Aggie Rehaluk Parkland EMS	
PARKLAND RHA	Injury Prevention Teams - FALLS	Staff	Interagency team meets bi-monthly to ensures accomplishment of goals & targets set forth in Injury Prevention Framework	Regional RHA Centers	Committee Memebers are notified via email	PRHA	Regular Meetings	Shayne Yaschyshyn Regional EMS Director	
PARKLAND RHA	Emergency Preparedness and Falls Prevention	Seniors over 50 years old	Targeted presentations to seniors	Senior Centers, EPH's and Community presentations	629-3304 Dauphin EMS Station	Parkland EMS	Annually and one time as requested	Aggie Rehaluk Parkland EMS	
PARKLAND RHA	Step Safe Program	Seniors over 50 years old	Phone in to Senior Resource Council	Dauphin	Anyone in community can call	Dauphin Lifeline	Regular on going	Dauphin Seniors Resource Council (204) 638-6485	
PARKLAND RHA	Sit and Fit Seniors Exercise program	Seniors over 50 years old	Seniors, disabled persons are guided through exercise program	Swan River Valley	Swan Valley recreation office	Swan Valley Recreation Commission	Regular on going	Theresa Readman (204) 734-3847	
S.Eastman RHA	Home Care Team – In Home Safety Assessments	Home Care Clients	Safety assessment forms (developed regionally) are completed by Home Care staff in all clients homes to determine	All new Home Care clients in	/	/	/	Debbie Harms, Home Care Resource Supervisor - South Eastman region	/

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			level of risk for falls (and other safety issues) and to establish appropriate prevention plans.	region.				(346-6125)	
S.Eastman RHA	Falls Prevention Strategy – LTC Facilities	LTC residents (soon to expand to patients awaiting LTC placement in hospital)	Strategy includes: - Listing of Risk Factors - Falls Risk Assessment - Intervention Protocols & Strategies - Reporting & Monitoring - Educational Plan - Resident/Family Information Pamphlet on Falls Prevention - Facility posters on Falls Prevention (residents & staff)	All LTC facilities in SE region.	/	/	/	Charleen Barkman, Staff Dev. – LTC, South Eastman region (346-7032)	/
S.Eastman RHA	Services to Seniors Program	Seniors living in the community.	To form partnerships to promote & distribute fall prevention programs. Public sessions are held on falls prevention and brochures are available.	55+ Senior's Centre, Steinbach				Sylvia Nilsson-Barkman, Services to Seniors (346-6256)	/
S.Eastman RHA	Public Health, Families First – Injury Prevention	Parents of children 0-5 years	Use “Growing Great Minds” curriculum which covers topic of safety / accident and fall prevention approx. every 3 months. Distribute injury/fall prevention brochures from Safe Kids Canada.	Sessions in regional communities	/	/	/	Families First Program, Public Health- South Eastman Health (346-7000)	/
Winnipeg RHA	Prevention of Falls in Older Adults Demonstration Project * Community Area Engagement * Screening * Risk Assessment * Medication Review & modification	Older Adults living in the community	Multifaceted project aimed at assessing several strategies to prevent falls for seniors living in the community. Initial area chosen is St. James – Assiniboia and Assiniboine South Community Area.	Various sites within community area	Registration generally not required	Various - depending on individual component		Madeline Kohut Winnipeg Regional Health Authority Judy Asker South Winnipeg Seniors Resource Council Jackie Habing	Winnipeg Regional Health Authority at www.wrha.mb.ca or Division of Aging and Seniors – Public Health Agency of Canada www.hc-sc.gc.ca/seniors-aines

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	* Physical Activity * Home Hazard Assessment & Safety Interventions * Hazards in the community * Education * Evaluation							Winnipeg Regional Health Authority	or Seniors Canada Online at www.vac-acc.gc.ca or Health Links – Info Sante at 788-8200. Registered nurses are available 24 hours a day, 7 days a week to answer questions
Winnipeg RHA	Steppin' Up With Confidence Program	Older Adults	Peer led exercise program	Various	Registration generally not required	Peers who have been trained to be a peer exercise leader	Regular	Jim Dear Winnipeg Regional Health Authority or Manitoba Fitness Council	Winnipeg Regional Health Authority at www.wrha.mb.ca or Winnipeg In Motion at www.winnipeginmotion.ca
Winnipeg RHA	Steppin' Out With Confidence Program	Older Adults	Peer led walking program	Various	Registration generally not required	Peers who have been trained to be a peer walking leader	Regular	Jim Dear Winnipeg Regional Health Authority or Manitoba Fitness Council	Winnipeg Regional Health Authority at www.wrha.mb.ca or Winnipeg In Motion at www.winnipeginmotion.ca
Winnipeg RHA	Seniors Health Resource Teams	Adults age 55+	Two health care professionals which make up each team organize health promotion and education sessions, health clinics & community programs based on the needs and concerns of older	Teams are located in Wpg. In River East, St. James / Assiniboia,	Contact local Seniors Resource Team	Health care professionals	As requested	WRHA 926-7000 Or River East 940-2114 St. James 940-3261 Downtown 957-7216	www.wrha.mb.ca

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			adults.	Downtown area.					
Winnipeg RHA	Focus on Falls Prevention	LTC & Community Seniors age 65+	Vision screening, optometry assessment, referrals & follow-up	Misericordia Health Centre (MHC)	MHC Resident or referred from the community to the Centre	MHC Staff	As requested	Misericordia Health Centre 99 Cornish Avenue Winnipeg, MB R3C 1A2 Attn: Sandy Bell T 1-204-788-8003 F 1-204-783-6052	Sbell@miseri.winnipeg.mb.ca
Capital Health Authority - Edmonton	Steady As You GO (SAYGO) Program	Seniors in the Community	Senior / peer led program Falls Prevention Program for Seniors in the Community	Community where leaders have been trained.	Defined by community where held	Trained volunteers	Usually regular weekly basis.	Capital Health – Public Health Suite 300 – 10216 – 124 th St. Edmonton, AB T5N 4A3	n/a
Capital Health Authority - Edmonton	Steady As You GO (SAYGO) Program #2	Seniors with Reduced Energy & Mobility	Falls Prevention Program for Seniors with Reduced Energy & Mobility	Community where leaders have been trained.	Defined by community where held	Trained volunteers	Usually regular weekly basis	Capital Health – Public Health Suite 300 – 10216 – 124 th St. Edmonton, AB T5N 4A3	n/a
ALCOA -MB	Active Living Coalition for Older Adults in Manitoba Speakers Bureau	Community dwelling seniors	Trained speakers provide presentations (~one hour) on the topic of active living or falls prevention	Community where leaders have been trained	Defined by community where held	Trained volunteers	As requested	ALCOA-MB Active Aging Coordinator 1-866-202-6663	www.alcoamb.org
Age & Opportunity	SafetyAid Program	Community dwelling seniors 65 yrs. & older living in Wpg.	The program is a free service through a partnership between Age & Opportunity and MB Justice where the home is made unattractive to criminals. The program also has a falls prevention component including minor installations.	In individual homes.	Call 956-6440 for information or to book an appointment.	Safety Aide staff	As requested	Age & Opportunity 200- 280 Smith St. Winnipeg, MB R3C 1K2	Active@ageopportunity.mb.ca
Safety Services Manitoba	Fall Protection	Adults working in Occupational / Industrial	Selection, fit and maintenance of fall protection equipment, Federal and Provincial standards	3-1680 Notre Dame Ave	www.safetyservicesmanitoba.ca or call 949-1085	Safety Services Manitoba	Re-occurring	Brad Gnidziejko	www.safetyservicesmanitoba.ca
Safety Services Manitoba	Confined Space Entry	Adults working in	Hazard and risk assessment, protective equipment, procedures	3-1680 Notre Dame Ave	www.safetyservicesmanitoba.ca	Safety Services Manitoba	Re-occurring	Brad Gnidziejko	www.safetyservicesmanitoba.ca

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		Occupational / Industrial	and communication, fall protection fundamentals		or call 949-1085				
Seniors Resource Councils	Seniors Resource Councils in MB – safety, active living & falls prevention	Community dwelling seniors	Grant-funded program aimed to increase the independence & well-being of older adults living in the community. Programs vary based on local need.	Various sites around the city	Call local Seniors Resource Council	Local resource coordinators	As requested	Call MB Seniors & Healthy Aging Secretariat to find closest location. 945-2117 1-800-665-6565	n/a
VON Manitoba	S.M.A.R.T. In-Home Exercise Program	Seniors 55+ who are house-bound or have limitations in being able to get out.	The SMART (Seniors Maintaining Active Roles Together) Program is led by a trained volunteer who goes through a series of ten exercises designed for the client to maintain or increase mobility & independence	In client's home	Register by calling VON Manitoba	Trained volunteer following assessment by VON staff.	Fifteen visits per session at cost of \$30.	Raul Paragas VON Manitoba SMART Program Coordinator 1A – 396 Assiniboine Ave. Winnipeg, MB R3C 0Y1 775-1693 (ext 239) Or 997-9105	n/a
Osteoporosis Canada – Manitoba Chapter	Speakers Bureau	General public – seniors & school age children	Trained speakers provide presentations on the topic of osteoporosis incl. falls prevention, exercise and nutrition considerations.	Various sites around the province	Call 772-3498 to request a speaker	Trained volunteers	As requested	Osteoporosis Canada – Manitoba Chapter #4 – 353 Provencher BLVD. Winnipeg, MB R2H 0G8 T 1-204-7723498 F 1-204-772-4200	www.osteoporosis.ca