

B.C. Seniors'

Fall Prevention Awareness Week

November 7–13, 2011

Proclaimed by the province every first week of November.

The goal is to raise awareness on the prevention of falls and fall-related injuries among older adults to encourage leadership and collaboration among health care providers, seniors, and their families across the province.



Health Canada/Santé Canada

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There were over 12,000 fall-related hospitalizations in B.C. last year for seniors aged 65+.

Injuries from falls account for 85 per cent of all injuries to seniors and cost the Province over \$195 million last year in direct health costs.

Seniors with fall-related injuries tend to stay in hospital twice as long as seniors hospitalized for all other reasons.

For more information on fall prevention programs and details of events planned in B.C., visit the Ministry of Health Fall Prevention website at:
www.health.gov.bc.ca/prevention/fallprevention
and the Seniors BC website at: www.seniorsbc.ca/stayingindependent

Get Involved!

Events planned across the province:

- Campaigns held across B.C., with champions on site at various locations providing information on fall prevention initiatives.
- Launch of new Primary Care Fall Prevention Multimedia Package and Universal Fall Precaution Tools for Residential Care, Interior Health.
- Special event to announce recently released Vitamin D Protocols for Residential Care, Fraser Health.
When: November 8, 2011 from 8:30 to 11:30 am
Where: Elim – Oasis (9008 158 Street, Surrey)
- Tips for Seniors and Health Professionals can be found at: www.health.gov.bc.ca/prevention/fallprevention/fallpreventionawarenessweek

What you can do to decrease the risk of falling:

- Maintain an active and healthy lifestyle through appropriate exercise, good nutrition, regular check-ups, and eye exams.
- Consult a physiotherapist or occupational therapist on the appropriate use of mobility aids and other safety equipment.
- Consult your family doctor or pharmacist to review your medications, as well as your calcium and Vitamin D.