

The following is a list of current Canadian Falls Prevention resources for adults and children with contact information as of January 2015, updated July 2015. A list of Manitoba falls prevention resources can be found under Manitoba resources. It has been prepared as a reference list for the Manitoba Falls Prevention Network as well as falls prevention stakeholders in Manitoba.

Canadian Falls Prevention Resources

Ontario Falls Prevention Community of Practice Seniors Health Knowledge Network

<http://seniorshhealthknowledgenetwork.com/community/falls-prevention-community-practice>

The Alberta Centre for Injury Control and Research Finding Balance

Offers brochures, quiz, crossword puzzle, and has information for falls prevention for the public, professionals, news, and sponsors.

www.findingbalancealberta.ca

Alberta Health Services - Falls Prevention for Older Adults

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwld=ug2329spec>

Fall Prevention - The Province of British Columbia

<http://www2.gov.bc.ca/gov/topic.page?id=42DF704053A64158ACD3C4377EB8CC14>

Saskatchewan, Province of Saskatchewan

<http://www.health.gov.sk.ca/preventing-falls-in-older-adults>

Public Health Agency of Canada

www.phac-aspc.gc.ca

Public Health Agency of Canada website provides a number of resources on:

- Canada's Physical Activity Guide
- Buying and using assistive devices
- Canada's Food Guide <http://www.phac-aspc.gc.ca/chn-rcs/nhe-nsa-eng.php>
- Aging and Seniors Publications - Injury Prevention
<http://www.phac-aspc.gc.ca/seniors-aines/publications/alpha/a-z-index-eng.php>

Relevant publications available

- 12 Steps to Stair Safety
- If you fall or witness a fall
- You CAN Prevent Falls!
- What to do after a fall poster
- Physical activity tips for older adults (65 years and older)
- Safe Living Guide

Contact: Phone 1-800-622-6232 to order publications

Veterans Affairs Canada

Falls Prevention

<http://www.veterans.gc.ca/eng/services/health/promotion/fallsp>

World Health Organization (WHO)

Global information and resources on falls prevention

<http://www.who.int/mediacentre/factsheets/fs344/en/>

Children

Parachute Canada

Fall Prevention – Child Injury Prevention (ages 0-6)

<http://www.parachutecanada.org/child-injury-prevention/item/fall-prevention>

Preventing Injuries, Saving Lives

Topics and Programs

<http://www.parachutecanada.org/corporate>

Fall Prevention <http://www.parachutecanada.org/injury-topics/topic/C20>

Safe Kids Canada

Child Safety Good Practice Guide

<http://www.parachutecanada.org/downloads/research/reports/ChildSafetyGoodPracticeGuide-CanadianEdition.pdf>

Education

Canadian Falls Prevention Curriculum (CFPC)

Information on education, resources, information and links

www.canadianfallprevention.ca

Hip Protectors

Canadian Agency for Drugs and Technologies in Health

Hip Protectors in Long-Term Care Facilities – Key Messages

www.cadth.ca/hipprotectors

Aging is a Contact Sport – Hip Protectors

Video copyright by Fraser Health Authority YouTube video 2013

www.agingisacontactsport.com

AHS - Associated Health Systems

Associated Health Systems Inc. (AHS) is a Canadian specialty medical/surgical distributor with custom manufacturing capabilities.

Falls and Injury Prevention – Safety technology and products

<http://www.associatedhealthsystems.com/pages/falls.php>

Call toll free: 1.877.457.8012

HipSaver Canada

Prevent devastating hip injuries with HipSaver Hip Protectors

<https://www.hipsaver.ca/>

Current Education and Training for Fall Prevention in Long Term Care

Supporting Knowledge for Injury Prevention in Seniors (SKIPS): a video-based education tool

Trailer

<http://www.sfu.ca/tips/research/knowledge-exchange/skips/>

Everybody Falls Sometimes: An Introduction to the Prevention of Falls and Injuries in Long Term Care

A 7-minute film that provides insight into falls in long term care settings. This film features interviews with older adults who have experienced falls, and the long-term care staff who work to prevent them.

<https://www.youtube.com/watch?v=tkd5KuSpvo4>

Evidence from Real Life Falls How to Manage Risk and Prevent Injuries in Long Term Care

A 12-minute film that showcases four fall case studies. These are presented by fall injury experts and are accompanied by video-captured footage of falls. This film highlights evidence-based practice recommendations.

<http://www.youtube.com/watch?v=Z1PsxWPu5al>

Nutrition

Dial a Dietitian (Public Health Agency of Canada)

Provides tips for healthy eating, information on food allergies, safety standards and labels for the general public and professionals.

Phone: 204 788-8248 Toll free: 1-877-830-2892

Healthy Canadians <http://healthycanadians.gc.ca/eating-nutrition/index-eng.php>

Osteoporosis Canada www.osteoporosis.ca

Eating for Bone Health

Vitamin D: An Important Nutrient That Protects You Against Falls and Fractures

Calculate My Calcium

Nutrition

Your Guide to Strong Bones

Nutrition North Canada

Contact: 1-800-567-9604

Email us: nutritionnorth@aandc.gc.ca

Website:

<http://www.nutritionnorthcanada.gc.ca/eng/1369225884611/1369226905551>

The right stuff - Reliable nutrition and health websites

<http://uwaterloo.ca/health-services/nutrition-services/right-stuff-reliable-nutrition-and-health-websites>

For general information on food and nutrition:

www.healthcanada.gc.ca/foodguide

Health Canada's Eating Well With Canada's Food Guide (CFG) helps you to plan a healthy eating pattern that provides your daily requirements for vitamins, minerals and other nutrients. Following CFG promotes health and vitality while also decreasing risk of chronic diseases in the future. Learn about healthy choices and portions, planning meals, shopping, preparing foods, snacking, eating out, fast and easy meal ideas as well as many other practical topics.

• www.healthcanada.gc.ca

Health Canada's website provides information on a broad range of topics including healthy eating, nutrition trends, food warnings and recalls, food safety, food labelling and related legislation. Try the [interactive tools](#) to learn how to read food labels.

- www.dietitians.ca
Dietitians of Canada site contains current, evidence-based nutrition information on a variety of topics. Find a Registered Dietitian or get daily nutrition tips and healthy recipes. Information can be accessed through the Resource Centre. Click on [Your Health](#) for quick tips and tools. Use [eaTracker](#) to check your food and activity choices, analyze your personal recipes, and plan your meals and more.
- www.dialadietitian.org
NutritionLink Services Society provides Registered Dietitian-approved, information you can trust on general nutrition as well as many special topics, including diabetes, heart health, bone health, vegetarian eating and gastrointestinal illnesses.
- www.eatrightontario.ca
EatRight Ontario website offers resources on popular nutrition topics nutrition, including healthy weights, vitamins and minerals, supplements, disease prevention and health conditions, tips on packing healthy lunches and reading food labels. A team of Registered Dietitians is available to answer nutrition questions by email or phone 9:00 a.m. to 5:00 p.m. ET Mon.-Fri. and Tues./Thurs. until 9 p.m. This service is available in 120 languages; call toll-free 1-877-510-5102.
- www.heartandstroke.ca

Heart and Stroke Foundation, a health advocacy organization, has many excellent resources, including multicultural resources, on healthy living, healthy weights and heart disease prevention. Their [Health Check](#) food information program can help you choose healthy foods in grocery stores and restaurants.

To estimate your energy needs:

- <http://www.webmd.com/diet/body-bmi-calculator>
Web MD calculator estimates energy/calories you need each day based on your age, size, gender and activity level.

To see what's in a food:

- www.ars.usda.gov/ba/bhnrc/ndl
Search nutrient values of over 6600 foods from the **US Department of Agriculture, Agricultural Research Service** database.

For information on food safety:

- <http://www.befoodsafe.ca>
The Canadian Partnership for Consumer Food Safety Education website for raising awareness among consumers of the four practices of Clean, Separate, Cook and Chill and their importance to protecting health.

For general health information:

- www.healthyontario.com
Ontario Ministry of Health Promotion and Sport site provides information and advice for healthier living. Read in-depth feature articles on healthy eating, disease and injury prevention, and active and smoke-free living. Find links to other not-for-profit health and wellness websites.
- www.mayoclinic.com
Award-winning **Mayo Clinic** consumer site offers expert advice and evidence-based health information to empower people to manage their health. Users can access comprehensive and up-to-date information on healthy living and disease management, including slide shows and podcasts.
- www.medlineplus.gov
Authoritative health site by the **National Library of Medicine and the National Institute of Health**. Find information on health conditions, prescription and over-the-counter medicines, herbs and supplements, interactive patient tutorials, as well as medical journal articles through MEDLINE searches. Click on Health Topics, then [Food and Nutrition](#) for a list of comprehensive nutrition resources.

Health Services does NOT recommend using information gathered on the internet as a substitute for medical care.

Physical Fitness & Exercise

Active 2010 - Ontario

Walking The Activity of a Lifetime

<http://www.mhp.gov.on.ca/en/active-living/about/about2010.asp>

Canada's Physical Activity Guide – to healthy active living for Older Adults

Toll free: 1-800-622-6232

Website: <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>

Public Health Agency of Canada

Physical activity tips for older adults (65 years and older) April 2012

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/08paap-eng.php>

Research

BC Injury Research and Prevention Unit

www.injuryresearch.bc.ca/quick-facts/fall-prevention

Safety

Canada Mortgage and Housing Corporation Accessible and Adaptable Housing

Preventing Falls on Stair:

Website: https://www.cmhc-schl.gc.ca/en/co/acho/acho_012.cfm

Website: http://www.ccohs.ca/oshanswers/safety_haz/falls.html

Fraser Health, BC

Safety Super Heroes

An intergenerational approach to falls prevention that helps kids and families learn how to keep their grandparents and loved ones safe from falls. Resources and materials offered.

<http://safetysuperheroes.com/>



Aging is a Contact Sport – Hip Protectors

Video copyright by Fraser Health Authority YouTube video includes hip protectors 2013

Website: www.agingisacontactsport.com

Fraser Health – www.fraserhealth.ca - Preventing Injuries at Home and at Work Health Care Safety Dance – YouTube video

The team at Heritage Village Residential Care and Assisted Living Program in Chilliwack put together this safety video to help educate health care providers on how to avoid common injuries and protect residents. These tips can easily be used in your own home or at work.

Safer Healthcare Now

– Reducing Injuries and Injury from Falls

<http://www.saferhealthcarenow.ca/EN/Interventions/Falls/Pages/default.aspx>

Technology & Products

Simon Fraser University TIPS

Technology for injury prevention in seniors. A university-community partnership for developing new technologies to prevent falls and fall-related injuries in older adults.

Website: www.sfu.ca/tips

Vision

Public Health Agency of Canada – Division of Aging and Seniors

Vision care Info-sheet for seniors – info sheet

Phone: 613 952-7606

www.phac-aspc.gc.ca/seniors-aines