

INVENTORY OF FALLS PREVENTION RESOURCES – 2008
Section 4 – Handouts / Fact Sheets

<i>Section</i>	<i>Population Focus</i>	<i>Organization / Sector</i>	<i>Name of Resource</i>	<i>Type</i> <i>(e.g. Report, poster, CD, handout, booklet, etc)</i>	<i>Description of Resource</i> <i>(incl. target population i.e. children, seniors, professional, volunteer)</i>	<i>Year Produced</i>	<i>Bilingual Yes or No</i>	<i>Number of pages (if appl.)</i>	<i>Produced By</i>	<i>Cost</i>	<i>Available From</i> <i>(including mailing address and phone/fax info)</i>	<i>On-line Availability</i>
4	General	Assiniboine RHA	Idea List	Handout	Following a HH&S check safety tips are provided to the client, which they can use to improve the safety around their home.	2005	No	1	PHC Phase I committee	-	IMPACT, the injury prevention centre of Children's Hospital NA 335-700 McDermot Avenue Winnipeg, MB, Canada R3E 0T2 Telephone: 1-(204) 787-1873 Fax: 1-(204) 787-2070	No
4	General	Assiniboine RHA	Health Map	Handout	Contains a listing, and description, of all health related services in the resident's local area.	2005	No	varies	PHC Phase I committee	-	As above	No
4	General	Assiniboine RHA	HH&S – Information package insert	Handout	Sent to participants in the HH&S program who only want information, and not an actual visit from EMS staff.	2005	No	1	PHC Phase I committee	-	As above	No
4	General	National	You Can Prevent Falls Fact Sheets	Fact Sheets	Geared to adults and provides tips on how to prevent falls. There are eight in the series.	2000	Yes	8	Public Health Agency of Canada		Public Health Agency of Canada c/o Division of Aging & Seniors 1908AL Ottawa , ON K1A 1B4 Telephone: 1-613-952-7606	
4	General	MB Coalition	How To Get Up After A Fall	Handout	Description of how to get up using a couch or chair or when there is no support.	2006	No	1	ALCOA – MB (Active Living Coalition for Older Adults in MB)	N/A	ALCOA- MB 1-866-202-6663	www.alcoamb.org

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4	General	ALCOA- MB Coalition	Footwear	Handout	Provides tips to help select shoes that are good for the feet.	2006	No	2	ALCOA – MB (Active Living Coalition for Older Adults in MB)	N/A	ALCOA- MB 1-866-202-6663	www.alcoamb.org
4	General	ALCOA- MB Coalition	My Personal Safety Plan	Handout	Promotes being proactive about health and guidance to individual to identify the three things they will do right away to prevent falls.	2006	No	1	ALCOA – MB (Active Living Coalition for Older Adults in MB)	N/A	ALCOA- MB 1-866-202-6663	www.alcoamb.org
4	General	ALCOA- MB Coalition	Fall Prevention Physical Assessment	Handout	Provides guidance on performing the Leg Strength test, Balance test and the Timed Up-and-Go test with recommendations based on total score.	2006	No	1	ALCOA – MB (Active Living Coalition for Olders Adults in MB)	N/A	ALCOA- MB 1-866-202-6663	www.alcoamb.org
4	General	ALCOA- MB Coalition	Fall Prevention Community Resources	Handout	Summary of some key contact phone numbers for community resources related to falls prevention.	2006	No	2	ALCOA – MB (Active Living Coalition for Olders Adults in MB)	N/A	ALCOA- MB 1-866-202-6663	www.alcoamb.org
4	General	ALCOA- MB Coalition	First Step: Falls Prevention Starts with You! Personal Risk Assessment	Handout	Looks at risks in general social, medications, vision and environment and provides direction to make changes where appropriate or possible.	2006	No	3	ALCOA – MB (Active Living Coalition for Olders Adults in MB)	N/A	ALCOA- MB 1-866-202-6663	www.alcoamb.org
4	General	ALCOA- MB Coalition	Preventing Falls on Stairs	Handout	Overview of risk of falls on stairs/steps and provides strategies to prevent falls.	2006	No	5	ALCOA – MB (Active Living Coalition for Olders Adults in MB)	N/A	ALCOA- MB 1-866-202-6663	www.alcoamb.org

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4	Older Adults	ALCOA- MB Coalition	Home Safety Checklist	Handout	Provides look at eleven key areas in and around the home and recommends implementing changes in the negative areas.	2006	No	3	ALCOA – MB (Active Living Coalition for Older Adults in MB)	N/A	ALCOA- MB 1-866-202-6663	www.alcoamb.org
4	Older Adults	National	Seniors & Aging – Preventing Falls In and Around Your Home	Handout	Provides a number of simple steps that can be taken in and around the home to help prevent falls and the injuries caused by falls	2006	Yes	2	Health Canada	N/A	Health Canada Division Of Aging & Seniors 1908 A1 Ottawa, ON K1A 1B4 Telephone: 1-613-952-7606 Fax: 1-613-957-9938	http://hc-sc.gc.ca/iyh-vsv/alt_formats/cmcd-dcmc/pdf/fp-pc_e.pdf
4	Older Adults	National	12 Steps to Stair Safety at Home	Handout	Provides twelve points to consider to review the safety of stairs and how a senior uses them.	N/A	Yes	1	Public Health Agency of Canada	N/A	Public Health Agency of Canada c/o Division of Aging & Seniors 1908A1 Ottawa , ON K1A 1B4 Telephone: 1-613-952-7606 Fax: 1-613-957-9938	http://www.phac-aspc.gc.ca/seniors-aines/pubs/12Steps/pdf/12_steps_e.pdf
4	Older Adults	National	Assistive Devices Info-sheet for Seniors	Handout	The fact sheet provides information on assistive devices, their use and where they can be obtained.	2006	Yes	6	Public Health Agency of Canada	N/A	Public Health Agency of Canada c/o Division of Aging & Seniors 1908A1 Ottawa , ON K1A 1B4 Telephone: 1-613-952-7606 Fax: 1-613-957-9938	http://www.phac-aspc.gc.ca/seniors-aines/pubs/info_sheet/assistive/pdf/assistive_e.pdf

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4	Older Adults	National	You CAN Prevent Falls!	Handout	Provides information to seniors on facts about falls as well as what can be done in the home and with their health to prevent falls.	2006	Yes	4	Public Health Agency of Canada	N/A	Public Health Agency of Canada c/o Division of Aging & Seniors 1908A1 Ottawa , ON K1A 1B4 Telephone: 1-613-952-7606 Fax: 1-613-957-9938	http://www.phac-aspc.gc.ca/seniors-aines/pubs/ycpf_info/index.htm
4	Children / Youth	National	Wear it Right Every time!	Information sheet	Well designed pictures aimed at children to show how to achieve a properly fitted helmet.	2005	No	1	ThinkFirst/Pensez d'Abord Canada	Free download/print/access	ThinkFirst/Pensez d'Abord Canada 750 Dundas Street West, Suite 3 - 314 Toronto, ON M6J 3S3 Toll Free: 1-800-335-6076 Fax: 1-416-603-7795	http://www.thinkfirst.ca/documents/bikelist.pdf Email: national@thinkfirst.ca
4	Children / Youth	National	Skateboards, Scooters, Inline Skates	Information sheet	On-line resources geared to children to stay free of injury while using skateboards, scooters and in-line skates.	2002	Yes	1	Public Health Agency of Canada	Free download/print/access		http://www.phac-aspc.gc.ca/dca-dea/injury/en/sports3.html
4	Children / Youth	National	Playground Safety	Information sheet	On-line resources geared to children to stay free of injury while using playgrounds	2002	Yes	1	Public Health Agency of Canada	Free download/print/access		http://www.phac-aspc.gc.ca/dca-dea/injury/en/terrainjeux.html

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4	Children / Youth	National	Keep Your Kids Safe! The Facts on Preventing Falls	Fact Sheet	Simple guide on how to keep a child safe by taking steps to prevent falls on the stairs, around the house and at the playground.	N/A	Yes	2	Canadian Institute of Child Health	N/A	Canadian Institute of Child Health 384 Bank Street, Suite 300 Ottawa, ON K2P 1Y4 Telephone: 1-613-230-8838 Fax: 1-613-230-6654	http://www.cich.ca/Publications_safeenvironment.html#injurypreventionfactsheet Email: cich@cich.ca
4	Children / Youth	Non-Profit	Holiday Safety Tips	Information sheet	Details guidelines to enjoy a safer holiday season	2007	No	3	IMPACT (the injury prevention centre of Children's Hospital)	Free download/print/access	IMPACT, the injury prevention centre of Children's Hospital NA 335-700 McDermot Avenue Winnipeg, MB, Canada R3E 0T2 Telephone: 1-(204) 787-1873 Fax: 1-(204) 787-2070	http://www.hsc.mb.ca/impact/holiday_safety_tips.htm Email: wfrench@exchange.hsc.mb.ca
4	Children / Youth	Non-Profit	Falls Prevention	Information sheet	Provides facts about children's falls and what can be done to protect a child from falls including those from bicycles and playgrounds.	2007	No	3	IMPACT (the injury prevention centre of Children's Hospital)	Free download/print/access	IMPACT, the injury prevention centre of Children's Hospital NA 335-700 McDermot Avenue Winnipeg, MB, Canada R3E 0T2 Telephone: 1-(204) 787-1873 Fax: 1-(204) 787-2070	http://www.hsc.mb.ca/impact/falls.htm
4	General	Non-Profit	Are You Heading For A Fall?	Handout	Provides facts about falls and some tips to make the home safe. Also includes what to do if you fall.	N/A	No	4	Osteoporosis Canada - MB	N/A	OSTEOPOROSIS CANADA – MB Chapter #4 - 353 Provencher Blvd. Winnipeg, MB R2H 0G8 Telephone: 1-(204) 772-3498	Jchoboter@osteoporosis.ca