

Planning for Seniors' Fall Prevention Awareness Week

Develop a press release for Seniors' Fall Prevention Awareness Week

- Contact any media connections you have and let them know about Seniors' Fall Prevention Awareness Week and what you're doing
- Promote Seniors' Fall Prevention Awareness Week by organizing a media blitz to reach larger audiences

Distribute Fall Prevention brochures:

[Seniors' Falls Can Be Prevented](#) (BCIRPU), also available in [Chinese](#) and [Punjabi](#)

[Staying Independent](#) fall risk assessment

**Printed copies of the above resources available by contacting: FallPrevention@gov.bc.ca*

[What YOU Can Do To Prevent Falls](#) (FH), also available for Chinese and Aboriginal populations.

[Prevent Falls Stay in the Game!](#) (VCH), also available in [Chinese](#).

[Stay on Your Feet](#) (VCH), also available in [Chinese](#), [Farsi](#), and [Punjabi](#)

[Stay on Your Feet – Parkinson's](#) (VCH)

[Maintain Your Independence](#) (NH)

[What You Can Do To Prevent Falls](#) (CDC)

[Home Falls Prevention Checklist](#) (CDC)

Hold demonstrations on evidence-based fall prevention programs, including Tai Chi, Stepping On and Otago, and other balance and exercise classes. Learn more about evidence-based fall prevention interventions [here](#).

Learn more on fall prevention programs in BC [here](#).

Set up tables or displays on fall prevention and physical activity. Provide information on where to exercise locally and the benefits of physical activity

Collaborate with certified exercise trainers and health professionals in your area to promote Seniors Fall Prevention Awareness Week and have participants share personal experiences

Offer screenings for fall risk factors including:

- Vision exams
- Balance and Gait testing
- Blood pressure checks
- Have a podiatrist come and offer foot exams
- Medication review

Additional suggestions:

Partner with professional students to provide fall risk screenings and proper use of assistive devices. Physical Therapy, Occupational Therapy, Pharmacy, Nursing, Medical Office Assistant students make great partners.

Offer a webinar for health care professionals on fall prevention; feature speakers from the medical field (e.g. physicians, social workers, physical and occupational therapists) on related topics including balance, exercise, etc.

Organize community events such as:

- Neighbourhood walking event
- Fall prevention workshops with fall prevention displays and safety items
- Host a fall prevention discussion group

Ask your physical activity leaders to incorporate fall prevention information into their sessions.

Others?

If you have additional suggestions for activities or events we'd love to hear them!

Send your ideas to: FallPrevention@gov.bc.ca