Falls Prevention Newsletter
Autumn 2014

Exchange ideas. Share resources. Make a difference!

The Falls Prevention Community of Practice (CoP) brings together multiple stakeholders
including front line health care workers, health system planners, researchers, policy makers, older adults and caregivers who have an interest in Falls Prevention. The goal is to improve the health and healthcare of seniors in Ontario by sharing Falls Prevention knowledge, research, best practices and resources. If you have any questions about the Falls CoP, please contact the Coordinator, Marguerite Thomas.

In this newsletter:

The leaves are changing so we thought we’d bring attention to people who are doing things a little differently in falls prevention. This issue focuses on the use of theatre as a falls prevention tool. Enjoy!

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Coordinator

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Evelyn Theriault (Sault Rising Stars)

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Safer Healthcare Now! National Calls
RNAO “Back to Basics - Chronic Disease Management” Webinar Learning Series
Health Summit 2014: Aging, Chronic Disease and Wellness

Get Involved with the CoP

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Rhonda Lovell

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The highlight was a delightful acting duo, Ted and Audrey, who adapted the "Bruno and Alice ~ A Love Story" script. Their many presentations were always well evaluated and, in a strange twist of fate, these two began to date during rehearsals and married while the show was in production. This double love story only added to the enjoyment of all who were able to access the experience. Please see the resources listed in the "Have Your Read?" section and enjoy and use the story and resources that Raija is sharing with you.

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Sault Rising Stars: A seniors acting troupe for Falls Prevention education

The Sault Rising Stars seniors Acting Troupe are peer mentors, educators, ambassadors and role models. The troupe travels throughout the community and District of Algoma to share their knowledge and skills, promote health and safe lifestyles through the innovative use of theatre. Keep reading >>
What is happening in communities

Centre for Studies in Aging & Health

About CSAH

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CSAH & Camera Kingston are holding a photo contest to showcase images which capture the experiences of seniors living in our community. [Interested in participating?](#)

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Locally Driven Collaborative Project: Falls Prevention

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For more information please contact [Jen Brenner](#), County of Oxford Public Health.

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For more information contact Dr. Rick Volpe, University of Toronto.

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**From Research to Practice**

**Reading List**

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View the full reading list >>

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Download as a PDF.

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resource highlighting federal programs and services that can be accessed by seniors, their families, and caregivers.

Read the report online.

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Dijon, a city on the Eastern edge of France, is working towards ensuring that their city is a friendly place for the growing population of elderly people. Today’s elderly want as much independence for themselves as they want interdependence with society. They want to shop for their groceries, interact with their neighbours, and walk along the same streets as their kids and grandkids. Read the article from Guardian Weekly.

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Date: Friday, November 7, 2014
Location: Ellas Hall, 35 Danforth Rd., Scarborough, Ontario
Fee: $115.04

Visit the website for more information or to register.

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Submit your proposal online by Friday, September 26.
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- study online, four to six hours per week, including engaging in peer discussion forums
- learn how to design, implement and evaluate a falls prevention program

October 3 to November 7, 2014
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If you as a health-care provider or your organization is looking to improve the use of evidence based practices to prevent and manage chronic disease, the Registered Nurses' Association of Ontario's Webinar Learning Series "Back to Basics - Chronic Disease Management" is for you! This webinar learning series is presents one learning module a week for 5 consecutive weeks. Each session lasts 2 hours with each module presenting a basic concept, model or theory known to be effective in practice to prevent and manage chronic diseases in clients at risk for the first hour and in the second hour participants are introduced to leaders from various health-care settings who have applied the concept, model or theory in practice.

This is a 5-part series, October 7, 14, 21, 28 & November 4.
Fee: $186.45 (members) or $248.60 (non-members)
Register!

Health Summit 2014: Aging, Chronic Disease and Wellness
The 2014 Summit, our 3rd in Toronto, will focus on two interrelated issues that represent the most complex challenges to system sustainability and that will affect the health of all Canadians, now and in the future:
1. The system is misaligned with an aging population
2. The current delivery model is ill-equipped to address chronic care and prevention

October 23-24, 2014
Toronto Marriott Downtown Eaton Centre

Information on fees, registration and programs can be found on the website.

Caregiver Corner

My Experience
By Marguerite Thomas, Falls Prevention CoP Coordinator and caregiver

As your CoP coordinator, I also want to share the caregiver experience. Many of you are caregivers or will become caregivers or have caregivers as part of your patient care team. This role is neither easy nor simple, but communicating together and utilizing resources can make it easier. Once upon a time a professor held a half full glass of water in front of the class and asked them how heavy it was. The students smiled and thought that she was going to talk about the "half-empty, half-full" paradigm. "No," she said, "It is about how long you have to carry it".

My sister and I have been carrying that glass for many years and would like to help make the journey easier for others. It has been said that luck happens when you are prepared for it. This section will be about being prepared. More>>>

Online Resources for Caregivers

Here you'll find helpful videos, articles, checklists, tips and peer support to guide you along your journey as a caregiver.

View the resources on CaregiverStress.com

Check out CaregivingMatters.com, a Canadian charity

Get Involved!
Engaging with the Falls Prevention CoP
Watch an archived webinar
Clinical Effectiveness of Hip Protectors

This webinar presents research on the biomechanical effectiveness of hip protectors plus strategies to overcome perceived barriers and improve acceptance and adherence with the use of hip protectors.

Some hip protectors do not cover the greater trochanter

Making Connections Webinar: Clinical Effectiveness of Hip Protectors

Join a subcommittee

The following subcommittees are recruiting new members. Time commitment is 3-6 hours per month (one meeting plus independent work). Contact Marguerite Thomas, Coordinator, if you are interested.

Newsletter subcommittee
- Source content
- Write articles
- Edit

Webinar subcommittee
- Select topics
- Recruit presenters
- Promote
- Assist with content development and/or facilitation

Get support for your project

Have an idea for a knowledge mobilization project? Need some help to get it done (expertise, human resources, promotion)? Contact Marguerite Thomas, Coordinator, to discuss how we can work together.

Showcase your work

Share success stories and promising practices. Offer implementation support based on your own lessons learned. Email your stories to Marguerite Thomas.
Forums
Forums are online message boards where members can debate hot topics, share information and find answers to clinical, research and policy questions. Chime in!

Library Services
If you have a falls prevention question, our Information Specialist can help guide you to evidence-based resources and information - for free! Message an Information Specialist.

Upcoming Events
Our events calendar covers a wide range of learning opportunities related to seniors’ health care and well being in Ontario, across Canada and abroad. Attend an event!

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Become a Member

View archived webinars
Hi Jess,

Here is the falls prevention CoP newsletter.

Lindsay Toth

Technology & Administrative Manager
ltoth@seniorshealthknowledgenetwork.com
416-422-2228 ext. 217

Seniors Health Knowledge Network
90 Eglinton Avenue East, Suite 601
Toronto, ON, M4P 2Y3

From: Falls Prevention Community of Practice [mailto:noreply@seniorshealthknowledgenetwork.com]
Sent: September-24-14 11:20 AM
To: ltoth@seniorshealthknowledgenetwork.com
Subject: Newsletter Autumn 2014
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October 23-24, 2014

Toronto Marriott Downtown Eaton Centre

Information on fees, registration and programs can be found on the website.

Caregiver Corner

My Experience
By Marguerite Thomas, Falls Prevention CoP Coordinator and caregiver

As your CoP coordinator, I also want to share the caregiver experience. Many of you are caregivers or will
become caregivers or have caregivers as part of your patient care team. This role is neither easy nor simple, but communicating together and utilizing resources can make it easier. Once upon a time a professor held a half full glass of water in front of the class and asked them how heavy it was. The students smiled and thought that she was going to talk about the "half-empty, half-full" paradigm. "No," she said, "It is about how long you have to carry it".

My sister and I have been carrying that glass for many years and would like to help make the journey easier for others. It has been said that luck happens when you are prepared for it. This section will be about being prepared. More>>>

Online Resources for Caregivers

Here you'll find helpful videos, articles, checklists, tips and peer support to guide you along your journey as a caregiver.

View the resources on CaregiverStress.com

Check out CaregivingMatters.com, a Canadian charity
Get Involved!

Engaging with the Falls Prevention CoP

Watch an archived webinar

View all our archived webinars on YouTube.

Clinical Effectiveness of Hip Protectors

This webinar presents research on the biomechanical effectiveness of hip protectors plus strategies to overcome perceived barriers and improve acceptance and adherence with the use of hip protectors.

Some hip protectors do not cover the greater trochanter

Source: Minns et al., Age and Ageing, 2007

Making Connections Webinar: Clinical Effectiveness of Hip Protectors

Join a subcommittee

The following subcommittees are recruiting new members. Time commitment is 3-6 hours per month (one meeting plus independent work). Contact Marguerite Thomas, Coordinator, if you are interested.
Newsletter subcommittee

- Source content
- Write articles
- Edit

Webinar subcommittee

- Select topics
- Recruit presenters
- Promote
- Assist with content development and/or facilitation

Get support for your project

Have an idea for a knowledge mobilization project? Need some help to get it done (expertise, human resources, promotion)? Contact Marguerite Thomas, Coordinator, to discuss how we can work together.

Showcase your work

Share success stories and promising practices. Offer implementation support based on your own lessons learned. Email your stories to Marguerite Thomas.
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Chime in!

If you have a falls prevention question, our Information Specialist can help guide you to evidence-based resources and information - for free!

Message an Information Specialist.

Our events calendar covers a wide range of learning opportunities related to seniors' health care and well being in Ontario, across Canada and abroad.

Attend an event!
Hi Jess,

Here is the falls prevention CoP newsletter.

Lindsay Toth
Technology & Administrative Manager
ltoth@seniorshealthknowledgenetwork.com
416-422-2228 ext. 217

Seniors Health Knowledge Network
90 Eglinton Avenue East, Suite 601
Falls Prevention Newsletter

Autumn 2014
Exchange ideas. Share resources. Make a difference!

The Falls Prevention Community of Practice (CoP) brings together multiple stakeholders including front line health care workers, health system planners, researchers, policy makers, older adults and caregivers who have an interest in Falls Prevention. The goal is to...
improve the health and healthcare of seniors in Ontario by sharing Falls Prevention knowledge, research, best practices and resources. If you have any questions about the Falls CoP, please contact the Coordinator, <mailto:marguerite@thomas.name> Marguerite Thomas.

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CoChair <https://imgssl.constantcontact.com/ui/images1/s.gif>

Message from our Co-Chair

Rhonda Lovell

With Thanksgiving just around the corner I've found myself, not surprisingly, taking stock of the many reasons I have to be filled with gratitude. If you've been a part of the Community of Practice (CoP) for even a short while you'll understand why I am so thankful to have a dedicated engaged Core Working Group to work with. I am amazed as I look back on all that has been accomplished so far this year but the truth is we couldn't do it without you. Serving a membership of over 1500 across Ontario requires commitment, strategy and a variety of specialized skills - it takes a community and this community includes you!

Fall is a time of year often associated with harvest, a time to reflect on the bounty of goodness we receive from all our efforts. Perhaps the most important effort the Core Working Group has made this year is to tap into the collective wisdom of the membership, to actively discover what you want and need from this Community.

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Marguerite Thomas

This edition features the use of theatre as a teaching tool for older adults. Our Core Team member, Raija will be sharing both her story and her resources related to theatre and falls prevention. This topic is very near and dear to my heart. While working as a Public Health Nurse in both Grey/Bruce and Huron Counties, I had the privilege of creating theatre productions with senior volunteer actors and our artistic director, Joan Chandler of Sheatre. It was effective, it was fun, and it engaged older adults in delivering the falls prevention message to others.

The highlight was a delightful acting duo, Ted and Audrey, who adapted the "Bruno and Alice ~ A Love Story" script. Their many presentations were always well evaluated and, in a strange twist of fate, these two began to date during rehearsals and married while the show was in production. This double love story only added to the enjoyment of all who were able to access the experience. Please see the resources listed in the "Have Your Read?" section and enjoy and use the story and resources that Raija is sharing with you.
A Look at What One Program is Doing

Sault Rising Stars: A seniors acting troupe for Falls Prevention education

The Sault Rising Stars seniors Acting Troupe are peer mentors, educators, ambassadors and role models. The troupe travels throughout the community and District of Algoma to share their knowledge and skills, promote health and safe lifestyles through the innovative use of theatre.

Communities

Centre for Studies in Aging & Health

About CSAH
The Centre for Studies in Aging & Health (CSAH) builds knowledge, awareness and system capacity to promote successful aging. CSAH offers a repository of high quality, evidence-based tools and resources for primary care, community, hospital, and long-term care settings. Visit the website at http://sagelink.ca

About the Newsletter

Interested in staying in the know about hot topics, innovative research, latest publications and events on aging and older adult health? CSAH publishes Linkages, an e-newsletter to keep you connected.

Photo Contest

CSAH & Camera Kingston are holding a photo contest to showcase images which capture the experiences of seniors living in our community. Interested in participating?

Conference

CSAH is hosting Geriatrics 20/20: Bringing Current Issues into Perspective. This conference is open to all sectors of health care and will focus on frailty, cognition, and poverty. Find out more.
Public Health can play a key role in leading collaboration between community stakeholders, including service providers from health care organizations and other sectors, to work on fall prevention. This research study will examine the collaborative leadership and knowledge translation strategies used by public health professionals working with four collaborative groups on fall prevention initiatives for community-dwelling older adults.

Results from this study will:

1. Describe the planning and implementation processes for fall prevention projects;
2. Describe the lessons learned during the planning and implementing of fall prevention projects;
3. Describe how public health professionals helped group members work together and move knowledge into action;
4. Describe the perceived impact of the collaborative leadership and knowledge translation practices used by Public Health and other members of the groups.

For more information please contact <mailto:jbrenner@oxfordcounty.ca> Jen Brenner, County of Oxford Public Health.
completed a worldwide investigation of Best Practices in the Prevention of Mid-life Falls in Everyday Activities. Through this innovative work funded by the Ontario Neurotrauma Foundation, we have created a unique set of cases for advancing falls prevention in everyday life that has implications across the life span—in particular, the findings contribute to an early intervention rationale for the prevention of falls in older adults.

From a review of 165 nominated programs, researchers presented six case studies of exemplary fall-prevention efforts: (1) The Fallfritt (Fall Free) Initiative; (2) The Specific Balance Training Program; (3) Walk with Ease; (4) Awareness Through Movement (ATM); (5) DIY: Falls: Take Time Before You Climb; and, (6) Tai Chi for Health.

Our results have important practice and programming insights for prevention activities. Specifically, our work reveals that balance training is a common feature in effective falls prevention programs. This review has shown that effective interventions exist to minimize the social and economic burden of mid-life falls related to everyday activities.

For more information contact <mailto:richard.volpe@utoronto.ca> Dr. Rick Volpe, University of Toronto.

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list of recent journal articles and other resources on theatre as a pedagogical tool. To request any of these articles in full-text, please email <mailto:falls@seniorshealthknowledgenetwork.com> Lindsay Ogilvie, Information Specialist for the CoP.

Kontos PC, Mitchell GJ, Mistry B, Ballon B. <http://r20.rs6.net/tn.jsp?f=001taQR1b69um3D8ehACV4Dume5fQ0064Ud2FacUIErT5> dy_r1c1WgNQej3-38tq2BhE2I6cZ3PqSk0Ku30EDrncDFIKKT97lR_f1om907fvKLS5NWIPdht kWlkNpRPxPngMxxY6NkEzJSraAqv3qXsRGksW6Py5536nkpocGk2nBe3YKCI0cHkQ3HFX_z9-z 72gtp-kb2BFi787dxv53gFuW1-4CZSzbzbcdaUdjZ00vAd6X9A==&c=jUraT5VQGQIYQapk90w2dT yT_iRNS7Lx2kSmKRP743wzOugbLNlwA==&c=7TdGyZGmbEHGXUnR0ZOaLKG_46pNf0K72Tcmb TnhOnyWwXYWM-hcZQ===> Special issue: using drama to improve person centred dementia care. In J Older People Nurs 2010;5(2):159-168

Gidman J. <http://r20.rs6.net/tn.jsp?f=001taQR1b69um3D8ehACV4Dume5fQ0064Ud2FacUIErT5> dy_r1c1WgNQej3-38tq2jCAh35D5n6T080WuGQ98zFpICAcx1nQZn5Uwbc6dQgkzx0y7d_QYoSb FTtkEIXsFKUdnoVQGmM4_w0_vxb5p59gfpVxDhFHHy1YkA3uRzz2AHxTxkq1fWgyVdpQq90MV13 EhDLYLS0=--c=jUraT5VSQGQIYQapk90w2dTyt_iRNS7Lx2kSmKRP743wzOugbLNlwA==&c=7TdGy ZGmbEHGXUnR0ZOaLKG_46pNf0K72TcmbTnhOnyWwXYWM-hcZQ===> Listening to stories: valuing knowledge from patient experience. Nurse Educ Pract. 2013 May;13(3):192-6.

Middlewick Y, Kettle TJ, Wilson JJ. <http://r20.rs6.net/tn.jsp?f=001taQR1b69um3D8ehACV4Dume5fQ0064Ud2FacUIErT5> dy_r1c1WgNQej3-38tq2bj5cyfYr71-v74-wwML9iD0gWMf3kaX95sExCmJ06ZoExGtWzJ4 Dz-2RBPbtbkZhhC6saK-MA2AB6i-XRkVdpnJPlCULUZ-i178-Dlc3cQzoz3AOYQJWk751Rtn ihzGj4=--c=jUraT5VSQGQIYQapk90w2dTyt_iRNS7Lx2kSmKRP743wzOugbLNlwA==&c=7TdGy ZGmbEHGXUnR0ZOaLKG_46pNf0K72TcmbTnhOnyWwXYWM-hcZQ===> Curtains up! Using forum theatre to rehearse the art of communication in healthcare education. Nurse Educ Pract. 2012 May;12(3):139-42.

Ünalan PC, Uzuner A, Çifçili S, Akman M, Hancioğlu S, Thulesius HA. <http://r20.rs6.net/tn.jsp?f=001taQR1b69um3D8ehACV4Dume5fQ0064Ud2FacUIErT5> dy_r1c1WgNQej3-38tq23mdY_Wr9NaCwuldjHUVop2SYyK5Q2KHwyKdU_8sUY4y8H8pGS7k0rdm s-hlmmq4meorc2hXGm5M2cv3-xEOObIA0m53dsxWCAw8YCVVVZfuPSIyUx1993CmLSk3AJGqJbJ sKPQaxziu92a88jPi1IRRInvc7WqtM=--c=jUraT5VSQGQIYQapk90w2dTyt_iRNS7Lx2kSmKRP743wz OugbLNlwA==&c=7TdGyZGmbEHGXUnR0ZOaLKG_46pNf0K72TcmbTnhOnyWwXYWM-hcZQ===> Using theatre in education in a traditional lecture oriented medical curriculum. BMC Med Educ 2009;9(1):online

<http://r20.rs6.net/tn.jsp?f=001taQR1b69um3D8ehACV4Dume5fQ0064Ud2FacUIErT5> dy_r1c1WgNQej3-38tq218vUsDHu9i-Tq1R_FjChQvsuWQuBEuRgf4L16p1grrXDRVA6LBW RW7L2F4AQAxfT8bWksDqKhvzZGf500ocWrmY8nCvUuOQT2YFrl9z9iZ590BUgQ5F5W60xanSh3 oRi2Zn36LOIt5dRfcCox02A2ES92SSWP3trbqnp8DxSr_dJkc5j3pWkJq2Bve51Y-DyZlHBgd1 hNUT3g=--c=jUraT5VSQGQIYQapk90w2dTyt_iRNS7Lx2kSmKRP743wzOugbLNlwA==&c=7TdGy ZGmbEHGXUnR0ZOaLKG_46pNf0K72TcmbTnhOnyWwXYWM-hcZQ===> Using theatre in education in a traditional lecture oriented medical curriculum. BMC Med Educ 2009;9(1):online

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SHKNResources <https://imgssl.constantcontact.com/ui/images1/s.gif>
Seniors Health Knowledge Network (SHKN) offers online resources related to seniors health and care: planning documents, reports, statistics, best practice guidelines, knowledge transfer and exchange products, tools and much more.

The resource collection is constantly growing as Network members, partners and researchers share their work. To have your resources listed, please contact Lindsay Toth.

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Meet a Core Team Member

Raija Lappalainen - Algoma Public Health
Trips & Falls Coalition. Raija is also a member of the Sault Ste. Marie Age Friendly Communities and is a resource for

Raija believes that injuries are predictable and preventable and aging is not a deterrent to staying active, vibrant and healthy. Recognizing the role of the determinants of health, together we have the capacity to make a difference in our communities in helping seniors stay safe.

Evelyn’s career path has been in healthcare. Following her retirement, after working 36 ½ years full-time in a hospital setting, she volunteers on different healthcare boards and committees, locally and provincially. As an older adult she has a keen desire to ensure that programs are available to assist people who want to age safely in their own home surroundings for as long as they are able.
Bruno & Alice ~ A Love Story

This series of twelve illustrated stories follows the whimsical romance of two active seniors who, through lack of prevention, end up in awkward situations and almost miss their rendez-vous with love. The stories offer insight into some of the personal preventive measures seniors can take to make their environment safer and prevent injuries.

The series was produced to promote a greater awareness of the issue of injury prevention for seniors. The text, with illustrations, can be reproduced (if proper credit is given) as a series or as a whole by any organization, newspaper or other publication wishing to foster seniors' injury prevention.
services that can be accessed by seniors, their families, and caregivers.

Read the report online.

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Like most cities, Dijon is aging. Unlike many, they are acting on it. Dijon, a city on the Eastern edge of France, is working towards ensuring that their city is a friendly place for the growing population of elderly people. Today's elderly want as much independence for themselves as they want interdependence with society. They want to shop for their groceries, interact with their neighbours, and walk along the same streets as their
kids and grandkids. Read the
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article from Guardian Weekly.

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Personal Support Workers

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New, provincial
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OK72TcmbTnhOnyWwXYWM-hcZQ==> PSW educational standard has been released. The
learning outcomes in the standard describe the commonly recognized entry to
practice PSW functions. They will promote consistency in education/training
outcomes across all educational institutions.

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Events <https://imgssl.constantcontact.com/ui/images1/s.gif>

Education and Events

Forum <https://imgssl.constantcontact.com/ui/images1/s.gif>

Canada's Forum on Patient Safety and Quality Improvement - October 20-30,
Can you believe the Canadian Patient Safety Institute is 10 years old?

Well, we're doing something BIG to celebrate!

This is your chance to celebrate the all the incredible work that has been done to improve patient safety in Canada with your peers from across the country.

We're throwing a party and everyone is invited to celebrate with us in Edmonton, Alberta during Canada's Forum on Patient Safety and Quality Improvement - CPSI turns 10 on October 29 and 30, 2014 at the Shaw Conference Centre. If you're not able to attend in person, Canada's Forum as well as the pre-conference will be available free of charge via live virtual broadcast.

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Restorative Care Conference Toronto

This one day conference is ideal for health professionals and staff working with frail older adults in long term care, assisted living, and adult day programs.

Purpose:

* To provide the latest information and research to ensure effective, evidence-based programming
To provide opportunities for and encourage participation in a variety of practical workshops
* To offer simple tools and strategies for providing the best possible care and programming for residents and clients

Date: Friday, November 7, 2014
Location: Ellas Hall, 35 Danforth Rd., Scarborough, Ontario

Fee: $115.04

Visit the website for more information or to register.

Call for Abstracts TOPHC 2015

Do you have a public health topic that you want to share with your peers? Here's your opportunity to present at one of the premier public health conferences in the country by submitting an abstract for the 5th annual Ontario Public Health Convention (TOPHC) 2015!

Submit your proposal online by Friday, September 26.

Canadian Falls Prevention Curriculum
If you work with older adults in long term care, acute care, home care or in the community, this updated five-week e-learning course will help you acquire the knowledge and skills needed to apply an evidence-based approach to the prevention of falls and fall-related injuries. Through online, instructor-facilitated learning modules you will:

* study online, four to six hours per week, including engaging in peer discussion forums
* learn how to design, implement and evaluate a falls prevention program

October 3 to November 7, 2014

Course fee: $210 +GST

Register Now! For more information, call 250-721-8558.

Save the date! Safer Healthcare Now! has a full slate of National Calls scheduled for the fall on a range of topics including medication reconciliation, safe surgery to infection prevention and control.

Visit the website to see the schedule of upcoming calls. Save the dates!
RNAO "Back to Basics - Chronic Disease Management" Webinar Learning Series

If you as a health-care provider or your organization is looking to improve the use of evidence based practices to prevent and manage chronic disease, the Registered Nurses' Association of Ontario's Webinar Learning Series "Back to Basics - Chronic Disease Management" is for you! This webinar learning series presents one learning module a week for 5 consecutive weeks. Each session lasts 2 hours with each module presenting a basic concept, model or theory known to be effective in practice to prevent and manage chronic diseases in clients at risk for the first hour and in the second hour participants are introduced to leaders from various health-care settings who have applied the concept, model or theory in practice.

This is a 5-part series, October 7, 14, 21, 28 & November 4.

Fee: $186.45 (members) or $248.60 (non-members)

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MyExp

My Experience
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Marguerite and her Mom

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CaregiverStress.com

Check out <http://r20.rs6.net/tn.jsp?f=001taQR1b69ucm3D8ehACV4Dume5fQO064Ud2FacUIErTZ5 dy_rc1qWgNQej3-38tq2m5H5uDtDgK0NCUXSWmH6eVScSu aclkpa4uEP6Je5R0j8-kk_Zm5fSpf QBp7YiQapk9Ow2dtYt_iRNS7Lix2kSmKRp743wzOugbLNwA==&ch=7TdGyZGmbEGHXUnR0ZOaLKG_46pNfOK72TcmbTnhOnyWwXYWM-hcZQ==>
CaregivingMatters.com, a Canadian charity

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Get Involved!
Engaging with the Falls Prevention CoP

Watch an archived webinar

View all our archived webinars on

View all our archived webinars on

Clinical Effectiveness of Hip Protectors

This webinar presents research on the biomechanical effectiveness of hip protectors plus strategies to overcome perceived barriers and improve acceptance and adherence with the use of hip protectors.

Making Connections Webinar: Clinical Effectiveness of Hip Protectors

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Join a subcommittee

The following subcommittees are recruiting new members. Time commitment is 3-6 hours per month (one meeting plus independent work). Contact Marguerite Thomas, Coordinator, if you are interested.

Newsletter subcommittee

* Source content
* Write articles
* Edit
Webinar subcommittee

* Select topics
* Recruit presenters
* Promote
* Assist with content development and/or facilitation

Get support for your project

Have an idea for a knowledge mobilization project? Need some help to get it done (expertise, human resources, promotion)? Contact <mailto:marguerite@thomas.name> Marguerite Thomas, Coordinator, to discuss how we can work together.

Showcase your work

Share success stories and promising practices. Offer implementation support based on your own lessons learned. Email your stories to <mailto:marguerite@thomas.name> Marguerite Thomas.

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Forums
Forums are online message boards where members can debate hot topics, share information and find answers to clinical, research and policy questions.

[Chime in!]

Library Services

If you have a falls prevention question, our Information Specialist can help guide you to evidence-based resources and information - for free!

[Message an Information Specialist.]

Upcoming Events

Our events calendar covers a wide range of learning opportunities related to seniors' health care and well being in Ontario, across Canada and abroad.

[Attend an event!]

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Thanks!

Hi Jess,

Here is the falls prevention CoP newsletter.

*Lindsay Toth*

Technology & Administrative Manager

ltoth@seniorshealthknowledgenetwork.com

416-422-2228 ext. 217

Seniors Health Knowledge Network

90 Eglinton Avenue East, Suite 601

Toronto, ON, M4P 2Y3
Exchange ideas. Share resources. Make a difference!

The Falls Prevention Community of Practice (CoP) brings together multiple stakeholders including front line health care workers, health system planners, researchers, policy makers, older adults and caregivers who have an interest in Falls Prevention. The goal is to improve the health and healthcare of seniors in Ontario by sharing Falls Prevention knowledge, research, best practices and resources. If you have any questions about the Falls CoP, please contact the Coordinator, Marguerite Thomas.

In this newsletter:

The leaves are changing so we thought we’d bring attention to people who are doing things a little differently in falls prevention. This issue focuses on the use of theatre as a falls prevention tool. Enjoy!

Messages

Co-Chair
Coordinator

Articles

Sault Rising Stars: A seniors acting troupe for Falls Prevention
Centre for Studies in Aging and Health Update
Locally Driven Collaborative Project: Falls Prevention
Get Balance for Lifelong Falls Prevention: A research project
Like most cities, Dijon is aging. Unlike many, they are acting on it.
My Experience as a Caregiver

Tools & Resources

Reading list
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Lindsay Toth

Technology & Administrative Manager
ltoth@seniorshealthknowledgenetwork.com
416-422-2228 ext. 217

Seniors Health Knowledge Network
90 Eglinton Avenue East, Suite 601
Toronto, ON, M4P 2Y3
Exchange ideas. Share resources. Make a difference!

The Falls Prevention Community of Practice (CoP) brings together multiple stakeholders including front line health care workers, health system planners, researchers, policy makers, older adults and caregivers who have an interest in Falls Prevention. The goal is to improve the health and healthcare of seniors in Ontario by sharing Falls Prevention knowledge, research, best practices and resources. If you have any questions about the Falls CoP, please contact the Coordinator, Marguerite Thomas.

In this newsletter:

The leaves are changing so we thought we’d bring attention to people who are doing things a little differently in falls prevention. This issue focuses on the use of theatre as a falls prevention tool. Enjoy!

Messages

- Co-Chair
- Coordinator

Articles

- Sault Rising Stars: A seniors acting troupe for Falls Prevention
- Centre for Studies in Aging and Health Update
- Locally Driven Collaborative Project: Falls Prevention
- Get Balance for Lifelong Falls Prevention: A research project
- Like most cities, Dijon is aging. Unlike many, they are acting on it.
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Tools & Resources

- Reading list
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416-422-2228 ext. 217

Seniors Health Knowledge Network
The Falls Prevention Community of Practice (CoP) brings together multiple stakeholders including front line health care workers, health system planners, researchers, policy makers, older adults and caregivers who have an interest in Falls Prevention. The goal is to improve the health and healthcare of seniors in Ontario by sharing Falls Prevention knowledge, research, best practices and resources. If you have any questions about the Falls CoP, please contact the Coordinator, Marguerite Thomas.

In this newsletter:

The leaves are changing so we thought we’d bring attention to people who are doing things a little differently in falls prevention. This issue focuses on the use of theatre as a falls prevention tool. Enjoy!

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Coordinator

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Message from our Co-Chair

With Thanksgiving just around the corner I've found myself, not surprisingly, taking stock of the many reasons I have to be filled with gratitude. If you've been a part of the Community of Practice (CoP) for even a short while you'll understand why I am so thankful to have a dedicated engaged Core Working Group to work with. I am amazed as I look back on all that has been accomplished so far this year but the truth is we couldn't do it without you. Serving a membership of over 1500 across Ontario requires commitment, strategy and a variety of specialized skills - it takes a community and this community includes you!

Fall is a time of year often associated with harvest, a time to reflect on the bounty of goodness we receive from all our efforts. Perhaps the most important effort the Core Working Group has made this year is to tap into the collective wisdom of the membership, to actively discover what you want and need from this Community. More >>

Message from our Coordinator

This edition features the use of theatre as a teaching tool for older adults. Our Core Team member, Raija will be sharing both her story and her resources related to theatre and falls prevention. This topic is very near and dear to my heart. While working as a Public Health Nurse in both Grey/Bruce and Huron Counties, I had the privilege of creating theatre productions with senior volunteer actors and our artistic director, Joan Chandler of Sheatre. It was effective, it was fun, and it engaged older adults in delivering the falls prevention message to others.

The highlight was a delightful acting duo, Ted and Audrey, who adapted the "Bruno and Alice ~ A Love Story" script. Their
many presentations were always well evaluated and, in a strange twist of fate, these two began to date during rehearsals and married while the show was in production. This double love story only added to the enjoyment of all who were able to access the experience. Please see the resources listed in the "Have Your Read?" section and enjoy and use the story and resources that Raija is sharing with you.

Marguerite Thomas

A Look at What One Program is Doing

Sault Rising Stars: A seniors acting troupe for Falls Prevention education

The Sault Rising Stars seniors Acting Troupe are peer mentors, educators, ambassadors and role models. The troupe travels throughout the community and District of Algoma to share their knowledge and skills, promote health and safe lifestyles through the innovative use of theatre.

Keep reading >>
What is happening in communities

Centre for Studies in Aging & Health
About CSAH

The Centre for Studies in Aging & Health (CSAH) builds knowledge, awareness and system capacity to promote successful aging. CSAH offers a repository of high quality, evidence-based tools and resources for primary care, community, hospital, and long-term care settings. Visit the website at http://sagelink.ca

About the Newsletter

Interested in staying in the know about hot topics, innovative research, latest publications and events on aging and older adult health? CSAH publishes Linkages, an e-newsletter to keep you connected.

Photo Contest

CSAH & Camera Kingston are holding a photo contest to showcase images which capture the experiences of seniors living in our community. Interested in participating?

Conference

CSAH is hosting Geriatrics 20/20: Bringing Current Issues into Perspective. This conference is open to all sectors of health care and will focus on frailty, cognition, and poverty. Find out more.

Locally Driven Collaborative Project: Falls Prevention

Collaborative leadership and knowledge translation practices used by Public Health to engage community service providers in fall prevention

Public Health can play a key role in leading collaboration between community stakeholders, including service providers from health care organizations and other sectors, to work on fall prevention. This research study will examine the collaborative leadership and knowledge translation strategies used by public health professionals working with four collaborative groups on fall prevention initiatives for community-dwelling older adults.

Results from this study will:
1. Describe the planning and implementation processes for fall prevention projects;
2. Describe the lessons learned during the planning and implementing of fall prevention projects;
3. Describe how public health professionals helped group members work together and move knowledge into action;
4. Describe the perceived impact of the collaborative leadership and knowledge translation practices used by Public Health and other members of the groups.

For more information please contact Jen Brenner, County of Oxford Public Health.

Get Balance for Lifelong Falls Prevention

Until recently, falls prevention research has focused on our aging population, giving little attention to adults in their mid-life years. In our latest research at Life Span Adaptation Projects, University of Toronto, we have completed a worldwide investigation of Best Practices in the Prevention of Mid-life Falls in Everyday Activities. Through this innovative work funded by the Ontario Neurotrauma Foundation, we have created a unique set of cases for advancing falls prevention in everyday life that has implications across the life span-in particular, the findings contribute to an early intervention rationale for the prevention of falls in older adults.

From a review of 165 nominated programs, researchers presented six case studies of exemplary fall-prevention efforts: (1) The Fallfritt (Fall Free) Initiative; (2) The Specific Balance Training Program; (3) Walk with Ease; (4) Awareness Through Movement (ATM); (5) DIY: Falls: Take Time Before You Climb; and, (6) Tai Chi for Health.

Our results have important practice and programming insights for prevention activities. Specifically, our work reveals that balance training is a common feature in effective falls prevention programs. This review has shown that effective interventions exist to minimize the social and economic burden of mid-life falls related to everyday activities.

For more information contact Dr. Rick Volpe, University of Toronto.
From Research to Practice

Reading List

The use of theatre as a teaching tool is not new but perhaps is gaining popularity as an effective means of engaging, informing and entertaining the audience. The interplay between actors helps to bring life to issues in a more powerful manner than reading or listening to a presentation on the topic alone. Post production discussion can be more interactive and relevant to the audience due to the personal connection created. Please find below a comprehensive list of recent journal articles and other resources on theatre as a pedagogical tool. To request any of these articles in full-text, please email Lindsay Ogilvie, Information Specialist for the CoP.


View the full reading list >>
Seniors Health Knowledge Network Evidence-Based Resources

Seniors Health Knowledge Network (SHKN) offers online resources related to seniors health and care: planning documents, reports, statistics, best practice guidelines, knowledge transfer and exchange products, tools and much more.

The resource collection is constantly growing as Network members, partners and researchers share their work. To have your resources listed, please contact Lindsay Toth.

Meet a Core Team Member

Raija Lappalainen - Algoma Public Health

Raija Lappalainen has been a Public Health Nurse at Algoma Public Health for 23 years. Raija is currently involved in the implementation of Stay On Your Feet Falls prevention initiative and Stand Up! Falls Prevention in Algoma in partnership with the North East Local Health Integration Network (NELHIN). She is the chair of the local Slips, Trips & Falls Coalition. Raija is also a member of the Sault Ste. Marie Age Friendly Communities and is a resource for Sault Rising Stars Acting Troupe. Raija has been involved with the Sault Rising Stars Acting Troupe since their inception in early 2000.

Raija believes that injuries are predictable and preventable and aging is not a deterrent to staying active, vibrant and healthy. Recognizing the role of the determinants of health,
together we have the capacity to make a difference in our communities in helping seniors stay safe.

Meet a General Member

Evelyn Theriault - Sault Rising Stars

Evelyn's career path has been in healthcare. Following her retirement, after working 36 ½ years full-time in a hospital setting, she volunteers on different healthcare boards and committees, locally and provincially. As an older adult she has a keen desire to ensure that programs are available to assist people who want to age safely in their own home surroundings for as long as they are able. More>>
This series of twelve illustrated stories follows the whimsical romance 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 preventive measures seniors can take to make their environment safer and prevent injuries.

The series was produced to promote a greater awareness of the issue of injury prevention for seniors. The text, with illustrations, can be reproduced (if proper credit is given) as a series or as a whole by any organization, newspaper or other publication wishing to foster seniors’ injury prevention.

Download as a PDF.

Government of Canada: Action for Seniors Report

The Honourable Alice Wong, Minister of State for Seniors, has released the new Government of Canada Action for Seniors report, a comprehensive information resource highlighting federal programs and services that can be accessed by seniors, their families, and caregivers.

Read the report online.
Project management tools are available to help iron out implementation details of your project. The worksheets can help your team think about implementation roles, work plan, the context, description, scope and assumptions of your project, stakeholder roles and expectations, and resources and budget. It is important to frequently revisit to work plan and do periodic checks to ensure that your planning process is working for your team. Explore the tools!

Like most cities, Dijon is aging. Unlike many, they are acting on it.

Dijon, a city on the Eastern edge of France, is working towards ensuring that their city is a friendly place for the growing population of elderly people. Today’s elderly want as much independence for themselves as they want interdependence with society. They want to shop for their groceries, interact with their neighbours, and walk along the same streets as their kids and grandkids. Read the article from Guardian Weekly.

Attention Personal Support Workers

New, provincial PSW educational standard has been released. The learning outcomes in the standard describe the commonly recognized entry to practice PSW functions. They will promote consistency in education/training outcomes across all educational institutions.
Can you believe the Canadian Patient Safety Institute is 10 years old?

Well, we’re doing something BIG to celebrate!

This is your chance to celebrate the all the incredible work that has been done to improve patient safety in Canada with your peers from across the country.

We’re throwing a party and everyone is invited to celebrate with us in Edmonton, Alberta during Canada's Forum on Patient Safety and Quality Improvement - CPSI turns 10 on October 29 and 30, 2014 at the Shaw Conference Centre. If you're not able to attend in person, Canada's Forum as well as the pre-conference will be available free of charge via live virtual broadcast. Learn more.
Restorative Care Conference Toronto

This one day conference is ideal for health professionals and staff working with frail older adults in long term care, assisted living, and adult day programs.

Purpose:

- To provide the latest information and research to ensure effective, evidence-based programming
- To provide opportunities for and encourage participation in a variety of practical workshops
- To offer simple tools and strategies for providing the best possible care and programming for residents and clients

Date: Friday, November 7, 2014
Location: Ellas Hall, 35 Danforth Rd., Scarborough, Ontario
Fee: $115.04

Visit the website for more information or to register.

Call for Abstracts TOPHC 2015

Do you have a public health topic that you want to share with your peers? Here's your opportunity to present at one of the premier public health conferences in the country by submitting an abstract for the 5th annual Ontario Public Health Convention (TOPHC) 2015!

Submit your proposal online by Friday, September 26.
Canadian Falls Prevention Curriculum

If you work with older adults in long term care, acute care, home care or in the community, this updated five-week e-learning course will help you acquire the knowledge and skills needed to apply an evidence-based approach to the prevention of falls and fall-related injuries. Through online, instructor-facilitated learning modules you will:

- study online, four to six hours per week, including engaging in peer discussion forums
- learn how to design, implement and evaluate a falls prevention program

October 3 to November 7, 2014

Course fee: $210 +GST

Register Now! For more information, call 250-721-8558.

Safer Healthcare Now! National Calls

Save the date! Safer Healthcare Now! has a full slate of National Calls scheduled for the fall on a range of topics including medication reconciliation, safe surgery to infection prevention and control.
If you as a health-care provider or your organization is looking to improve the use of evidence based practices to prevent and manage chronic disease, the Registered Nurses’ Association of Ontario’s Webinar Learning Series "Back to Basics - Chronic Disease Management" is for you! This webinar learning series is presents one learning module a week for 5 consecutive weeks. Each session lasts 2 hours with each module presenting a basic concept, model or theory known to be effective in practice to prevent and manage chronic diseases in clients at risk for the first hour and in the second hour participants are introduced to leaders from various health-care settings who have applied the concept, model or theory in practice.

This is a 5-part series, October 7, 14, 21, 28 & November 4.

Fee: $186.45 (members) or $248.60 (non-members)

**Register!**
The 2014 Summit, our 3rd in Toronto, will focus on two interrelated issues that represent the most complex challenges to system sustainability and that will affect the health of all Canadians, now and in the future:

1. The system is misaligned with an aging population
2. The current delivery model is ill-equipped to address chronic care and prevention

October 23-24, 2014
Toronto Marriott Downtown Eaton Centre

Information on fees, registration and programs can be found on the website.

Caregiver Corner

My Experience
By Marguerite Thomas, Falls Prevention CoP Coordinator and caregiver

As your CoP coordinator, I also want to share the caregiver experience. Many of you are caregivers or will become caregivers or have caregivers as part of your patient care team. This role is neither easy nor simple, but communicating together and utilizing resources can make it easier. Once upon a time a professor held a half full glass of water in front of the class and asked them how heavy it was. The students smiled and thought that she was going to talk about the "half-empty, half-full"
paradigm. "No," she said, "It is about how long you have to carry it".

My sister and I have been carrying that glass for many years and would like to help make the journey easier for others. It has been said that luck happens when you are prepared for it. This section will be about being prepared. More>>

Marguerite and her Mom

Online Resources for Caregivers

Here you'll find helpful videos, articles, checklists, tips and peer support to guide you along your journey as a caregiver.

View the resources on CaregiverStress.com

Check out CaregivingMatters.com, a Canadian charity
Get Involved!

Engaging with the Falls Prevention CoP

Watch an archived webinar

View all our archived webinars on YouTube.

Clinical Effectiveness of Hip Protectors

This webinar presents research on the biomechanical effectiveness of hip protectors plus strategies to overcome perceived barriers and improve acceptance and adherence with the use of hip protectors.

Some hip protectors do not cover the greater trochanter

Making Connections Webinar: Clinical Effectiveness of Hip Protectors

Join a subcommittee

The following subcommittees are recruiting new members. Time commitment is 3-6 hours per month (one meeting plus independent work). Contact Marguerite Thomas, Coordinator, if you are interested.
Newsletter subcommittee

- Source content
- Write articles
- Edit

Webinar subcommittee

- Select topics
- Recruit presenters
- Promote
- Assist with content development and/or facilitation

Get support for your project

Have an idea for a knowledge mobilization project? Need some help to get it done (expertise, human resources, promotion)? Contact Marguerite Thomas, Coordinator, to discuss how we can work together.

Showcase your work

Share success stories and promising practices. Offer implementation support based on your own lessons learned. Email your stories to Marguerite Thomas.
Forums are online message boards where members can debate hot topics, share information and find answers to clinical, research and policy questions.

Chime in!

If you have a falls prevention question, our Information Specialist can help guide you to evidence-based resources and information - for free!

Message an Information Specialist.

Our events calendar covers a wide range of learning opportunities related to seniors' health care and well being in Ontario, across Canada and abroad.

Attend an event!

Become a Member