

You can prevent falls!



Vous pouvez éviter les chutes!

FALLS PREVENTION INITIATIVE

**Health Canada/Veterans
Affairs Canada**

Summaries of funded projects

2000-2004

Additional copies of this publication are available from:

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Initiative pour la prévention des chutes : sommaires des projets subventionnés, 2000-2004.

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FOREWORD

In August of 2000, Health Canada (HC) and Veterans Affairs Canada (VAC) jointly established the *Falls Prevention Initiative*, a community-based health promotion initiative to help identify effective falls prevention strategies for veterans and seniors.

VAC committed 10 million dollars over a four year period (ending in March of 2004) to pilot the initiative in three regions: Atlantic Canada, British Columbia, and Ontario.

In total, 40 projects have been funded under this initiative.

Why the focus on falls?

Falls are an important health problem for Canadian seniors and veterans. Falls account for 65% of all injuries among seniors and are estimated to cost Canadians 2.8 billion dollars annually, of which one billion are direct health care costs. Studies show that one in three older adults fall every year. Falls have a powerful impact on seniors' independence and quality of life. They account for 84% of injury-related admissions to hospital, 40% of admissions to nursing homes and a 10% increase in home care services. Falls are also the leading cause of fatal injury among Canadians over 65.

Canada's seniors population is projected to grow to 5 million by 2011. This is a 38% increase from the 1998 seniors population of 3.6 million. The veteran population is proportionately older than the general population of seniors in Canada and thus runs a higher risk of falls. As a result, we can expect increasing levels of injuries related to falls along with the related consequences for seniors' independence and health system utilization and for veterans' independence and health care requirements.

Current research suggests that falls are highly preventable and that health promotion interventions can reduce or eliminate significant risk factors such as falls hazards in the home or community as well as high risk behaviours. However, additional knowledge was needed to identify the best practices, program models and community settings that are able to effectively reach community dwelling veterans and seniors and address the range of risk factors in a sustainable way.

Objectives of the initiative

- to advance understanding and knowledge of effective falls prevention interventions and models directed to veterans, seniors and their caregivers using a population health approach;
- to develop the capacity of veterans, seniors and other community organizations to develop and deliver sustainable community-based health promotion programs addressing falls prevention using the population health approach.

Population health approach

The **Falls Prevention Initiative** adopts the population health approach to falls prevention. This approach focusses on the wide range of individual and collective factors that influence health and the way they act together in determining the health and well-being of Canadians. These factors are known as determinants of health and they continue to affect a person's health and well-being throughout their lifetime. Determinants of health do not act alone or in isolation from each other; their complex interactions have an even more important impact on health.

Collaboration across sectors is essential to successfully address the determinants of health. Intersectoral action makes possible the joining of forces, knowledge and means to understand and solve complex issues when solutions lie outside the capacity and responsibility of a single sector. Existing partnerships should be strengthened and new ones created, with organizations whose mandate or activities have a direct or indirect impact on health.

Health promotion

There is common ground between the objectives of Health Canada's population health approach and the health promotion mandate of Veterans Affairs Canada. Both focus on increasing community capacity for action; developing a knowledge base for future programs and policy development; creating and strengthening partnerships; and developing intersectoral collaboration.

Phased approach to project funding

Project proposals were solicited under a three-phase approach. This phased approach recognized the lead time required by some community-based organizations to formulate key partnerships and assess community capacity.

Phase I: Partnership development

During this phase of funding, priority was given to developmental projects that sought to build the capacity of communities to address issues related to falls prevention and included the following types of activities:

- developing working partnerships among key organizations, including seniors and veterans that have an interest in falls prevention;
- assessing community strength and capacity to address falls prevention; and,
- raising community awareness of falls and their impact, and engaging the community in identifying appropriate strategies for future action on the issue.

Phase II: Falls prevention projects

During this phase of funding, priority was given to falls prevention projects submitted by established partnerships and which addressed the following priorities:

1. ***The physical environment (specifically the following)***
 - the home
 - the community (external and built environments)
2. ***Personal health practices (which could include but are not limited to)***
 - active living
 - use/misuse of medication, alcohol and other substances
 - nutrition
3. ***High risk populations (as defined by the community)***
 - seniors and veterans who are frail
 - homebound seniors and veterans
 - seniors and veterans in rural and/or isolated communities
 - seniors and veterans with diminished health status (e.g. vision or hearing impairment, diminished health status due to military service)
 - seniors and veterans unaware of potential risks
 - women

Phase III: Falls prevention projects

During this final phase of funding, priority was given to falls prevention projects submitted by those applicants funded under Phase I, and that addressed the priorities identified under Phase II.

In addition, national funding was provided to three projects addressing the national priority on assistive devices.

Evaluation reports

A mid-term evaluation report was prepared in November 2002, and the final report will be completed at the end of the Initiative in March 2004.

Summaries

For the purposes of this report, project summaries are listed by region under each of the three phases, then in alphabetical order by project title (in the language of origin). Each entry includes the project title, the project number, as well as a brief description of the sponsor organization, a list of partners, the objectives of the project, its results and/or products, and contact information.

Phase I

Partnership Development

Atlantic Provinces

Title: Development of a falls prevention program for community-dwelling veterans, seniors and their caregivers on P.E.I.

Project #: 6793-02-2000/1430015

Sponsor: PEI Centre for Study of Health
And Aging
Charlottetown, P.E.I.

Start Date: February 23, 2001

End Date: March 31, 2002

Status: Completed

Budget: 2000/2001 \$40,789

2001/2002 \$26,430

Total: **\$67,219**

The goal of the PEI Centre for the Study of Health and Aging, which stems from the Department of Family and Nutritional Sciences, University of PEI, is to find new information to improve seniors' health, welfare and quality of life.

Partners: The PEI Command of the Royal Canadian Legion, PEI Senior Citizens Association, PEI Association on Gerontology, Eastern Co-operative Health Organization (ECHO), PEI Seniors Advisory Council, PEI Department of Health and Social Services and the Queens Region Health Division of Continuing Care.

Project: The focus was on involving the community in examining barriers to physical activity among the elderly and on planning ways to reduce the incidence of falls among veterans, seniors and others. PEI has the fourth highest percentage of seniors in the country but to date there had been little work done in the area of falls prevention among its seniors and veterans. The partners proposed to address this gap.

**Products/
results:** The project identified and analyzed literature, models, interventions and initiatives pertaining to falls prevention and those associated with falls risks and injuries, as well as developed a strong coalition among the identified partners to address the issue. A community network was established to link diverse groups, share best practices, and assess the capacity of those involved to affect the issues. Finally, the project developed a plan for a falls prevention program to reduce the prevalence of falls among community-dwelling veterans, seniors and their caregivers on PEI.

Contact: PEI Centre for Study of Health and Aging
c/o Department of Family and Nutritional Sciences, Dalton Hall 07
University of Prince Edward Island
550 University Avenue
Charlottetown, Prince Edward Island C1A 4P3

Title: Falls prevention initiative – St. John’s

Project #: 6793-01-2000/1430013

Sponsor: Seniors Resource Centre
(St. John’s, Newfoundland)

Start Date: February 23, 2001

End Date: March 31, 2002

Status: Completed

Budget: 2000/2001 \$43,514

2001/2002 \$28,000

Total: **\$71,514**

The Seniors Resource Centre of St. John’s, Nfld. is a non-profit registered charity. Its mission is to respond provincially to the needs of older adults by providing information, programs and services.

Partners: The Royal Canadian Legion, Newfoundland Public Pensioners Association, Newfoundland Safety Council, Newfoundland Occupational Therapists and the six Regional Boards of Health and Community Services.

Project: The intent of this collaboration was to create a high level of involvement among the partners so they might identify risks, recommend strategies to address those issues and plan for their implementation. Representatives of all the partnering organizations were invited to create regional working groups in each of the six health districts. Each regional working group hosted a local workshop to assess the interest, strength and capacity of seniors, veterans and their caregivers and to consider future directions to address falls prevention.

**Products/
results:** The project developed strong partnerships and stimulated community interest and support for falls prevention initiatives. A provincial advisory committee was struck with representatives from each region to move the initiative into the next phase.

Contact: Seniors Resource Centre
Suite W240, 120 Torbay Road
St. John’s, Newfoundland A1A 2G8
Email: seniorsresource@nf.aibn.ca

Title: Initiative pour la prévention des chutes – Nouvelle-Écosse
(Falls prevention initiative - Nova Scotia)

Project #: 6793-03-2000/143011

Sponsor: Regroupement des aîné-e-s
de la Nouvelle-Écosse
(Dartmouth, Nova Scotia)

Start Date: February 23, 2001
End Date: March 31, 2002
Status: Completed

Budget:

2000/2001	\$31,851
2001/2002	\$28,000
Total:	\$59,851

The goal of the Regroupement des aîné-e-s de la Nouvelle-Écosse is to promote the general and special interests of Nova Scotia's Acadian and Francophone seniors. Members include nearly 400 people from the seven Acadian areas of Nova Scotia: Clare, Argyle, Chéticamp, Richmond, Halifax-Dartmouth, Sydney and Pomquet.

Partners: Royal Canadian Legion Branches, health professionals and seniors organizations.

Project: The aim of this project was to develop a network among the various stakeholders interested in planning and putting into practice ways to prevent seniors' injuries and hospitalization resulting from falls. Working together through consultation and consensus building, stakeholders from the professional and community sectors, seniors and veterans sought to identify effective and concrete ways to prevent falls among the aging Acadian population. Planned activities included: consultation and awareness-raising sessions with seniors and veterans in Acadian communities; the identification of community and professional stakeholders who would be interested in participating by discussing ways to improve or create services to prevent falls; and the creation of a planning committee to create a falls prevention project. Consultations with community stakeholders were planned and organized by the Regroupement des aîné-e-s de la Nouvelle-Écosse in collaboration with seniors in the targeted regions to ensure that the project and its results will meet their long-term needs.

**Products/
results:**

The project produced and published regular articles in the provincial French-language newspapers and in community newsletters. Project staff and volunteers participated in community radio and community television programs which delivered falls prevention messages. The project also developed directories of services and programs available to seniors in each of the three targeted regions.

Contact: Regroupement des aîné-e-s de la Nouvelle-Écosse
54 Queen St.
Dartmouth, Nova Scotia B2Y 1G3

Title: Watch your step

Project #: 6793-04-2000/1430014

Sponsor: Atlantic Seniors Health Promotion
Committee
(Dartmouth, Nova Scotia)

Start Date: February 23, 2001

End Date: March 31, 2002

Status: Completed

Budget:	2000/2001	\$39,800
	2001/2002	\$28,000
	Total:	\$67,800

The Community Health Promotion Network Atlantic (CHPNA), which includes the Atlantic Seniors Health Promotion Committee, is a virtual organization that shares health promotion information among individuals, groups and communities in the four Atlantic provinces.

Partners: Healthy Active Living, Victoria Order of Nurses, Royal Canadian Legion, health professionals, and seniors organizations.

Project: The goal of this project was to raise awareness of the importance of falls prevention and to prepare a strategy that would reduce the risk of falling and maintain the independence of seniors and veterans in New Brunswick. Phase I of the project focussed on mobilizing a broad-based intersectoral partnership including the public, private and voluntary sectors.

**Products/
results:**

The project produced a research discussion paper that presented evidence on the impact of falls on the health and independence of seniors in New Brunswick. An initial advisory committee, which included seniors and veterans, was struck to oversee the project, recommend new partners and review research findings. A kit was developed highlighting the research findings and the importance of collaborating on a falls prevention strategy, and was used as a tool to recruit new partners to this initiative. Through a series of conference calls and meetings, the advisory committee was expanded and tasked with preparing a falls prevention strategy. The result of Phase I was a New Brunswick falls prevention strategy and a network of committed partners who are ready to test tools and begin implementation in Phase II.

Contact: Atlantic Seniors Health Promotion Committee
c/o Community Health Promotion Network Atlantic
14 Averill Street
Dartmouth, Nova Scotia B3A 2H2

Title: Working together to prevent falling among seniors

Project #: 6793-03-2000/1430012

Sponsor: Community Links
(Dartmouth, Nova Scotia)

Start Date: February 23, 2001

End Date: March 31, 2002

Status: Completed

Budget:	2000/2001	\$49,764
	2001/2002	\$27,750
	Total:	\$77,514

Community Links is a not-for-profit organization with a membership of over 100 community groups and organizations across Nova Scotia. Its mission is to help rural seniors share effective ways of meeting the needs and priorities of older residents by promoting the principles of community development, sharing leadership and supporting lifelong learning.

Partners: The Family Caregivers Association of Nova Scotia and the Nova Scotia Command of the Royal Canadian Legion.

Project: The project proposed to build the capacity of groups and organizations in Nova Scotia to address issues relating to falls. The ultimate goal was to develop a provincial partnership that would be dedicated to reducing the number and severity of falls among veterans and other seniors. In order to raise awareness about falls, a discussion paper was developed which examined the relationship between the determinants of health and the incidence of falls amongst seniors. The paper endeavoured to increase the understanding of intersectoral collaboration.

Products/ results: The discussion paper (*Taking Steps to Prevent Falling in Nova Scotia*) was shared with a broad range of identified partners, seniors and veterans, who were invited to attend a provincial partnership-building workshop. The workshop provided potential stakeholders with an opportunity to learn more about successful approaches for preventing falls. It also explored potential partnership possibilities and provided participants with an opportunity to assess their interest in joining such a partnership.

Contact: Community Links
200A Albro Lake Road
Dartmouth, Nova Scotia B3A 3Z2

Ontario

Title: **Avoiding trips, slips and broken hips**

Project #: 6793-06-2000/1160006

Sponsor: Northern Educational Centre for Aging
 and Health
 (Thunder Bay, Ontario)

Start Date: February 23, 2001

End Date: March 31, 2002

Status: Completed

Budget: 2000/2001: \$53,382

 2001/2002: \$25,000

 Total: **\$78,382**

The Northern Educational Centre for Aging and Health (NECAH) was founded at Lakehead University in 1991 with the aim of promoting, developing, and administering education and research on health and aging in northwestern Ontario.

Partners: The project was conducted by the Thunder Bay Falls Prevention Coalition, of which NECAH is a member. The Coalition includes the following partners: the Thunder Bay Fire Rescue Services, Thunder Bay Community Care Access Centre, Veterans Affairs Canada, Ogden East End Community Health Centre, St. Joseph's Health Care Group, Métis Nation of Ontario, Long Term Care, Partners in Rehabilitation and Thunder Bay District Health Unit.

Project: The goal of this project was to provide an integrated approach to a community-wide awareness campaign about the risks and impact of falls among the elderly and to decrease the number of falls. The objectives of the project were: to expand the Coalition; to increase the knowledge and understanding of seniors living in the community, of seniors in institutions, and of family members and caregivers about the impact of falls; and to develop strategies to accurately track and reduce the number of falls. Veterans and seniors were an integral part of this community capacity building project.

**Products/
results:** Outcomes of the project included long-term measurable strategies that could be implemented in Phase II, that would reduce the morbidity and mortality associated with slip and fall accidents among an aging population in northwestern Ontario.

Contact: Northern Educational Centre for Aging and Health
 c/o Health Sciences North
 955 Oliver Road
 Thunder Bay, Ontario P7B 5E1

Title: Falls/Injury prevention program for seniors

Project #: 6793-06-2000/1160007

Sponsor: The Joseph E. and Minnie
Wagman Centre
(Toronto, Ontario)

Start Date: February 23, 2001

End Date: March 31, 2002

Status: Completed

Budget:	2000/2001	\$53,382
	2001/2002	\$40,000
	Total:	\$93,382

The Joseph E. and Minnie Wagman Centre is a multilingual community centre. It offers older adults, age 55 and over, opportunities to enjoy activities with others through programs and services designed to stimulate intellectual, cultural, social and health interests.

Partners: The Toronto Public Health Department, York Region Health Services – Public Health, and Baycrest Centre for Geriatric Care, in collaboration with seniors' and veterans' groups.

Project: The goal of this multi-phased project was to create a seamless linkage among the various levels of the continuum of care, from primary prevention to rehabilitation, with regard to falls/injury prevention. The target group were seniors who might benefit from a self-managed home-based exercise program and comprehensive falls assessment and management program. This project pilot-tested a multi-disciplinary approach to falls intervention, focussing on risk assessment, home-based exercise, life-style modification, medication review and the education of the veteran/senior and his/her informal and formal caregivers. The goal was to assist participants in graduating to a community-based exercise program and self-managed care. The project facilitated a community capacity assessment on environments and services supportive of falls/injury prevention by linking all of the appropriate services with the participant.

**Products/
results:**

The outcomes for the project included the assessment of the effectiveness of a home service versus a group/clinic program, especially as it relates to the veteran population.

Contact: The Joseph E. and Minnie Wagman Centre
55 Ameer Avenue
Toronto, Ontario M6A 2Z1

Title: Provincial partners for seniors – Falls prevention now!

Project #: 6793-06-2000/1160005

Sponsor: Ontario Public Health Association
(Toronto, Ontario)

Start Date: February 23, 2001

End Date: March 30, 2002

Status: Completed

Budget:	2000/2001	\$70,000
	2001/2002	\$70,000
	Total:	\$140,000

The Ontario Public Health Association (OPHA) promotes optimum health for all Ontarians by strengthening the impact of organizations who are active in public and community health.

Partners: The Ontario Legion Provincial Command, the Ontario Coalition of Senior Citizens' Organizations, the Ontario Residential Care Association and the Health Communication Unit, Centre for Health Promotion of the University of Toronto.

Project: The goal of this project was to develop a strong and effective partnership of provincial organizations with a commitment to falls prevention in order to create an accessible, practical and sustainable provincial falls prevention education program. The objectives of the project in Phase I include developing a strong and effective working relationship among current and potential provincial partners, including seniors and veterans, who have an interest in falls prevention. The creation of a provincial organization dedicated to the awareness and prevention of falls amongst seniors provided a mechanism for effective public awareness, policy development and partnership building. A public awareness campaign was tested and launched using the networks of the participating organizations. These organizations have demonstrated their provincial leadership capacity, their commitment to seniors, injury prevention and public education, and their ability to work collaboratively.

**Products/
results:**

The outcomes of the project included an increased awareness of the importance of falls prevention among the public, health professionals, caregivers, seniors and veterans, and the establishment of a strong provincial organization to continue to raise awareness and influence positive changes to decrease injuries due to falls.

Contact: Ontario Public Health Association (OPHA)
468 Queen Street East, Suite 202
Toronto, Ontario M5A 1T7

Title: **The Southwest Ontario Initiative to prevent falls in veterans and their caregivers**

Project #: 6793-06-2000/1160009

Sponsor: Canadian Centre for Activity and Aging
(London, Ontario)

Start Date: January 1, 2001
End Date: March 31, 2002
Status: Completed

Budget: 2000/2001 \$116,893
 2001/2002 \$80,000
 Total: **\$196,893**

The Canadian Centre for Activity and Aging (CCAA) develops, encourages and promotes an active, healthy lifestyle for Canadian adults that will enhance the dignity and health of the aging population.

Partners: The CCAA partnered with the Council on Aging in Windsor and the Trauma Prevention Council in Hamilton to develop a southwestern Ontario strategy on falls prevention.

Project: The goal of this project was to reduce the number of falls and the severity of injury among seniors and veterans populations by exploring the feasibility of undertaking a multi-factorial approach. The objective of this Phase I, community capacity building project, was to share information by providing a common regional forum for veterans' health stakeholders. The project took place in three sites (London, Hamilton and Windsor) to determine what the needs of veterans and seniors were in these locations. In addition, a regional strategy was developed to outline what next steps should be taken in this approach.

**Products/
results:** Outcomes included an analysis of the regional capacity to assess falls risks and an implementation plan for cost-effective interventions aimed at reducing falls.

Contact: Canadian Centre for Activity and Aging
1490 Richmond Street
London, Ontario N6G 2M3

British Columbia

Title: Capital Region falls prevention with seniors and veterans: community partnership development project

Project #: 6793-10-2000/0340013

Sponsor: Capital Health Region
(Victoria, British Columbia)

Start Date: January 1, 2001

End Date: March 31, 2002

Status: Completed

Budget:	2000/2001	\$44,900
	2001/2002	\$30,064
	Total:	\$74,964

The Capital Health Region (CHR) is responsible for providing health services and programs to 340,000 persons in a region located at the southern tip of Vancouver Island. The region includes urban, semi-rural and rural areas.

Partners: The Canadian Peacekeeping Veterans Association, the Royal Canadian Legion, Seniors Serving Seniors, the University of Victoria, Centre on Aging, and other stakeholders with an interest in falls prevention.

Project: The project developed the capacity of veterans, seniors and other community stakeholders to address issues related to falls prevention in the Capital Health Region. It developed a community coalition and facilitated a shared understanding and awareness of falls issues among a broad range of stakeholders who have an interest or a role to play in this area. As veterans, seniors, community groups and other stakeholders worked together, roles and responsibilities were identified, partnerships were strengthened and falls prevention interventions sensitive to the multiple determinants that contribute to falls were identified. A falls prevention strategy was developed for consideration under Phase III of the Initiative.

Products/

results: As a result of the project, a knowledgeable, sustainable coalition is in place that is capable of implementing the strategy developed during the project.

Contact: Capital Health Region
1450 Hillside Avenue
Victoria, British Columbia V8T 2B7

Title: Coordinated response to falls prevention

Project #: 6793-10-2000/0340015

Sponsor: 411 Seniors' Centre Society
(Vancouver, British Columbia)

Start Date: January 1, 2001

End Date: March 31, 2002

Status: Completed

Budget: 2000/2001: \$41,720

2001/2002 \$26,600

Total: **\$68,320**

The 411 Seniors' Centre Society operates a multi-purpose seniors' centre, providing low-cost services and programs to seniors in the Greater Vancouver area.

Partners: Veterans, seniors and their organizations, falls researchers, recreation centres, local health board representatives, municipal and social planning departments, Canadian Red Cross, disability and ethno-cultural organizations.

Project: The project brought together an intersectoral coalition of stakeholders under the leadership of veterans, seniors and their organizations to develop and coordinate a plan for falls prevention in the City of Vancouver. Activities included: partnership building, information sharing and awareness raising of the issues associated with falls, as well as an assessment of the community in terms of capacity, the breadth of the issue and existing prevention activities and resources. Such assessments enabled the coalition to identify possible strategies and to develop a plan of action that was submitted for consideration under Phase III of the Initiative.

**Products/
results:** As a result of the project, a city-wide, multi-sectoral coalition was established that is capable of implementing the strategy developed during the project.

Contact: 411 Seniors' Centre Society
411 Dunsmuir Street
Vancouver, British Columbia V6B 1X4

Title: Northern Interior Regional Health Board veterans and seniors falls prevention – Community partnership initiative

Project #: 6793-10-2000/0340014

Sponsor: Northern Interior Regional Health Board
(Prince George, British Columbia)

Start Date: January 1, 2001

End Date: March 31, 2002

Status: Completed

Budget: 2000/2001 \$37,950

2001/2002 \$38,100

Total: **\$76,050**

The Northern Interior Regional Health Board (NIRHB) provides health services and programs in a large rural and remote area in northern British Columbia. It is committed to public participation and community involvement in decisions affecting the health of the region.

Partners: The Royal Canadian Legion, the Prince George Council of Seniors, the University of Northern British Columbia and the City of Prince George.

Project: The project developed the capacity of veterans, seniors and other community stakeholders to address issues related to falls prevention in the Northern Interior Health Region. A regional coalition of representatives from participating communities provided direction to the project. Activities included: partnership building; awareness raising and sharing of information on risk factors and possible interventions; and identification of community strengths and resources that can be focussed on falls prevention. An inclusive, collaborative process enabled the active involvement of the area's large urban and small rural communities. Community representatives organized public meetings to discuss and promote awareness of the issue, engage participation and support and identify potential falls prevention strategies. A regional falls prevention strategy for consideration in Phase III of the initiative was developed.

Products/

results: As a result of the project, a regional coalition is in place that is capable of implementing the strategy developed during the project.

Contact: Northern Interior Regional Health Board
8264 St. John Crescent
Prince George, British Columbia V2N 4H8

Title: Simon Fraser Regional Health Board falls prevention initiative

Project #: 6793-10-2000/0340012

Sponsor: Simon Fraser Health Region
(New Westminster, British Columbia)

Start Date: January 2, 2001

End Date: March 31, 2002

Status: Completed

Budget: 2000/2001 \$51,250

2001/2002 \$27,550

Total: **\$78,800**

The Simon Fraser Health Region (SFHR) provides health services and programs to approximately 500,000 residents in a region which includes both urban municipalities, suburban communities and rural districts.

Partners: Branches of the Royal Canadian Legion, the Burnaby Coalition to Prevent Falls, seniors' organizations, falls researchers, the Canadian Red Cross, local firefighters and other stakeholders with an interest in falls prevention.

Project: The project sought to enhance the capacity of veterans, seniors and other community stakeholders to address issues related to falls prevention in the Simon Fraser Health Region. Activities included: coalition and partnership building, assessment of capacities and strengths among partners, data collection related to falls incidence and risk factors, information sharing and awareness raising among key stakeholders. A Coalition Council, consisting of seniors, veterans and other stakeholders elected from participating communities, was formed to provide direction to the project. As the coordinating body for fall prevention throughout the region, it provided leadership in the development of an overall plan based on input from local coalitions.

**Products/
results:** Development of a viable, accessible and sustainable fall prevention strategy that was presented for consideration under Phase III of the Falls Prevention Initiative.

Contact: Simon Fraser Health Region
260 Sherbrooke Street
New Westminster, British Columbia V3L 3M2

Phase II

Funded Projects

Atlantic Provinces

Title: A fall prevention program for Lunenburg and Queen's Counties,
Nova Scotia

Project #: 6793-03-2001/0180026

Sponsor: Elderfit – Lunenburg
(Rose Bay, Nova Scotia)

Start Date: September 3, 2001

End Date: August 31, 2003

Status: Ongoing

Budget:

2001/2002	\$64,419
2002/2003	\$55,400
2003/2004	\$23,572
Total:	\$143,391

Elderfit is a not-for-profit organization whose mission is to raise awareness among seniors of the health and lifestyle benefits that can be achieved by remaining physically and mentally active.

Partners: The Fisherman's Memorial Hospital, Victoria Order of Nurses, the Royal Canadian Legion and community volunteers.

Project: A first step in the project was to convene a roundtable forum of all volunteer organizations to review the goals and objectives of the project and to assign roles and responsibilities. Next, seniors and veterans in the community will be surveyed to assess their level of awareness of the risk factors contributing to falls and to ascertain the best means by which to convey information to them. The survey will be conducted by high school students who will be paired with Royal Canadian Legion members to distribute the survey. Results of the survey will be used to determine the types of informational tools which should be developed and will also serve to gauge whether or not there is an interest in a public lecture series on topics related to falls. A second activity will be the development of a checklist for use by volunteers to assess falls risk factors in the homes of veterans and other seniors at risk. Senior volunteers will be recruited and trained to go into seniors' homes, by invitation, to administer the assessment. These home assessments will be promoted by local health professionals. A list of volunteer resources available to make repairs or changes to improve home safety will be distributed. An additional project activity will be to approach town and municipal authorities to reduce the risk of falling in public places.

Products/

results: A home assessment program, information pamphlets and a network of organizations and agencies interested in falls prevention.

Contact: Elderfit – Lunenburg
RR # 1
Rose Bay, Nova Scotia B0J 2X0

Ontario

Title: Determination of effective fall prevention strategies

Project #: 6793-06-2001/1160011

Sponsor: Wilfrid Laurier University
(Waterloo, Ontario)

Start Date: October 23, 2001

End Date: March 31, 2004

Status: Ongoing

Budget:

2001/2002	\$340,000
2002/2003	\$100,000
2003/2004	\$75,000
Total:	\$515,000

Wilfrid Laurier University, situated in southwestern Ontario, provides a diverse, personal and supportive learning community. Through its approach to lifelong learning it is devoted to research, scholarship, creativity, professional expertise and personal development.

Partners: Partners for this project include seniors and veterans representatives, Baycrest Centre for Geriatric Care, Sunnybrook & Womens' College Health Sciences Centre, the University of Waterloo, St. Mary's Hospital, Homewood Health Centre and Community Care Access Centres (CCAC's).

Project: The goal of this project is to develop and implement a strategy in which common data elements will be collected in all the funded falls prevention projects in the Ontario region. The tools that will be utilized are existing instruments: the Berg Balance Scale and the MDS series of instruments. Both of these tools are widely used in many community and institutional settings across Ontario, as well as in the rest of Canada and internationally. The main activities will be to: adapt, produce resource materials and train project staff across all the funded projects; collect ongoing common information; supply each project with their respective data information; complete analyses and comparisons of the knowledge being developed at project sites and make recommendations as to the most effective strategies for preventing falls or reducing the risk factors for falls. Additionally, a component of this work will examine the relationship between falls and heart health among seniors and veterans.

**Products/
results:** The results and products developed within this project will be disseminated widely by all project partners, especially through the network of CCAC's.

Contact: Wilfrid Laurier University
c/o Department of Kinesiology & Physical Education
75 University Avenue West
Waterloo, Ontario N2L 3C5

Title: Falls prevention – Kawartha Lakes

Project #: 6793-06-2001/116012

Sponsor: Community Care Kawartha Lakes
(Lindsay, Ontario)

Start Date: October 23, 2001

End Date: March 31, 2004

Status: Ongoing

Budget: 2001/2002 \$90,000

2002/2003 \$77,000

2003/2004 \$50,000

Total: **\$217,000**

Community Care Victoria County (CCVC) is a home support agency which provides services to urban and rural seniors. These services include: Meals on Wheels, Transportation - Volunteer and Handi-van, Friendly Visiting, Home Help, Information and Referral, Elder Abuse Prevention, Congregate Dining, Caregiver Support and Falls Prevention Programming.

Partners: Ross Memorial Hospital, the Regional Health Unit, the Royal Canadian Legion, Therapacc Rehabilitation Services and seniors organizations.

Project: The goal of this project is to reduce the incidence of falls and promote the overall well-being of seniors, particularly high-risk population groups including veterans and those with diminished health status. This goal will be achieved by developing tools to strengthen the ability of staff and volunteers to use, adapt and sustain the Steady As You Go (SAYGO) program that will have an enhanced social interaction component providing outreach to high-risk seniors and veterans. The specific objectives are to develop a train-the-trainer manual; a companion video series which features subject experts; program adaptation tools and a reference guide specific to the needs of the frail elderly and; to launch a series of public awareness initiatives. Program learnings will be disseminated throughout gerontological conferences and to a minimum of 20 Legion branches. A complete evaluation and summary report will be prepared for publication. SAYGO was developed by the Capital Health Authority in Alberta. The program runs two hours a week for ten weeks and consists of a twenty minute exercise session, nutritional break and educational session. Ongoing consultation with Capital Health Alberta will be carried out during this project.

**Products/
results:**

A video that discusses exercise, knowledge and nutrition for seniors in specific risk categories, to be distributed throughout the province; a “train-the-trainer” manual.

Contact: Community Care Kawartha Lakes
189 Kent Street West
Suite 202
Lindsay, Ontario K9V 5G6

Title: Falls prevention initiative – District of Algoma

Project #: 6793-06-2001/1160013

Sponsor: Royal Canadian Legion - Branch 25
(Sault Ste. Marie, Ontario)

Start Date: February 13, 2002

End Date: March 31, 2003

Status: Ongoing

Budget: 2001/2002 \$50,000

2002/2003 \$20,000

Total: **\$70,000**

The Royal Canadian Legion, Branch 25, offers various supports and services for veterans/seniors including evening dinner dances, carpet bowling, home visiting, referrals, financial support for home renovations and loaning of equipment.

Partners: The Ontario Finnish Resthome Association and the Slips, Trips and Falls Committee, which includes representatives from regional groups such as the ELKS, Algoma Steel Corporation Retirees and the Canadian Hearing Society.

Project: The primary goal of this educational project is to prevent falls in seniors/veterans in the District of Algoma by establishing awareness about the ways in which to prevent falls. Seniors/veterans will learn about home and personal safety, including medication safety, through radio, television and print medium. Plays will be used as a unique method for delivering falls prevention messages to seniors/veterans in their communities across the District. Service providers will be trained to use a Falls Risk Assessment Tool to determine unsafe practices and to help seniors/veterans prevent falls. Volunteers will be trained to provide exercise programs to seniors/veterans. In addition, videos will be available through public libraries and seniors' centres.

**Products/
results:**

Media campaign including airing a commercial on physical activity. A theatrical falls prevention play shared with community groups. Presentation of "Slips, Trips and Falls" to pharmacists.

Contact: Royal Canadian Legion Branch 25
P.O. Box 22040
Sault Ste. Marie, Ontario P6B 6H4

Title: A program designed to modify and support the use of the physical environment to promote physical activity among veterans and seniors

Project #: 6793-06-2001/116015

Sponsor: University of Ottawa
(Ottawa, Ontario)

Start Date: February 13, 2002

End Date: March 31, 2004

Status: Ongoing

Budget:	2001/2002	\$130,000
	2002/2003	\$120,000
	2003/2004	\$75,000
	Total:	\$325,000

The University of Ottawa, established in the middle of the 19th century, is a major bilingual institution of higher learning serving Ontario and the whole of Canada. It offers a unique setting for cultural interaction and understanding.

Partners: SCO Health Service, the City of Ottawa Public Health and Long-Term Care Branch, seniors groups and veterans' associations.

Project: The goal of this project is to reduce falls among seniors and veterans using an activity-friendly environment model. Specifically, the project will: develop a web-based toolkit of resources that includes an activity-friendly assessment; assist seniors and veterans groups to modify and use the physical environment to promote physical activity among participants; and build sustainable momentum for falls prevention programs among seniors and veterans associations. The project takes place in two urban and two rural communities in the Ottawa region. Among the four sites, two are predominantly Francophone and two are Anglophone.

**Products/
results:** A guide has been provided with information to people working in seniors' homes.

Contact: University of Ottawa
c/o Office of Research Services
550 Cumberland, Room 160
Ottawa, Ontario K1N 6N5

Title: Remembering when

Project #: 6793-06-2001/1160019

Sponsor: Adult Injury Prevention Network
(AIPN)
(Brampton, Ontario)

Start Date: October 23, 2001

End Date: March 31, 2004

Status: Ongoing

Budget:	2001/2002	\$60,000
	2002/2003	\$32,000
	2003/2004	\$32,000
	Total:	\$124,000

The mission of the Adult Injury Prevention Network (AIPN) is to initiate, develop, implement and support community programs promoting seniors' safety.

Partners: The Adult Injury Prevention Network (AIPN) in the Peel region is made up of 11 agencies and corporations including the Canadian Red Cross, the Canadian Institute for the Blind, Community Care Access Centre, the Streetsville Royal Canadian Legion and seniors organizations.

Project: The goal of this project is to adapt the "Remembering When" program to the needs of the seniors and veterans population in the Peel region. This evaluated program was originally developed by the National Fire Protection Association in the United States and consists of 16 safety and fire prevention messages. The program consists of large scale educational workshops and clinics that provide participants with tools to make their environments safer and links them to resources within the community. The sponsor will adapt the safety messages of this program to enable frail seniors to live safely at home for as long as possible. This interactive program is designed to be implemented by a coalition comprised of service clubs, social and religious organizations, retirement communities, etc.

Products/

results: Falls prevention awareness events and focus groups were held. Launch of the Fall and Fire Safety video. Falls prevention pamphlets available in five languages.

Contact: Adult Injury Prevention Network
c/o Canadian Red Cross
Unit # 24 - 71 West Drive
Brampton, Ontario L6T 5E2

British Columbia

Title: Stepping out together – Overcoming the barriers to change

Project #: 6793-10-2001/0340017

Sponsor: Social Planning Council for the
North Okanagan (SPCNO)
(Vernon, British Columbia)

Start Date: July 3, 2001
End Date: March 31, 2004
Status: Ongoing

Budget:

2001/2002	\$100,278
2002/2003	\$78,935
2003/2004	\$76,332
Total:	\$255,545

The Social Planning Council for the North Okanagan (SPCNO), a non-profit society founded in 1969, promotes coordination and action among volunteer organizations in the North Okanagan Health Region (NOHR).

Partners: An intersectoral network will guide the project. Members include: the SPCNO, veterans, seniors and their organizations, the North Okanagan Health Region (NOHR), the B.C. Injury Research and Prevention Unit, municipal building and engineering departments, health providers and emergency services. Partners will contribute staff time, research and falls prevention expertise and in-kind services.

Project: The workshops are designed to provide seniors, veterans and caregivers with initial information and encourage their involvement in the project. Peer leadership is integral to the project design and will be assured via a comprehensive training program which will prepare senior and veteran volunteers to deliver the proposed initiatives. The NOHR will donate the services of pharmacists and nurses to support the medication review program. Evaluation will take place throughout the project.

**Products/
results:**

As a result of the project, the capacity of seniors, veterans and their caregivers to address this issue will be strengthened, factors contributing to falls will be understood and modified and the incidence of falls reduced.

Contact: Social Planning Council for the North Okanagan
32005 - 31st Avenue
Vernon, British Columbia V1T 2H2

National

Title: National public awareness campaign: Falls prevention with a specific focus on the home / Campagne de sensibilisation du public : prévention des chutes, particulièrement à domicile

Project #: 6793-15-2001/1260341

Sponsor: Canada Safety Council
(Ottawa, Ontario)

Start Date: August 9, 2001

End Date: April 10, 2002

Status: Completed

Budget: 2001/2002 \$54,410

The Canada Safety Council's mission is to reduce preventable deaths, injuries and economic loss throughout Canada. Focussing on safety education, the Council serves as a national resource for safety programs, working with and through partner organizations who deliver or fund these programs.

Partners: The Royal Canadian Legion, l'Assemblée des aînées et aînés francophones du Canada and the Canadian Association on Gerontology.

Project: One of the Council's annual public education campaigns is National Seniors' Safety Week, in early November. In 2001, the campaign's goal was to raise awareness of how seniors and veterans can prevent falls, with a focus on the home environment. By reaching a broader public, the campaign will also raise awareness among family members and friends on how to participate in preventive action. Messages will be developed in consultation with seniors, veterans and other partners. Campaign material will address prevention in the physical environment and personal health practices, and will be available in both official languages. The Council developed two 30-second Public Service Announcements (PSAs) for television, with related radio and print PSAs distributed to media across Canada. A news release describing the issue and key preventive measures was disseminated to media outlets across Canada. Print PSAs and the news releases were distributed to community groups across Canada to encourage them to participate in the campaign and to include campaign materials in their newsletter.

**Products/
results:**

The campaign produced and disseminated two public service announcements and campaign materials.

Contact: Canada Safety Council
1020 Thomas Spratt Place
Ottawa, Ontario K1G 5L5

Phase III

Funded Projects

Atlantic Provinces

Title: Falls prevention project in New Brunswick / Projet de prévention des chutes au Nouveau-Brunswick

Project #: 6793-04-2001/4630001

Sponsor: Go Ahead Seniors Inc.
(Moncton, New Brunswick)

Start Date: April 1, 2002
End Date: March 31, 2004
Status: Ongoing

Budget:

2002/2003	\$84,950
2003/2004	\$71,550
Total:	\$156,500

Go Ahead Seniors Inc. (Aînés en marche) is a bilingual, not-for-profit agency that develops and implements educational programs throughout New Brunswick with the purpose of empowering and helping older adults maintain their independence and lead healthy active lives.

Partners: The Sport, Recreation and Active Living Branch of the New Brunswick Culture and Sport Secretariat and the University of Moncton.

Project: Go Ahead Seniors Inc. will implement a series of strategies to reduce falls among seniors in the community and at home. The group will develop a falls prevention Edukit, an educational training tool similar to other successful Edukits developed for other topics in the past. The Edukit will be available in both official languages. It will include videos, posters, pamphlets, home safety checklists and other information about the risks of falling, as well as practical strategies that seniors, veterans and their caregivers can utilize to prevent falls in homes and in the larger community. The sponsoring organization will train facilitators to use the Edukit through a train-the-trainers program. The project will see regional committees struck to deliver the educational modules, raise awareness and implement falls prevention strategies in local communities throughout New Brunswick. By working with elders and other First Nations leaders, the project will also adapt the modules to be available in languages suitable for First Nations communities.

**Products/
results:**

The project will have lasting impact after funding is completed through the increased capacity and commitment of the sponsoring agency and community partners to work together to deliver falls prevention strategies.

Contact: Go Ahead Seniors Inc.
236 St. George Street, Suite 310
Moncton, New Brunswick E1C 1W1

Title: Implementation of a falls prevention program for community-dwelling veterans, seniors and caregivers in PEI

Project #: 6793-02-2001/1430243

Sponsor: PEI Centre for Study of Health
And Aging
(Charlottetown, P.E.I.)

Start Date: April 1, 2002

End Date: March 31, 2004

Status: Ongoing

Budget: 2002/2003 \$67,640

2003/2004 \$72,734

Total: **\$140,374**

The PEI Centre for Study of Health and Aging is a part of the Department of Family and Nutritional Sciences, University of PEI, whose mandate is to provide a liberal education that prepares students for work related to improving the life conditions of families, individuals and communities.

Partners: Branches of the Royal Canadian Legion, Veterans Affairs Canada, PEI Housing, Canadian Mortgage and Housing Corporation, and the PEI Injury Network.

Project: In Phase III, the project sponsor will implement a sustainable, bilingual, community-based falls prevention program on PEI. The project will develop a community action toolkit that contains information and resources to assist community groups and individuals in preventing falls at home and in the broader community. The project will implement a train-the-trainer program that will prepare volunteer facilitators, mainly seniors and veterans, to deliver the toolkit to community groups and stakeholders. Project staff, volunteers and partners will deliver falls prevention information sessions to community stakeholders, seniors, veterans and their caregivers. The project will develop a course that includes a strong component on falls prevention for the PEI Seniors College. The sustainability of the project will be enhanced by the legacy of strengthened partnerships and the enhanced capacity of the project sponsor, partners, seniors and veterans to implement falls prevention initiatives.

**Product/
results:**

A toolkit will be developed and seniors and veterans will be trained in its use. Trainings will be delivered to individuals and groups across the island. Also, a falls prevention component will be added to the Centre on Health and Aging website. Finally, a course on safety and security will be developed and offered at the Seniors College, University of PEI.

Contact: PEI Centre for Study of Health and Aging
c/o Department of Family and Nutritional Sciences
University of Prince Edward Island
550 University Avenue
Charlottetown, Prince Edward Island C1A 4P3

Title: Initiative pour la prévention des chutes – Nouvelle-Écosse (Falls prevention initiative – Nova Scotia)

Project #: 6793-03-2001/1430246

Sponsor: Regroupement des aîné-e-s de la Nouvelle-Écosse (Dartmouth, Nova Scotia)

Start Date: April 1, 2002

End Date: March 31, 2004

Status: Ongoing

Budget: 2002/2003 \$75,460

2003/2004 \$75,460

Total: **\$150,920**

The Regroupement des aîné-e-s de la Nouvelle-Écosse has approximately 400 members throughout Nova Scotia's seven Acadian regions and is dedicated to promoting the general and special interests of Acadian and Francophone seniors, while facilitating their development and acting as their authorized spokes-organization.

Partners: Partners in this project include the Royal Canadian Legion Branches, Victorian Order of Nurses (Tricounty Branch), PharmaChoice Pharmacy, Clare Recreation Department and the Digby/Clare Home Support Agency.

Project: Phase III of this project will continue to promote increased awareness and knowledge of falls prevention strategies among seniors, veterans, caregivers, municipalities, business owners, political leaders and other stakeholders through strategies involving the media, brochures, posters, videos, presentations and meetings. The project will: create a support system for caregivers of seniors and veterans and coordinate communication among victims of falls to decrease the risk of subsequent falls. The project will identify seniors and veterans at risk of falling and coordinate home safety assessments; work with provincial and municipal governments to create policies that promote the independence of seniors and prevent falls; and encourage and support seniors and veterans to participate in regular physical activity in the home and community by promoting existing opportunities and working with partners to create new programs. Health professionals will provide information sessions to seniors, veterans and their caregivers on topics such as nutrition, balance, medication, vision and hearing.

Products/

results: Strengthened partnerships throughout the Acadian regions of Nova Scotia and improvements to homes and public spaces within the seven regions. The project will increase the capacity of the sponsor organization, partners, seniors and veterans to continue to implement falls prevention strategies after funding is complete.

Contact: Regroupement des aînées et aînés de la Nouvelle-Écosse
54 Queen Street
Dartmouth, Nova Scotia B2Y 1G3

Title: **Networking to prevent falling – Nova Scotia**

Project #: 6793-03-2001/1430244

Sponsor: Community Links
 (Dartmouth, Nova Scotia)

Start Date: April 1, 2002
End Date: March 31, 2004
Status: Ongoing

Budget: 2002/2003 \$93,550
 2003/2004 \$90,550
 Total: **\$184,100**

Community Links is a not-for-profit organization with a membership of over 100 community groups and organizations across Nova Scotia. Its mission is to help rural seniors share effective ways of meeting the needs and priorities of older residents by promoting the principles of community development, sharing leadership and supporting lifelong learning.

Partners: The NS/Nunavut Command of the Royal Canadian Legion and the Victoria Order of Nurses Canada, Nova Scotia.

Project: This project is a follow-up to an initiative that was funded through Phase I of the Falls Prevention Program, which achieved the goal of developing a provincial partnership dedicated to reducing the number and severity of falls among seniors, caregivers and veterans. It also developed and distributed the discussion paper "Taking Steps to Prevent Falling In Nova Scotia." The goal of this Phase III project is to create a broader-based intersectoral partnership that will develop and support sustainable approaches to preventing falls among seniors, veterans and caregivers in Nova Scotia. A steering committee made up of representatives from the key partners and stakeholder groups will guide the project and ensure that objectives are achieved. Four main strategies will be implemented: network development, tool kit development, a train-the-trainers program, and a public awareness campaign. Nine regional coalitions will be formed to support networking and capacity building activities, as well as to carry out falls prevention strategies at the local level. The project will create and pilot-test a tool kit to help groups and leaders prevent falls in both rural and urban centres. A train-the-trainers component will build capacity between organizations and individuals to implement falls prevention initiatives.

**Products/
results:** A strengthened partnership across Nova Scotia and an increase in member groups providing falls prevention programs. Community Links plans to continue to champion falls prevention initiatives after the funding program is completed.

Contact: Community Links
 200A Albro Lake Road
 Dartmouth, Nova Scotia B3A 3Z2

Title: Pare-chutes – New Brunswick

Project #: 6793-04-2001/4630002

Sponsor: L'Association acadienne et francophone
des aînées et aînés du N.B.
(Richibouctou, N.B.)

Start Date: May 13, 2002

End Date: March 31, 2004

Status: Ongoing

Budget: 2002/2003 \$72,500

2003/2004 \$77,500

Total: **\$150,000**

The Association acadienne et francophone des aînées et aînés du N.B. (AAFANB) promotes and defends the rights and interests of the province's Francophone seniors, in order that they may achieve their full potential in their language and culture.

Partners: The Royal Canadian Legion, the Société des enseignants retraités francophones, and a consortium of five senior citizen universities. Three intersectoral committees will bring together various interests and intervention approaches in the three areas.

Project: The AAFANB will build on partnerships established in a first phase, and its committed membership to achieve three objectives: (1) make seniors and the persons working with them more aware of the techniques and behaviours that will help prevent falls; (2) strengthen the collaboration among the partner organizations; and (3) improve the safety of built spaces. The AAFANB will follow four strategies: (1) strengthening the collaboration networks; (2) developing and sharing the French-language educational tools on prevention of falls; (3) launching a communication campaign on the prevention of falls; and (4) creating and providing a program for the training of trainers. The educational tools will be developed and adapted for the target groups likely to change their practices and infrastructures to prevent falls. The prevention messages will be disseminated through the media, the Internet and the community periodical publications. The program for training of trainers will be offered to caregivers and home services providers, in order that they may acquire the tools they need to work on falls prevention with various organizations and institutions.

Products/

Results: A third party will evaluate the process and the project results. The project's success will be indicated by an increase in the number of service providers and community organizations that integrate training and measures for the prevention of falls into their activities. The AAFANB will ensure continuation of the information sharing on falls prevention following the program. The project will increase the capacity of care providers and community groups to develop and deliver falls prevention programs in the future.

Contact: L'Association acadienne et francophone des aînées et aînés du N.B.
7, Beau-Rivage
Richibouctou, New Brunswick E4W 3W3

Title: Project Upright

Project #: 6793-01-2001/1430245

Sponsor: Seniors Resource Centre
(St. John's, Newfoundland)

Start Date: April 1, 2002

End Date: March 31, 2004

Status: Ongoing

Budget: 2002/2003 \$95,099

2003/2004 \$65,041

Total: **\$160,140**

The Seniors Resource Centre of St. John's mission is to respond to the needs of older adults by providing information, programs and services. The Seniors Resource Centre will serve as the coordination point for the development of six regional action committees throughout the province that will undertake activities to address the issue of falls in the seniors' and veterans' community.

Partners: The Royal Canadian Legion, Newfoundland Public Pensioners Association, the Newfoundland Safety Council, Newfoundland Occupational Therapists and the six Regional Boards of Health and Community Services will act as partners in the initiative and will contribute resources and expertise to support the achievement of the project goals.

Project: This project builds on an initiative that was funded in Phase I of the Falls Prevention Initiative. Regional working groups held workshops to assess the interest, strength and capacity of seniors, veterans and their caregivers to work on falls prevention and to develop future directions to address this issue. This project will allow the regional working groups to implement strategies to address falls in their specific regions. These actions will include education, exercise, home assessments, community assessments and media awareness. Each region will identify partners and seek the involvement of seniors and veterans in all aspects of the local activities. A provincial advisory committee created in Phase I and made up of representatives from each region, will offer support to the regional working groups.

**Products/
results:**

The establishment of a network of regional action groups on falls prevention across the province of Newfoundland and Labrador, increased awareness and community action on this issue and increased access by seniors and veterans to resources and community supports that can prevent the incidence of falls.

Contact: Seniors Resource Centre
Suite W100, Bally Rou Place
280 Torbay Road
St. John's, Newfoundland A1A 3W8

Ontario

Title: **Avoiding trips, slips and broken hips**

Project #: 6793-06-2001/1160024

Sponsor: Northern Educational Centre for
Aging and Health (NECAH)
(Thunder Bay, Ontario)

Start Date: February 23, 2002
End Date: March 31, 2004
Status: Ongoing

Budget: 2001/2002 \$15,000
 2002/2003 \$90,000
 2003/2004 \$85,000
 Total: **\$190,000**

The Northern Educational Centre for Aging and Health (NECAH) emphasizes the development of partnerships, networks and other forms of collaboration with agencies, institutions and volunteer groups within northern Ontario and other parts of Canada.

Partners: The Thunder Bay Falls Prevention Coalition, of which NECAH is a member, also includes the following partners: the Thunder Bay Fire Rescue Services, Thunder Bay Community Care Access Centre, Veterans Affairs Canada, Ogden East Community Health Centre, St. Joseph's Health Care Group, Metis Nation of Ontario, Long-Term Care, Partners in Rehabilitation and Thunder Bay District Health Unit.

Project: The goal is to implement a community-wide awareness campaign, specific to the needs of the North, about the risks and impact of falls among seniors/veterans and to decrease the number of falls. The objectives are: to enhance the building of the Falls Prevention Coalition; to deliver programming aimed at seniors/veterans, family members and caregivers that increase the knowledge and understanding of preventing falls; to decrease the number of risk factors in the community that contribute to falls; to increase awareness of city planners, general public and seniors/veterans regarding external environmental risk factors; and to measure the effectiveness of crampons (spiked shoes) in reducing the risks of falls on ice.

Products/

Results: A decrease in the number of falls by community-dwelling seniors/veterans in the Thunder Bay area. The value-added intervention will decrease risk factors, increase exercise, provide education and reduce environmental risks.

Contact: Northern Educational Centre for Aging and Health
c/o Health Sciences North
955 Oliver Road
Thunder Bay, Ontario P7B 5E1

Title: Behavioral and exercise strategies for alleviating falling in the elderly (BESAFE)

Project #: 6793-06-2001/1160017

Sponsor: University of Waterloo
(Waterloo, Ontario)

Start Date: February 13, 2002

End Date: March 31, 2004

Status: Ongoing

Budget: 2001/2002 \$70,400

2002/2003 \$50,000

2003/2004 \$50,000

Total: **\$170,400**

The University of Waterloo is a research-intensive university, with an emphasis on advanced technology, that is committed to discovering new knowledge and finding ways to use that knowledge for the benefit of society.

Partners: For this project, the Faculty of Applied Health Sciences of the University of Waterloo will be partnering with the Kitchener-Waterloo Royal Canadian Legion, the Veteran's Council of Kitchener, the Community Care Access Centre of Waterloo Region and the A.R. Kaufman Family YMCA.

Project: This project has two components: 1) to implement and evaluate the BESAFE falls prevention program and 2) to improve long-term adherence by seniors/veterans to exercise programs. First, BESAFE involves standard exercise along with specially designed exercises to improve balance. This program can maintain and improve mobility for seniors/veterans in their everyday life. Second, the literature shows that seniors/veterans will attend exercise programs and do follow-up practice at home but only on a short-term basis. This project will also be addressing the issue of increasing adherence to exercise programs so that there will be long-term benefits.

**Products/
results:**

Seniors/veterans learning and adopting physical activity management skills;
specialized balance training leading to the reduction or severity of falls;
seniors/veterans having longer-term adherence to physical activity programs;
increased mobility within community; and increase in health-related quality of life.

Contact: University of Waterloo
c/o Department of Kinesiology
200 University Ave. West
Waterloo, Ontario N2L 3G1

Title: **Creating care partners: falls prevention and management among community-dwelling seniors through primary care / Création de partenaires en matière de soins : prévention et gestion des chutes parmi les aînés de la collectivité par des soins de santé primaires**

Project #: 6793-06-2001/1160029

Sponsor:	University of Ottawa	Start Date:	January 23, 2002
	Dept. of Family Medicine	End Date:	March 31, 2004
	(Ottawa, Ontario)	Status:	Ongoing
		Budget:	2001/2002 \$72,000
			2002/2003 \$99,200
		2003/2004 \$101,200	
		Total:	\$272,400

The University of Ottawa (UO) is a major bilingual institution of higher learning serving Ontario and Canada. The close proximity to government agencies and research centres provides unique opportunities for linkages and partnerships. Most notably the University provides outreach programming in conjunction with local community groups to the Franco-Ontarian community.

Partners: Ottawa-Carleton Council on Aging, the Foundation of Medical Practice Education, Sisters of Charity of Ottawa Health Service, along with seniors/veterans' groups.

Project: The project seeks to advance the knowledge of falls prevention and falls management among family physicians/family medicine residents and their senior/veterans clients. The specific objectives are to develop resource materials and provide training on: an Educational Falls Resource Guide for seniors/veterans on falls (risk factors, prevention, how to report a fall, care management and follow-up); an evidence-based Educational Falls Resource Module and Falls Care Guide for family physicians on falls (screening, assessment, prevention, management and follow-up); and a Falls Discussion Guide to enhance senior-directed conversation with their family physician on falls and falling. All aspects of this program will be delivered in English and French.

Products/ results: Resource materials that are easy to use and are easily understood; increased knowledge among family physicians and seniors/veterans regarding falls risks and falls management; increased satisfaction of seniors/veterans because of stronger communication skills and; the ability to align seniors/veterans' perceptions about their actual level of risk of falling.

Contact: University of Ottawa
c/o Department of Family Medicine
43 Bruyère Street
Ottawa, Ontario K1N 5C8

Title: Falls/Injury prevention program for seniors

Project #: 6793-06-2001/1160025

Sponsor: The Joseph E. and
Minnie Wagman Centre
(Toronto, Ontario)

Start Date: February 13, 2002

End Date: March 31, 2004

Status: Ongoing

Budget:	2002/2003	\$95,000
	2003/2004	\$85,000
	Total:	\$180,000

The Joseph E. and Minnie Wagman Centre is a multilingual community centre. It offers older adults, age 55 and over, opportunities to enjoy activities with others through programs and services designed to stimulate intellectual, cultural, social and health interests.

Partners: Toronto Public Health Department, York Region Health Services – Public Health, and Baycrest Centre for Geriatric Care, in collaboration with seniors' and veterans' groups.

Project: The goal is to implement a seamless linkage among the various levels of the continuum of care, from primary prevention to rehabilitation, with regard to falls prevention for seniors/veterans. The objectives are: to pilot a mobile multidisciplinary Falls Intervention Team (FIT) with a major focus on risk assessment, a home-based exercise program, medication management and in-home education for the senior/veteran and their support system of informal and formal caregivers; to establish a team of clinical specialists to provide consultation to the team and clients and; to facilitate a community capacity assessment for sustainability of the FIT program.

**Products/
results:**

Assessment of the effectiveness of a home service versus a group/clinic program (i.e., severity of injury, number of falls, perception of self-efficacy medication in emergency visits and hospitalization); examination of the relationship between exercise, medication and falls; increased community capacity to reduce falls; and enhanced multi-sector collaboration.

Contact: The Joseph E. and Minnie Wagman Centre
55 Ameer Avenue
Toronto, Ontario M6A 2Z1

Title: Partners for seniors and veterans – Falls prevention campaign

Project #: 6793-06-2001/1160023

Sponsor: Ontario Public Health Association - OPHA (Waterloo, Ontario)

Start Date: February 23, 2002

End Date: March 31, 2004

Status: Ongoing

Budget:	2001/2002	\$10,000
	2002/2003	\$108,600
	2003/2004	\$114,600
	Total:	\$233,200

The Ontario Public Health Association (OPHA) promotes optimum health for all Ontarians by strengthening the impact of those who are active in public and community health.

Partners: The Ontario Coalition of Senior Citizen Organizations, the Ontario Residential Care Association, the Health Communications Unit, Centre of Health Promotion of the University of Toronto and the Ontario Legion Provincial Command.

Project: The goal is to implement a falls prevention campaign that is well supported by strong and effective partners of provincial organizations. As many falls are preventable, the campaign aims to focus attention on actions people can take to protect themselves from falling. To address the diverse audience that seniors/veterans represent, a multi-faceted, umbrella campaign has been developed that informs, encourages action and supports community programs. This campaign will be similar in its approach to increased usage of seatbelts or child car seats.

Products/ results: Increased awareness and acceptance of the need to take action to prevent falls among seniors/veterans; increased confidence in seniors/veterans and self-efficacy in their ability to take action to prevent falls; strengthened and linked local falls prevention programs; and strengthened partnerships among seniors' and veterans' organizations which will enable them to respond to further work on falls prevention and/or other areas.

Contact: Ontario Public Health Association (OPHA)
468 Queen Street East, Suite 202
Toronto, Ontario M5A 1T7

Title: The Southwest Ontario Initiative to prevent falls in veterans and their caregivers

Project #: 6793-06-2001/1160026

Sponsor: Canadian Centre for Activity and Aging
(London, Ontario)

Start Date: February 13, 2002

End Date: March 31, 2004

Status: Ongoing

Budget:	2001/2002	\$64,600
	2002/2003	\$167,902
	2003/2004	\$115,706
	Total:	\$348,208

The Canadian Centre for Activity and Aging (CCAA) develops, encourages and promotes an active, healthy lifestyle for Canadian adults that will enhance the dignity and health of the aging population.

Partners: The Council of Aging in Windsor, with the support of the Royal Canadian Legion.

Project: The goal is to provide evidence of the effectiveness of a range of falls prevention approaches in previously unstudied populations - veterans and their caregivers in relation to the general seniors population. Four broad classes of seniors/veterans will receive interventions: 1) those with modifiable risk factors (medical, musculoskeletal and both); 2) those with no known risk factors; 3) those with unmodifiable risk factors and; 4) those with mobility limitations. A baseline database will be developed profiling veterans in this region, a resource which currently does not exist. Once implemented this model could be easily replicated elsewhere.

**Products/
results:** An understanding of the relationship between health care utilization and program attendance; measurable changes in modifiable risk factors; measurable development of new risk factors; and identification of relevant reasons for participants dropping out of the program (e.g. mortality, institutionalization, etc.)

Contact: Canadian Centre for Activity and Aging
1490 Richmond Street
London, Ontario N6G 2M3

British Columbia

Title: Coordinated response to falls prevention

Project #: 6793-10-2001/0340022

Sponsor: 411 Seniors' Centre Society
(Vancouver, British Columbia)

Start Date: April 1, 2002
End Date: March 31, 2004
Status: Ongoing

Budget:

2002/2003	\$120,000
2003/2004	\$94,000
Total:	\$214,000

The 411 Seniors' Centre Society operates a multi-purpose seniors' centre, providing low-cost services and programs to seniors in the Greater Vancouver area.

Partners: A multi-stakeholder Coordinating Committee will guide the project. Partners include: veterans, seniors and their organizations, City social planning departments, community health professionals and ethno-cultural representatives.

Project: This project builds on a project funded in Phase I of the Initiative. The proposed fall prevention strategies reflect the results of a literature review and the input of stakeholders consulted during the developmental phase. The project goal is to reduce fall risks in seniors and veterans in Vancouver by providing them with fall prevention information and support to enable them to make changes in personal health practices which contribute to falls. Using a multi-strategy approach, the project will initially conduct a public information campaign to increase public awareness of falls among older adults in Vancouver. It will develop and deliver an education, awareness and prevention program for active seniors, veterans and their caregivers living in selected areas of Vancouver. Senior and veteran volunteers will be recruited and trained to offer this program. Given the high percentage of Punjabi and Chinese-speaking seniors in the city, special efforts will be directed to adapting materials and outreach strategies to ensure their meaningful participation. Finally, the project will increase the knowledge of volunteer counsellors around fall risks and hazards and work with them to develop strategies to assist their more frail, isolated clients to assess and manage their personal risk factors.

**Products/
results:** The creation of an educational curriculum suitable for replication in other communities; prevention programs and a trained corps of volunteers in place to assist seniors and veterans to identify and modify personal risk factors; and increased community and individual awareness and action on the issue.

Contact: 411 Seniors' Centre Society
411 Dunsmuir Street
Vancouver, British Columbia V6B 1X4

Title: Fraser Health Authority falls prevention initiative

Project #: 6793-10-2001/0340021

Sponsor: Fraser Health Authority
(New Westminster, British Columbia)

Start Date: April 1, 2002
End Date: March 31, 2004
Status: Ongoing
Budget: 2002/2003 \$120,000
2003/2004 \$94,000
Total: **\$214,000**

The Fraser Health Authority (FHA) provides health services and programs to residents living in a large region which includes both urban centres, suburban communities and rural districts.

Partners: As a result of work funded in Phase I of the Initiative, two multi-sectoral coalitions were formed to develop and implement falls prevention strategies in the communities of Burnaby and Ridge Meadows. Membership includes: seniors, veterans and their organizations, seniors' housing representatives, health care and recreational professionals and representatives of local government.

Project: The proposed falls prevention strategies reflect the findings of an extensive needs assessment and consultation with stakeholders. The project goal is to reduce the number of falls and fall-related injuries among seniors, veterans and caregivers in Burnaby and Ridge Meadows by delivering a fall risk reduction program. The project will take place in seniors' centres, seniors' housing complexes and branches of the Royal Canadian Legion. Key program components include: educational workshops to increase awareness and knowledge of risk factors, fall hazards and prevention strategies; fall risk assessments and the development of individualized programs for participants. Outreach by home care professionals will facilitate participation by the more frail or isolated seniors/veterans. Where necessary, transportation will be arranged for those unable to get to the project venues. Trained senior and veteran volunteers will regularly follow up with participants to provide support and to track personal and environmental changes and falls experiences. A social marketing/public awareness campaign will be conducted to complement and reinforce the overall strategy.

**Products/
results:** Educational materials suitable for use in other settings; enhanced capacity among seniors/veterans to take action on the issue; decrease in the number of falls and fall related injuries and increased community awareness of falls among older adults.

Contact: Fraser Health Authority
260 Sherbrooke Street
New Westminster, British Columbia V3L 3M2

Title: Northern Health Authority falls prevention initiative

Project #: 6793-10-2001/0340020

Sponsor:	Northern Health Authority (Prince George, British Columbia)	Start Date:	April 1, 2002
		End Date:	March 31, 2004
		Status:	Ongoing
		Budget:	2002/2003 \$125,000
			2003/2004 \$98,800
			Total: \$223,800

The Northern Health Authority provides health services and programs in a large rural and remote area in northern British Columbia. It is committed to public participation and community involvement in decisions affecting the health of the region.

Partners: A multi-stakeholder Regional Steering Committee will guide the project. Partners include: the Royal Canadian Legion, the Prince George Council of Seniors, the University of Northern British Columbia, the City of Prince George, and action committees in five communities.

Project: This project builds on an initiative funded in Phase I of the program. The need to focus on areas of risk in the outdoor and public environment was identified as a priority for action by a broad range of stakeholders. The project goal, therefore, is to reduce areas of risk in the outdoor and public environment that contribute to falls among seniors and veterans and to enhance the capacity of seniors, veterans and their communities to reduce the risk of falling in such locations. Using a multi-strategy approach, the project will: increase public awareness of falls among older adults in the region; provide community stakeholders with current information on risk factors and best practices for falls prevention; assist individuals at risk and their caregivers to identify and reduce personal risk factors; engage a group of seniors and veterans in five communities to be tracked for falls and fall injury reduction for one year; and establish a system for reporting and reducing environmental hazards in public places.

Products/ results: The establishment of action committees in five communities; increased community awareness and action on the issue; assessment tools and community supports in place to assist at risk seniors and veterans to identify and modify personal risk factors; and the establishment of a reporting system for fall hazards in public places.

Contact: Northern Health Authority
8264 St. John Crescent
Prince George, British Columbia V2N 4H8

Title: South Island Region falls prevention partnership project

Project #: 6793-10-2001/0340023

Sponsor: Vancouver Island Health Authority
(Victoria, British Columbia)

Start Date: April 1, 2002

End Date: March 31, 2004

Status: Ongoing

Budget: 2002/2003 \$118,568

2003/2004 \$94,000

Total: **\$212,568**

The Vancouver Island Health Authority (VIHA) is responsible for delivering all health care services and programs for all communities on Vancouver Island. The region includes urban, semi-rural and rural areas.

Partners: A multi-disciplinary Falls Inquiry Group will guide the project. Membership includes: seniors, veterans and their organizations, health and social service professionals, educators, and other stakeholders committed to falls prevention.

Project: This project builds on a project funded under Phase I of the Initiative. The proposed fall prevention strategies reflect the results of a literature review, the expertise of project partners and input from various stakeholders consulted during the developmental phase. The project goal is to reduce fall risks and the number and severity of falls among seniors and veterans in Victoria by developing and delivering a falls prevention program in selected seniors' housing complexes and veterans' clubs/day centres. The project will work with seniors and veterans vulnerable to the problem as well as with staff, volunteers and caregivers who support them. Seniors and veterans will be recruited and trained to help participants identify personal and environmental risk factors and to support them in developing and implementing action plans to reduce or eliminate identified factors. Key stakeholders such as apartment managers, pharmacists, home support workers and municipal authorities will be involved in the implementation of the action plans. Regular follow-up with participants will be done to determine if risk factors were modified and whether falls were reduced. In addition, the project will produce and disseminate public awareness and educational materials on the causes, consequences and prevention of falls and will set up a falls inquiry line and website.

**Products/
results:**

A tested falls prevention model suitable for replication in other settings; a curriculum module on falls prevention for health professionals; a decrease in the number of falls among participating seniors and veterans and increased individual and community awareness and action on the issue.

Contact: Vancouver Island Health Authority
1450 Hillside Avenue
Victoria, British Columbia V8T 2B7

National

Title: Is there a cane in your closet?

Project #: 6793-15-2001/0390621

Sponsor: British Columbia Institute of Technology
(Vancouver, British Columbia)

Start Date: May 16, 2002

End Date: March 31, 2004

Status: Ongoing

Budget: 2002/2003 \$92,168

2003/2004 \$28,500

Total: **\$120,668**

The Health Technology Research Group (HTRG) is part of the Technology Centre at the British Columbia Institute of Technology. HTRG's overall mission is to improve the quality of life and the social well-being of all Canadians.

Partners: The HTRG will be working in close collaboration with other national projects funded under the Health Canada and Veterans Affairs Canada Falls Prevention Initiative (HC/VAC). Other partners include Industry Canada, Canada Safety Council, West End Seniors Network, and the Royal Canadian Legion.

Project: The project entitled "Is there a cane in your closet?" will develop a National Public Service Announcement campaign (PSA) to eliminate the stigma and encourage positive and safe use of assistive devices by seniors and veterans. Guidelines for social marketers and researchers concerning product designs, barriers to acceptability and use will be produced. Throughout this project, seniors and veterans will convene with representatives of the assistive devices stakeholders community from across Canada to promote and de-stigmatize assistive device use.

**Products/
results:** Several tangible health promotion deliverables and an increase in seniors/veterans' awareness and use of assistive devices.

Contact: British Columbia Institute of Technology, Technology Centre
c/o Living Lab 7th floor
BCIT Downtown Campus
555 Seymour Street
Vancouver, British Columbia V6B 3H6

Title: Laying the groundwork for improved knowledge and use of assistive devices among Canadian veterans and seniors

Project #: 6793-15-2001/0390514

Sponsor: University of Victoria
(Victoria, British Columbia)

Start Date: January 9, 2001

End Date: March 31, 2003

Status: Ongoing

Budget: 2001/2002 \$109,948

The University of Victoria School of Nursing in cooperation with the Adult Injury management Network has an established track record in research on falls and fall-related injury prevention among older people.

Partners: The Royal Canadian Legion and the University of Victoria Centre on Aging.

Project: The project will explore Canadian seniors' experiences and values concerning assistive device use and how to best provide information concerning the use of such devices. The project will focus on better understanding the nature of the stigma of assistive device use and explore ways to make the use of assistive devices more acceptable and attractive. An approach with an emphasis on empowerment and enhanced independence will be used. Six focus groups will be held across the country in rural and urban communities in Francophone and Anglophone settings. The focus groups of seniors and veterans will represent gender, disability levels, income levels and ethnicity. Focus groups will also be conducted with professionals and industry representatives working in the field of assistive devices. As a result of this project, significant knowledge development will occur regarding the barriers to seniors' acceptance and use of assistive devices. This information will be used to develop effective strategies by governments and service providers.

Products/

results:

An increased understanding of the information needs regarding assistive devices and decreased stigma of assistive devices use among seniors and veterans. Information will be disseminated through scientific journals and conferences such as the Canadian Association of Gerontology.

Contact: University of Victoria
P.O. Box 1700
3800 Finnerty Road
Victoria, British Columbia V8W 2Y2

Title: **Promoting use of functional mobility assistive devices by community-living seniors and veterans / Promouvoir l'utilisation fonctionnelle des appareils et accessoires d'aide chez les aînés et les anciens combattants vivant dans la collectivité**

Project #: 6793-15-2001/0390513

Sponsor: University of Ottawa's Community Health Research Unit & Canadian Association of Occupational Therapists (Ottawa, Ontario)

Start Date: February 14, 2002

End Date: March 31, 2004

Status: Ongoing

Budget:	2001/2002	\$7,154
	2002/2003	\$153,742
	2003/2004	\$142,278
	Total:	\$303,174

The University of Ottawa's Community Health Research Unit (CHRU) is a not-for-profit organization that strives to enhance public health practice through knowledge development and support of evidence-based practice. The Canadian Association of Occupational Therapists is a national not-for-profit, voluntary organization representing approximately 6,000 occupational therapists across Canada.

Partners: The Active Living Coalition for Older Adults, the War Amputees of Canada and the Institute for Positive Health for Seniors.

Project: The project seeks to strengthen community capacity to prevent falls among community-living seniors and veterans in four regions of Canada: Gatineau, Quebec; Charlottetown, Prince Edward Island; Calgary, Alberta; and Nanaimo, British Columbia. The objectives are to understand the factors that influence assistive device use; increase awareness around the need for assistive devices; and mobilize seniors, veterans and stakeholders to promote the availability, appropriate selection and increased acceptance of assistive devices. The project will increase awareness and strengthen community capacity for fall prevention initiatives among community stakeholders and businesses by addressing the need for fall prevention tools that can readily be used by seniors, veterans, community-based organizations, businesses and retailers. A tool kit will be developed with a train-the-trainer component and include content on how to mobilize communities to take action to increase awareness and usage of assistive devices. Lastly, the project will serve as a catalyst in changing attitudes, norms and use of assistive devices by seniors and veterans across Canada.

Products/ results: Increased evidence of assistive devices in mainstream retailers and increased capacity of retailers to support seniors seeking assistance with selection of assistive devices.

Contact: University of Ottawa
Office of Research Services
550 Cumberland Ave., Room 160
Ottawa, Ontario K1N 6N5