

*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.*



**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](http://www.health.gov.bc.ca/prevention/fallprevention)  
**and the Seniors BC website at:** [www.seniorsbc.ca/stayingindependent](http://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](http://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.