

## Quick Facts

Falls remain the leading cause of injury-related hospitalizations in Canada.

- 50% of falls happen in the home.
- Fall-related hospitalizations for older adults result in 40-50% longer lengths of stay in hospital.
- Falls are a major catalyst for transition to long-term care.
- The number of falls leading to hospitalization that result in death are, unfortunately, increasing.
- 35% of hospitalizations related to falls are from a fractured hip.
- 80% of fractures are caused by osteoporosis.

(PHAC, Surveillance Report on Falls Among Older Adults in Canada, 2022)

*Falls represent a major threat to the health status and independence of older adults.*

*The good news is that falls are often predictable and preventable. Don't let the fear of falling prevent you from being physically active. Inactivity will actually increase your risk of falling.*

## Contact Information

To learn more information about this program and how to become a host site, contact:

Staying On Your Feet

Community Services

Phone: 306-655-3418

[SOYFSaskatoon@saskhealthauthority.ca](mailto:SOYFSaskatoon@saskhealthauthority.ca)



Staying On Your Feet works in collaboration with the **Forever...in motion** program.

**Forever...**



Physical Activity - do it for life!



[saskhealthauthority.ca](http://saskhealthauthority.ca)

# Staying On Your Feet

**A Falls Reduction, Injury Prevention, Balance and Education Program**



 Saskatchewan Health Authority

*Healthy People, Healthy Saskatchewan*

## Program Goals

- Reduce falls and fall-related injuries for older adults living in the community.
- Educate **Forever...in motion** leaders and older adults living in the community on how to prevent falls.
- Provide safe physical activities with a focus on balance & strengthening for older adults.
- To support **Forever...in motion** leaders by reinforcing the inclusion of safe balance exercises for their groups.
- To evaluate the effectiveness of fall reduction, injury prevention, education and balance exercises in reducing falls for older adults.



## Program Details

- This program is appropriate for seniors' housing complexes, **Forever...in motion** sites and seniors' centres.
- Over 10-12 weeks, you can expect to learn and exercise in each session.
- Progressive balance and strengthening exercises once per week for 30 to 40 minutes.
- Education sessions on how to prevent falls for yourself and others.
- Presentations from health professionals addressing topics that relate to fall risks.
- Demonstration and development of a personal safety plan and practice "How to Get Up Off the Floor".
- All participants provided with program manual.
- Before and after testing to measure balance, mobility and risk of falling.
- Falls Risk Assessment, follow up and referrals to family physician provided for moderate to high risk individuals, where appropriate.

*The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.*

## Are You At Risk?

Falling is not a normal part of aging. Falls are preventable!

- Have you had a fall in the past year?
- Do you do less than 30 minutes of physical activity a day?
- Do you feel unsteady when walking or getting up from a chair?
- Are you taking four or more medications?
- Are you afraid of falling?

If you answered yes to one or more of these questions, you should consider registering for an upcoming Staying On Your Feet Program.



## General Reminders

**Be Aware** of your surroundings — Learn to recognize falls risk. Anticipate where problems might occur in home and community.

**Be Safe** — Remove hazards in your home. Ask for help when necessary. Be kind to yourself and your new abilities.

**Be Active** — Maintain a healthy lifestyle that includes regular physical activity to keep bones and joints in good health.