



## Fall Prevention Resources

### ► Practitioner Resources

#### Occupational Therapist

- See: <https://www.caot.ca/site/findot>
- A referral may be required to access an occupational therapist and extended health insurance may cover their services.

#### Physiotherapist

- See: <https://bcphysio.org/find-a-physio?&form=yesg>
- A referral is not required for a physiotherapist visit however some extended health plans do require one.

### ► Patient and Caregiver Resources

#### Dietitian

- Dietitian services are offered through [HealthLinkBC.ca](http://HealthLinkBC.ca) or 8-1-1

#### Physical Activity Services

- Qualified Exercise Professional services are offered through [HealthLinkBC.ca](http://HealthLinkBC.ca) or 8-1-1

#### Podiatrist (foot and ankle surgeon)

- See: <http://www.bcpodiatrists.ca/>
- A referral is not required for a podiatrist visit however some extended health plans do require one.

#### Pedorthist (modifies footwear and employs supportive devices)

- See: <https://www.pedorthic.ca/find-a-pedorthist/>
- A referral is not required for a pedorthist visit however some extended health plans do require one.

#### Home and Community Care

- For help finding information on social and health resources in your local community, see BC211 at [www.bc211.ca](http://www.bc211.ca) or call 2-1-1
- Case managed services available to eligible patients through Home and Community Care within local health authorities include:
  - community nursing for acute, chronic, palliative or rehabilitative support
  - community occupational therapist, physiotherapist, dietitian consultation as available and appropriate
  - services for personal care, health care and social and recreational activities
  - home support for assistance with activities of daily living
  - caregiver respite/relief
  - adult day program, assisted living and facility-based care
  - end-of-life care services
- For more information, see [Gov.bc.ca: Home and Community Care](http://Gov.bc.ca) or contact your local health authority.

#### HealthlinkBC.ca or 8-1-1

- 8-1-1 is a free-of-charge provincial health information and advice phone line available to British Columbians. The 8-1-1 phone line is operated by HealthLink BC, which is part of the Ministry of Health.
- Registered nurses and dietitians, qualified exercise professionals, and pharmacists are available through [HealthLinkBC.ca](http://HealthLinkBC.ca) or 8-1-1.

**Call HealthLinkBC at 8-1-1 or BC211 at 2-1-1**