

November Newsletter 2015

“It takes a community to prevent a fall...everyone has a role”

November is fall prevention month and this year’s theme, *“it takes a community,”* reinforces the many partnerships and interventions needed to reduce the rate and severity of falls among older adults. We’re making great strides in moving in that direction!

Our Northeastern Stay on Your Feet (SOYF) fall prevention campaign launches in Sudbury on November 17 with OTN links to the districts. Contact your local health unit if you would like to be part of the launch. Through partnership and heightened awareness across the continuum of care, SOYF will help older Northern adults and their care providers identify risk for falls and link clients to preventative interventions in the community. For more information on the provincial campaign see Ontario Injury Prevention Resource Centre website (www.oninjuryresources.ca)

Most falls are predictable and preventable – Over 65? - Check your risk

The “Staying Independent” checklist is now available. Call your local health unit or [download a copy from the NE LHIN website](#).

Falls are often the result of health or lifestyle factors and not a normal part of aging. The NE LHIN and Public Health Units across the region worked together to adopt a self-risk assessment tool called “Staying Independent.” As a proven best practice, this tool helps older adults identify their risk for falls and the steps they need to take to stay independent by preventing a fall. After answering the 12 simple yes/no questions, they add up their score. If they total four or more points, they may be considered at risk for falling and are encouraged to discuss the checklist with their health care provider to find ways to reduce their risk. They can also call their local health unit to learn more about exercise classes, falls prevention classes and to get resources to help them prevent a fall.

Get involved in local fall prevention events

During November, SOYF Coalitions from the region are hosting events to celebrate *“it takes a community...everyone has a role.”* Please promote, get involved or call for more information:

Algoma: As part of the regional strategy, Algoma Public Health is presenting SOYF for CARP members on November 19th at 2 p.m. at the Seniors Drop in Centre, 615 Bay Street, Sault Ste. Marie. The presentation is open to the public and all are welcome to attend. You may contact Marilyn Patterson, CARP president marilyn.patterson@bell.net 705.949.2299 or Raija Lappalainen, Algoma Public Health, 705.942.4646 ext 3055 for more information.

North Bay: The Coalition is hosting an event at Marina Point on November 20 from 2 to 4 p.m. to increase awareness of the nine steps to Stay on Your Feet. The event will feature booths, presentations and a performance by the North Bay Rising Stars. For more information, please contact Fran Laframboise at 705-474-1400 ext. 2220 or email at fran.laframboise@nbpsdhu.ca or Melissa Virdiramo 705.474.9494 ext. 801 mvirdiramo@autumnwood.ca

Parry Sound: An event will be held at the Gardens of Parry Sound Retirement Home on November 17. There will be presentations on different forms of exercise, as well as an overview of Stay on Your Feet starting at 11 a.m. Participants are invited to stay for lunch at the Gardens at 12 noon for a small fee of \$8 per person. For more information, please contact Linda Taylor at 705-746-5602 or ltaylor@belvedereheights.com

Porcupine: The SOYF Coalition will celebrate its launch on November 18 in Timmins. The Coalition is attending a local exercise class for older adults that demonstrates the importance of staying physically active. For more information, contact Andrew Keck at the Porcupine Health Unit at (705) 267-1181 ext. 2369, or via email at andrew.keck@porcupinehu.on.ca.

Sudbury: Dr. Penny Sutcliffe, Medical Officer of Health for Sudbury & District Health Unit, will help kick off the SOYF campaign on November 17 at the event hosted at the NE LHIN. Members of the Sudbury/Manitoulin SOYF Coalition, the local Rising Stars group and a local older adult will also participate in the launch. For more information contact Anik Proulx or Terri Lazinski, stayonyourfeet@sdhu.com, 1-855-674-4330.

Timiskaming: In partnership with a local Family Health Team, a Grand Rounds event will be held for primary care practitioners on November 27. A campaign launch will be hosted in Kirkland Lake for media, partners and members of the public on November 24, at 3:45 pm. Senior volunteers and coalition partners will be on hand to share Stay on Your Feet messages and the importance of staying active and independent. For more information, contact Lorna Desmarais at the Timiskaming Health Unit at (705) 647-4305 ext. 2239, or email desmaraisl@timiskaminghu.com

About Stay on Your Feet (SOYF):

Stay on Your Feet (SOYF) is the fall prevention strategy being implemented by the North East Local Health Integration Network (NE LHIN) and multiple partners and stakeholders across the region. SOYF aims to reduce the rate and severity of falls among adults 65+ years of age. Community collaboration and action are the cornerstone of this best practice strategy.

For more information, contact: Wendy Carew, Regional Coordinator SOYF, NE LHIN, wendy.carew@lhins.on.ca 705-840-1610.