

How do I access this program?

You will need a doctor's referral to register for the Falls Prevention Program. A geriatrician and physiotherapist will meet with you to determine if this program is right for you.

Where is the Falls Prevention Program located?

The Falls Prevention Program is run in the Healthy Living Clinic at Humber River Health.



Level 1, Portal C
1235 Wilson Ave.,
Toronto ON M3M 0B2



Reference: Registered Nurses' Association of Ontario. (2017). Preventing Falls and Reducing Injury from Falls (4th ed.) Toronto, ON: Registered Nurses' Association of Ontario.

About Us

The Healthy Living Clinic is an outpatient clinic. Our purpose is to optimize the health and quality of life of older adults.

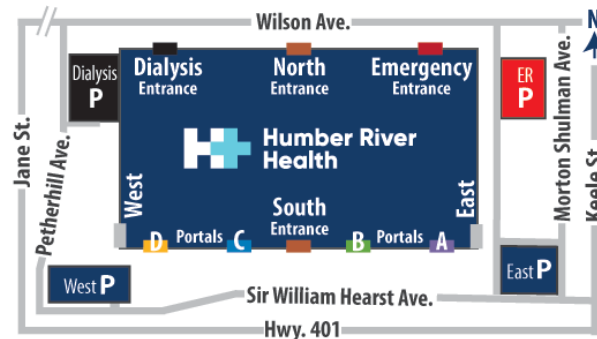
Contact Us

**Healthy Living Clinic
Humber River Health**

1235 Wilson Ave., Toronto ON M3M 0B2

Tel: (416) 242-1000 ext. 21800

Hours: Monday to Friday,
9:00 a.m. to 5:00 p.m.



**The Healthy Living Clinic is located on
the 1st floor at Portal of Care C.**

1235 Wilson Ave., Toronto, Ont., M3M 0B2



Seniors Care Program

Healthy Living Clinic Falls Prevention Program



English

This information is important! If you have trouble reading this, ask someone to help you.

Italian

Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

www.hrh.ca

Falls in seniors can result in serious injury and hospital stays. The fear of falling can also lead many seniors to withdraw from daily activities.

The good news is that many falls are preventable. Taking part in programs offered by health care teams is one such way that can reduce the number of falls.



What is the Falls Prevention Program?

Humber River Health has designed an evidence-based Falls Prevention Program to improve senior's safety. In the program, seniors will receive:

- A consultation with a geriatrician (a doctor that specializes in seniors' health) and/or a nurse practitioner
- A falls assessment by a physiotherapist
- An occupational therapist assessment, if recommended
- A group exercise program, with the goal to improve overall strength, balance and walking ability
- A customized home exercise program.

After completing this program, the team will provide you with ways you can continue to improve your balance. They will also make suggestions for resources you can connect with in the community.

Who should attend?

You may attend this program if you:

- Are over the age of 65, and have had a fall or have a fear of falling
- Have mobility and balance difficulties
- Are able to safely take part in a supervised exercise program
- Are able to walk 3 metres.



What can I expect during the Falls Prevention Program?

During this program, you will attend:

- 1 An initial assessment:** Once you have completed a detailed assessment, we will place you in a small group of 6 to 8 participants to begin the program.
- 2 Sessions twice a week, for 6 weeks:** At each visit, you will take part in:
 - An Exercise Class:**
 - About 1 hour
 - Individualized
 - Supervised stations
 - An Education Session:**
 - About 10 to 15 minutes long
 - Taught by various health care professionals
 - Topics include:

✓ Safe Proofing	✓ Activity and Exercise
✓ Preventing Falls	✓ Nutrition
✓ Community Resources	✓ Osteoporosis
	✓ Medicines
- 3 A discharge assessment & recommendations appointment.**