

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

Falls Prevention – Manitoba Resources

Health, Healthy Living and seniors

Falls and Fractures www.gov.mb.ca/healthyliving/hlp/injury/fractures.html

Seniors and Healthy Aging Secretariat

www.gov.mb.ca/shas Manitoba Seniors Guide

Contact: Phone: 204 945-6565 Toll free: 1-800-665-6565

Email: seniors@gov.mb.ca

ALCOA-Manitoba – Active Living Coalition for Older Adults

ALCOA Speakers Bureau: falls prevention, medication and keeping fit presentations

Falls Prevention – offers a presentation with a speaker. The goal of the presentation is to reduce the risk of falls among older Manitobans. A small group discussion follows to help participants understand some of their risks of falling at home and in the community. They will receive information to help them:

- Determine their risk of taking a fall
- Take action to lower their risk of falling
- Each participant will take home their own safety plan for their personal falls prevention.

Contact: Phone: 204-632-3947

Toll free: 1-866-202-6663

Website: www.alcoa.org

Email: jevanchuk@sogh.mb.ca

Manitoba Society for Occupational Therapists

7 - 120 Maryland Street, Winnipeg, Manitoba

R3G 1L1 P: (204) 957-1214 Website:

www.msot.mb.ca

Misericordia Health Centre – Easy Street

<http://www.misericordia.mb.ca/Programs/EasyStreet.html>

Easy Street is a unique rehabilitation program where clients can practice the skills they need for independent living after a life-impacting health change. Located right in the Misericordia Health Centre - parkade building Easy Street recreates an actual community environment equipped to meet the challenges people face on a daily basis.

Victoria Lifeline / Philips Lifeline

Falls Prevention resources and information, e.g. “How to get up from a fall” Contact: Victoria Lifeline 204-956-6777 Toll free: 1-888-722-5222

Canada Housing and Mortgage Corporation

Home Adaptations for Seniors Independence Program - This program helps First Nations and First Nation members pay for minor home adaptations to on-reserve properties to extend the time low-income seniors can live in their own homes independently. Information on affordable housing programs available off-reserve in each province and territory is provided under links to Affordable Housing Programs across Canada.

http://www.cmhc-schl.gc.ca/en/ab/onre/onre_006.cfm

Interlake-Eastern Regional Health Authority

Falling has Life Changing Consequences for the Majority of Older Canadians <http://www.ierha.ca/default.aspx?cid=10243&lang=1>

Southern Health-Santé Sud

Falls Prevention <http://www.southernhealth.ca/service.php?lang=en&id=195&>

Winnipeg Regional Health Authority - WRHA

Prevent Falls Website - www.preventfalls.ca

This falls prevention website was launched November 2012 by the WRHA. It provides information on prevention of falls for adults and children along with resources.

See www.preventfalls.ca/resources/resources-for-older-adults/ for a list of Resources and contact information.

<http://www.wrha.mb.ca/healthinfo/preventinj/preventfalls.php>

Contact: Phone: 204 926-7000 to request publications

Websites: www.preventfalls.ca www.wrha.mb.ca

Children

Staying On Your Feet - WRHA

From birth through the teen years, children are at risk of becoming seriously injured in a fall. How and where a fall happens and how seriously a child is injured tends to depend on their age.

<http://www.preventfalls.ca/children/>

Resources <http://www.preventfalls.ca/resources/resources-for-children/>

Publications: <http://www.preventfalls.ca/resources/publications-about-children/>

Active & Safe Kids Manitoba

Manitoba coalition for active and safe kids provides resources and multimedia messages

<http://www.activesafekidsmanitoba.ca/>

Clinical Practice Guidelines

WRHA – Winnipeg Regional Health Authority

For Health Care Professionals – Falls Prevention and Management

<http://wrha.mb.ca/professionals/ebpt/falls.php>

Dementia

Alzheimer Society Manitoba – Dementia Care & Brain Health

Reducing Risk of Falls for People With Dementia

Things to Consider, Communication

Protective Considerations in the External Environment

Reducing Risk of Falls for People with Dementia: A Checklist

<http://www.alzheimer.mb.ca/wp-content/uploads/2013/09/2014-Dementia-Fall-Risk-Checklist-template.pdf>

www.alzheimer.mb.ca

Phone: 1-800-378-6699

Medications

Manitoba Institute for Public Safety

Learn to be Safe – Medication Safety
Declaration of Patient and Family Engagement in Patient Safety
Patient Advocate Form
Contact: Website: www.mips.ca

Medication Information Line for the Elderly (MILE)

Questions about your medication
The University Centre Pharmacy, The University of Manitoba
Contact: Phone: 204 474-8433
Email: mile_resource@umanitoba.ca

Partners Seeking Solutions with Seniors

Medications and Alcohol What You Need to Know
www.solutionsforseniors.cimnet.ca

Nutrition

College of Dietitians of Canada

<http://manitobadietitians.ca/user/browse.aspx?privatepractice=true>

Find a Private Practice Dietitian

The College of Manitoba Private Practice/Consulting Dietitians can provide the following services:

- One-on-One counselling for nutrition related matters
- Presentations for organizations/groups on nutrition related topics
- Nutrition or Food Service Management Consulting Services to organizations/groups or companies

Osteoporosis Canada, Manitoba Chapter

Osteoporosis Canada Manitoba website offers the following information on building strong bones:

- Calcium Calculator
- Calcium Height Loss Cards
- Living Well with Osteoporosis
- Make Your First Break Your Last
- Eating For Bone Health
- Your Guide to Strong Bones
- Osteoporosis Canada Clinical Practice Guidelines Quick Reference Guide
- Osteoporosis Canada Clinical Practice Guidelines Executive Summary

See the Checklist for Risk of Broken Bones and Osteoporosis

<http://www.osteoporosis.ca/osteoporosis-and-you/checklist-for-risk-of-broken-bones-and-osteoporosis/> <http://www.osteoporosis.ca/programs-and-resources/publications/> August, 2014 COPING Newsletter “Elder Proofing to Reduce Preventable Crisis Build a Safety Net”
<http://www.osteoporosis.ca/osteoporosis-and-you/copn/coping-archives/>

Osteoporosis Canada Manitoba Chapter

- Preventing Falls is Important
- Checklist for Risk of Broken Bones and Osteoporosis
- FRAX – Frequently Asked Questions

Contact: Phone: 204 772-3498 Website: www.osteoporosis.ca/manitoba

WRHA - Winnipeg Regional Health Authority

Website: <http://www.preventfalls.ca/older-adults/nutrition-vitamin-d/>

Physical Fitness & Exercise

ALCOA – Active Living Coalition for Older Adults

Active Living - Falls Prevention presentations to older adults

<http://www.alcoamb.org/main.asp?fxoid=FXMenu,4&catID=1&subID=116>

Arthritis Society of Manitoba

Arthritis Land and Water Exercise Programs

- Land Exercise: Introduction to Tai Chi for People with Arthritis, PACE (People with Arthritis Can Exercise)
- Water Based: Arthritis Aquatics - low to moderate intensity, Ai Chi (slow broad movements in warm water)

<http://www.arthritis.ca/page.aspx?pid=1195>

The Arthritis Information Line: Toll Free: 1.800.321.1433

General [Inquiries: info@mb.arthritis.ca](mailto:info@mb.arthritis.ca)

Osteoporosis Canada

www.osteoporosis.ca What type of exercises should I do?

Exercise for Healthy Bones Fact Sheet, May, 2012

www.osteoporosis.ca/osteoporosis-and-you/exercise-for-healthy-bones/

Physiotherapy Association of Manitoba

Balance for Life information cards – English & French

Working in collaboration with the Seniors Health Division of the Canadian Physiotherapy Association and Winnipeg Regional Health Authority, Manitoba Physiotherapy Association is pleased to provide health information on balance.

Risk and Prevention Information – An awareness poster

Improve Your Balance leaflet is available in English and French

Healthy and independent living for older adults Fall Prevention

Feel free to copy and post this information.

Contact:

Phone: 204 925-5701 or Toll Free: 1-877-925-5701

Email: ptassociation@mbphysio.org

Website: www.mbphysio.org

VON Manitoba

Smart In-Home Exercise Program

Seniors Maintaining Active Roles Together!

Contact: 204 997-9105

Winnipeg *in motion*

www.winnipeginmotion.ca Post Walking Stretches

in motion Older Adult Exercise DVD

WRHA - Winnipeg Regional Health Authority

What to look for in an exercise class

<http://www.preventfalls.ca/older-adults/exercise/classes-in-the-community/>

Safety

A & O: Support Services for Older Adults

Age and Opportunity Safety Aid program provides fall prevention materials such as non-slip bath mats, nightlights, flashlights, ice grip tips for canes and ice melt for stairs or sidewalks for adults 65+ whose income is under \$25,000 (single) and \$30,000 (couple). For more information and to book a free home safety audit, contact:

Phone: 204-956-6440 Toll free: 1-888-333-1808

Email: intake@ageopportunity.mb.ca

Website: www.ageopportunity.mb.ca

Services

Volunteer Manitoba

CONTACT Community Information

As a program of Volunteer Manitoba, CONTACT Community Information provides access to social and human services in your community. They strive to be the first point of information and referral for all Manitobans, and provide the information via phone, web or through printed guides.

Whether you are an individual looking for help with a family situation, a service provider wishing to assist a client, a funder wanting an overview of the provincial human resources, or keen to volunteer at the thousands of non-profit agencies throughout Manitoba, CONTACT Community Information has a product/service that can assist you. Online – www.contactmb.org

This interactive website is available 24 hours/7 days a week. The site allows the public to access the community data warehouse via unique search and mapping tools.

Phone us at (204) 287-8827 or toll free 1 (866) 266-4636.

Vision

Misericordia Health Centre - Focus on Falls

www.misericordia.mb.ca

Manitoba Association of Optometrists

Manitoba Association of Optometrists provides information about optometry, eye Health and vision, and the association. **Phone: (204) 943-9811**

<http://www.optometrists.mb.ca/>