

**APPENDIX 2:**  
**Resources for Practitioners**

## RESOURCES FOR PRACTITIONERS

### National Resources:

<b>AIM – Adult Injury Management</b>	
Comprehensive guide for communities interested in implementing strategies for the prevention of unintentional injuries among older adults and adults with disabilities. <i>\$15.00</i>	Elaine Gallagher AIMNet, Centre on Aging, University of Victoria Victoria, BC V8X 2Y2 Tel: (250) 721 6463 Fax: (250) 721 6499 E-mail: <a href="mailto:egallagh@HSD.UVIC.ca">egallagh@HSD.UVIC.ca</a>
<b>Best Practice Programs for Injury Prevention</b>	
Reports on a variety of projects under the supervision of “Frailty & Injuries: Cooperative Studies of Intervention Techniques” (FICSIT).	Ontario Injury Prevention Resource Centre Tel: (416) 367-3313 1-800-267-6817 Email: <a href="mailto:injury@web.net">injury@web.net</a>
<b>Bruno and Alice: A Love Story in Twelve Parts About Seniors and Safety</b>	
Twelve illustrated stories of two active seniors who, through lack of prevention, end up in awkward situations and almost miss their rendezvous with love. The stories offer insight into some of the personal prevention measures seniors can take to make their environment safer and prevent injuries. <i>Available on the website.</i>	Health Canada Division of Aging and Seniors 8h floor, Postal Locator : 1908A1 Ottawa, ON K1A 1B4 Tel.: (613) 952-7606 Fax: (613) 957-9938 Email : <a href="mailto:seniors@hc-sc.gc.ca">seniors@hc-sc.gc.ca</a> Website: <a href="http://www.hc-sc.gc.ca/seniors-aines/seniors/english/resrc2-e.htm">http://www.hc-sc.gc.ca/seniors-aines/seniors/english/resrc2-e.htm</a>
<b>Cherish Your Independence: Fall Prevention Manual</b>	
This manual provides information on the magnitude of the problem of falls and fall injuries, risk factors for falls and areas for intervention.	Ottawa-Carleton Health Department Safety Program[me] Tel: (613) 722-2242
<b>Community Action and Injury Prevention: A Guide</b>	
A guide to support individuals and their community groups who are taking action to prevent injury. Intended to assist communities plan and implement an injury prevention strategy. It is organized into a series of 6 publications. <i>The Introduction, and Injury Prevention Primer are available on the website.</i>	Ontario Public Health Association Kathleen Orth Tel: (416) 367 3313 ext. 22 Email: <a href="mailto:keorth@opha.on.ca">keorth@opha.on.ca</a> Website: <a href="http://www.opha.on.ca/publications/intro&amp;primer.pdf">www.opha.on.ca/publications/intro&amp;primer.pdf</a>
<b>Directory of Physical Activity and Exercise Programs (PEP), for Older Adults</b>	
The PEP directory is designed to help locate activity programs designed for older adults in the City of Edmonton. Each type of activity has been rated for its main benefits.	Jennifer Tuininga Project A.B.L.E. Alberta Centre for Well-Being 3rd Floor, 111759 Groat Road, Edmonton, AB T5M 3K6 Tel: 453-8692 or 674-6062 Fax: 455-2092 E-mail: <a href="mailto:Jennifer.tuininga@ualberta.ca">Jennifer.tuininga@ualberta.ca</a>
<b>Directory of Substance Abuse &amp; Injury Prevention Contacts in Public Health</b>	
Directory of program contacts.	Ontario Injury Prevention Resource Centre Tel: (416) 367 3313 1-800-267-6817 Email: <a href="mailto:injury@web.net">injury@web.net</a>

<b>Directory of Tools and Resources for Seniors Living in the Community - French</b>	
(Répertoire des outils et ressources disponibles en prévention des chutes pour les personnes âgées vivant a domicile).	Charles Lemieux 205-1 boulevard de York ouest Gaspé, QC G4X 2W5 Tel: (418) 368-2443 Fax: (418) 368-1317
<b>Enhancing Safety and Security for Canadian Seniors - Setting the Stage for Action</b>	
This report focuses on safety and security issues for older Canadians (injuries, elder abuse and crime). It can be used as a planning document and evaluation framework for governments, organizations and local authorities to assess their capacity to promote safety and security for seniors.	Health Canada Division of Aging and Seniors 8h floor, Postal Locator : 1908A1 Ottawa. ON K1A 1B4 Tel.: (613) 952-7606 Fax: (613) 957-9938 Email : <a href="mailto:seniors@hc-sc.gc.ca">seniors@hc-sc.gc.ca</a> Website: <a href="http://www.hc-sc.gc.ca/seniors-aines/seniors/english/resrc2-e.htm">http://www.hc-sc.gc.ca/seniors-aines/seniors/english/resrc2-e.htm</a>
<b>Falls Prevention Guide for Seniors - Shedding Light on Falls</b>	
This guide is divided into sections outlining a different risk for falling and what you can do about it.	North York Coalition for Seniors' Falls Prevention Tel: (416) 756 5050 Email: <a href="mailto:falls@nygh.on.ca">falls@nygh.on.ca</a> Website: <a href="http://www.sunnybrook.utoronto.ca/~csia/Falls&amp;Mobility/fallsmain.htm">www.sunnybrook.utoronto.ca/~csia/Falls&amp;Mobility/fallsmain.htm</a>
<b>Guide for Seniors for Installation and Security in the Bathroom - French</b>	
(Guide de sensibilisation relatif à l'aménagement, au comportement et à l'entretien sécuritaires de la salle de bain par les personnes âgées vivant a domicile)	Charles Lemieux 205 boulevard de York ouest Gaspé, QC G4X 2W5 Tel: (418) 368-2443 Fax: (418) 368-1317
<b>Home Safe Home: Road Show</b>	
This kit is designed as a practical resource for people working to prevent injuries and promote independent living and includes the following: <ul style="list-style-type: none"> <li>▪ A Facilitator's Manual including 2 workshops, a workshop booklet and adaptive devices brochure</li> <li>▪ Sample copies of resources suitable for workshops participants and general community distribution</li> </ul> The workshop booklet, brochure, videos and some resources are available in Chinese (Cantonese). \$30.00	South Riverdale Community Health Centre 955 Queen Street East Toronto, ON M4M 3P3 Tel: (416) 461-1925 ext. 243 Fax: (416) 469-3442
<b>Home Support Exercise Program (HSEP)</b>	
Ten simple, exercises designed to enhance and maintain functional fitness, mobility, and independence of home-bound older adults. Picture package \$50.00 Training Package \$200.00 Additional resource manual \$25.00 Workshop (includes resource manual \$75.00 Training for the Trainer (includes training package)\$250.00	The Centre for Activity and Ageing The University of Western Ontario London, ON N6A 3K7 Tel: (519) 661-1603 Fax: (519) 661-1612
<b>Proper use of drugs – French</b>	
(Utilisation judicieuse de médicaments) This booklet describes community programs/approaches for the promotion of healthy drug use by seniors living in the community.	South Riverdale Community Health Centre 955 Queen Street East Toronto, ON M4M 3P3 Tel: (416) 461-1925 ext. 243 Fax: (416) 469-3442

<b>Profile of Community Projects, 1995-96</b>	
Reports on a number of Ontario-based community programs in injury reduction.	Ontario Injury Prevention Resource Centre Tel: (416) 367 3313 1-800-267-6817 Email: <a href="mailto:injury@web.net">injury@web.net</a>
<b>Steady As You Go (SAYGO) Client Handbook</b>	
A 52-page guide for people to assess their personal risks for having a fall and to learn what to do to avoid them. It includes three inserts (1) fridge magnet, (2) calendar, (3) scorecard. \$8.00	Elli Robson, Health Strategy Researcher, Capital Health Regional Public Health, Suite 300, 10216 – 124 Street, Edmonton, AB T5N 4A3 Tel: (780) 413-7955 Fax: (780) 482-4194
<b>Steady As You Go (SAYGO) Agency and Facilitators Manual</b>	
An 80-page manual, which outlines what agencies, facilitators and supporting health professionals need to know to run SAYGO in their communities. Only one copy needed per community, as reproduction rights are included in the cost. \$65.00	Elli Robson, Health Strategy Researcher, Capital Health Regional Public Health, Suite 300, 10216 – 124 Street, Edmonton, AB T5N 4A3 Tel: (780) 413-7955 Fax: (780) 482-4194
<b>Taking Steps/Modifying Pedestrian Environments to Reduce the Risk of Missteps and Falls</b>	
Comprehensive manual on making our streets, buildings and walkways safe for seniors and people with disabilities who are at risk of serious injury from falls. \$15.00	Elaine Gallagher AIMNet, Centre on Aging, University of Victoria Victoria, BC V8X 2Y2 Tel: (250) 721 6463 Fax: (250) 721 6499 E-mail: <a href="mailto:egallagh@HSD.UVIC.ca">egallagh@HSD.UVIC.ca</a>
<b>The Steps Project/A Project to Reduce Falls in Public Places Among Seniors and Persons with Disabilities</b>	
A detailed analysis and set of recommendations from a community-based survey of 791 people who experienced a misstep or fall during a 9-month period. \$15.00	Elaine Gallagher AIMNet, Centre on Aging, University of Victoria Victoria, BC V8X 2Y2 Tel: (250) 721 6463 Fax: (250) 721 6499 E-mail: <a href="mailto:egallagh@HSD.UVIC.ca">egallagh@HSD.UVIC.ca</a>
<b>The Safe Living Guide</b>	
This guide is useful to seniors and those who care for them. It contains ideas on how to prevent injuries around the house. It also contains several stories that show how people who made changes in their homes or in their lives benefited from them. Practical information in the form of fact sheets and tips, as well as a resource section, completes the guide. The guide can be used by itself or in the context of discussions or workshops with seniors.	Health Canada Division of Aging and Seniors 8h floor, Postal Locator : 1908A1 Ottawa, ON K1A 1B4 Tel.: (613) 952-7606 Fax: (613) 957-9938 Email : <a href="mailto:seniors@hc-sc.gc.ca">seniors@hc-sc.gc.ca</a> Website: <a href="http://www.hc-sc.gc.ca/seniors-aines/seniors/english/resrc2-e.htm">http://www.hc-sc.gc.ca/seniors-aines/seniors/english/resrc2-e.htm</a>
<b>You Can Do It! A Community Guide for Injury Prevention</b>	
This guide describes the steps for developing an injury prevention program. A discussion of steps are intended to provide the reader with a comprehensive understanding of injury program development, implementation and evaluation. \$10.00	Injury Awareness and Prevention Centre University of Alberta 4075-RTF, 8308-114 Street Edmonton, AB T6G 2E1 Tel: (780) 492 6019 Fax: (780) 492-7154 Email: <a href="mailto:acicr@ualberta.ca">acicr@ualberta.ca</a>

<b>You Can Make a Difference</b>	
A handbook for community action for injury prevention designed to assist those individuals/organizations who would like to take action to prevent injuries. It provides a general overview of the problem of injuries; describes a process for developing and implementing strategies to reduce injuries; and includes information on how to promote and evaluate community injury prevention projects. <i>Limited supply</i>	Office for Injury Prevention, BC Ministry of Health 1515 Blanchard Street, Victoria, BC V8W 3C8 Tel: (250) 952 1742 1-800-465-4911

### International Resources:

<b>AARP: Fixing to Stay</b>	
A national survey of housing and home modification issues. May 2000.	AARP 601 E Street, NW Washington, DC 20049 Website: <a href="http://www.aarp.org">www.aarp.org</a>
<b>A Tool Kit to Prevent Senior Falls</b>	
Materials designed for fall prevention programs, not for individual use.	US Centres for Disease Control and Prevention Website: <a href="http://www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm">www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm</a>
<b>Check for Safety</b>	
A home fall prevention checklist for older adults.	US Centre for Disease Control and Prevention Department of Health and Human Services Website: <a href="http://www.cdc.gov/ncip/pub-res/toolkit/checkforsafety.htm">www.cdc.gov/ncip/pub-res/toolkit/checkforsafety.htm</a>
<b>Demonstrating Your Program's Worth. A Primer on Evaluation for Programs to Prevent Unintentional Injury</b>	
This book is designed to help program staff understand the processes involved in planning, designing and implementing evaluation of programs to prevent unintentional injuries.	US Centre for Disease Control Website: <a href="http://www.cdc.gov/ncipc/pubres/demonstr.htm">www.cdc.gov/ncipc/pubres/demonstr.htm</a>
<b>Major Causes of Unintentional Injuries among Older Persons</b>	
An annotated bibliography.	US Centre for Disease Control Website: <a href="http://www.cdc.gov/ncipc">www.cdc.gov/ncipc</a>
<b>Remembering When: A Fire and Fall Prevention Program for Older Adults</b>	
This guidebook contains everything you will need to conduct a comprehensive fire and fall prevention program for older adults in your community.	National Fire Protection Association Centre for High-Risk Outreach 1 Batterymarch Park Quincy, MA 02269 Website: <a href="http://www.nfpa.org">www.nfpa.org</a>
<b>Universal Design and Home Modification Comfortable, Safe, Convenient Living</b>	
This booklet describes how universal design features make a home conducive to independent living. AARP recently co-sponsored the building of a house to serve as a showcase for universal design features, the highlights of which are described in this booklet. The products and design features in the house are attractive and accommodate continually changing needs as residents grow older.	AARP Consumer Issues Section 601 E Street, NW Washington, DC 20049 Website: <a href="http://www.aarp.org">www.aarp.org</a>

## Videos:

<b>Head Over Heels</b>	
A step-by-step video designed to give seniors facts about falls. The video helps overcome the fear of falling which many seniors experience. \$39.00	Elaine Gallagher AIMNet, Centre on Aging, University of Victoria, Victoria, BC V8X 2Y2 Tel: (250) 721 6463 Fax: (250) 721 6499 E-mail: egallagh@HSD.UVIC.ca
<b>Home Grown Solutions Demonstration Project</b>	
Housing initiatives for persons with disabilities – 23 minutes. \$13.50	Jeannette Hughes 206-9843 Second Street, Sidney, BC V8L 3C7
<b>Home Support Exercise Program (HSEP)</b>	
Exercise program video.	The Centre for Activity and Ageing The University of Western Ontario London, ON N6A 3K7 Tel: (519) 661-1603 Fax: (519) 661-1612
<b>Kitchen Comforts (Kitchen Safety) &amp; You May Live to Be 90 and 9.</b>	
Part of the Home Safe Home: Road Show Program. (See above under National Resources)	South Riverdale Community Health Centre 955 Queen Street East Toronto, ON M4M 3P3 Tel: (416) 461-1925 ext. 243 Fax: (416) 469-3442
<b>Stairway and Falls</b>	
This two-hour video is based on the workshop entitled “Stairway and Falls,” presented by Jake Pauls. \$40.00	Jake Pauls Tel: (301) 933-5275 E-mail: <a href="mailto:bldguse@aol.com">bldguse@aol.com</a>
<b>Steady As You Go (SAYGO) Fitness for Preventing Falls</b>	
A 30-minute video including short vignettes of seniors who have had falls and the impact it has had on them. There is also a 20-minute exercise program for leg strength and balance. The handbook and video are also available in Chinese (Cantonese). \$8.00	Elli Robson, Health Strategy Researcher, Capital Health Regional Public Health, Suite 300, 10216 – 124 Street, Edmonton, AB T5N 4A3 Tel: (780) 413-7955; Fax: (780) 482-4194
<b>Stepping Out</b>	
This lively 25-minute video takes a positive and proactive look at the environmental challenges faced by seniors and people with disabilities. \$39.00	Elaine Gallagher AIMNet, Centre on Aging, University of Victoria, Victoria, BC V8X 2Y2 Tel: (250) 721 6463; Fax: (250) 721 6499 E-mail: egallagh@HSD.UVIC.ca

**U.S. Architectural and Transportation Barriers Compliance Board**

A series of four short videos (8 to 12 minutes each) on pedestrian safety for persons with visual and mobility impairments.

*Cost is for shipping only.*

The Access Board

1331 F Street, NW, Suite 1000

Washington, DC 20004-1111

(202) 272-5434 (v) - (202) 272-5449 (tty) –

(202) 272-5447 (fax)

(800) 872-2253 (v) - (800) 993-2822 (tty)

email: [info@access-board.gov](mailto:info@access-board.gov)

## Websites:

### 1. [http://www.canadian-health-network.ca/injury\\_prevention.html](http://www.canadian-health-network.ca/injury_prevention.html)

- Canadian website
- The Canadian Health Network (CHN) is a national, bilingual Internet-based health information service. Health Canada, its founding partner, provides funding for CHN.

Through this website, the Canadian public and health intermediaries alike can find excellent resources from health information providers across Canada. The CHN seeks to establish itself as Canadians' premier source of "health information you can trust." CHN features 26 health centres focused on major health topics and population groups.

To date, there are links to more than 6,000 Internet-based resources on the CHN site. The CHN Subject Index includes over 1,000 terms pointing to information in these resources.

### 2. [http://www.sppd.gc.ca/default\\_e.html](http://www.sppd.gc.ca/default_e.html)

- Canadian website
- The Canadian Seniors Policy and Program Database (SPPD) is a database of government policies and programs for which seniors are the primary beneficiaries. It was developed and is maintained by federal, provincial and territorial governments.

### 3. <http://www.hc-sc.gc.ca/seniors-aines/>

- Canadian website
- Health Canada – Injury Prevention and Seniors

The Division of Aging and Seniors, Health Canada, provides federal leadership in areas pertaining to aging and seniors. The Division serves as a focal point for information and centre of expertise.

This website provides:

- A list of Injury Prevention programs/projects throughout Canada sub-listed by each province as well as a brief description and contact person name of each project.
- An extensive list of Injury Prevention publications. A link to most publications is provided.
- A library of web-links to other injury prevention websites in Canada.



4. <http://www.safecommunities.ca/>

- Canadian website
- The Safe Communities Foundation works in partnership with the private and public sectors to improve the health and safety of workers and people throughout your community. The goal of the Foundation and all participating Safe Communities in Canada is to eliminate injuries while promoting a culture of safety through the implementation of programs and education.

5. <http://www.med.ualberta.ca/acicr/>

- Canadian website
- The Alberta Centre for Injury Control and Research (ACICR) strengthens and helps coordinate injury control in Alberta. This Centre provides support for agencies, practitioners and other key stakeholders who do work related to injury prevention, emergency medical services, acute care and rehabilitation. ACICR is a part of an expanding network of injury control expertise that reaches not only across Alberta but throughout Canada and around the world.

6. <http://www.injuryresearch.bc.ca/>

- Canadian website
- The British Columbia Injury Research and Prevention Unit's mission is to make British Columbia a safe place by coordinating efforts, research and prevention that will significantly reduce injuries and their consequences.

7. <http://www.sunnybrook.utoronto.ca/~csia/Falls&Mobility/fallsmain.htm>

- Canadian website
- The Sunnybrook & Women's Clinical and Research "Program in Aging" has established a provincial network of institutions and individuals interested in measures to increase the mobility of older people while reducing the number of injuries caused by falls. The Centre for Studies in Aging is responsible for providing the academic support to the Program and to this Network. The activities being undertaken by the Network currently include: establishing consensus on Fall Risk Assessment across a variety of settings and levels of risk; planning and coordinating intervention studies; developing networking and communication strategies.

One of the goals of this website is to provide service to the Ontario Falls and Mobility Network by acting as a central repository of knowledge and information in the field.

8. <http://www.uwo.ca/actage/>

- Canadian website
- The mission of Canadian Centre for Activity and Aging (CCAA) is to develop, encourage and promote an active, healthy lifestyle for Canadian adults that will enhance the dignity of the aging process.

9. <http://www.cdc.gov/ncipc/ncipchm.htm>

- United States website
- National Centre for Injury Prevention and Control (NCIPC) is a national program to reduce injury, disability, death, and costs associated with injuries outside the workplace. As the lead federal agency for injury prevention, NCIPC works closely with other federal agencies; national, state, and local organizations; state and local health departments; and research institutions.

10. <http://joannabriggs.edu.au/FALLS/>

- Australian website
- Australian National Falls Network as part of The Joanna Briggs Institute For Evidence Based Nursing & Midwifery. This institute is an International Research Collaboration based at the Royal Adelaide Hospital and the Adelaide University with collaborating centres in Australia, New Zealand and Hong Kong. This website provides good links to falls and fall-related research.

11. <http://infowest.maribyrnong.vic.gov.au/fallsprevention/html/abou.htm>

- Australian website
- Maribyrnong Council is committed to the prevention of falls by promoting community knowledge to reduce the number of fall injuries to older adults in the City of Maribyrnong, including; private homes, public spaces, shopping areas and aged accommodation.

This website provides information for seniors in the community. It has information booklets in Vietnamese, Spanish, Italian and English.