

# Project UPRIGHT: NL Falls Prevention Resource List

	If interested in borrowing please print Y
<p style="text-align: center;"><b><u>Resources Available For Loan</u></b></p> <p><b>Videos:</b>  <i>Bone Smart</i> – An exercise video developed by the Osteoporosis Society . This video is 38 minutes long</p>	
<p><i>Maintaining Seniors Independence Through Home Adaptations</i> – Helps identify adaptations that can be made to the home. This video is 34 minutes long.</p>	
<p><i>Are you in Jeopardy</i> – Identify fall hazards in the home. This is developed by the Trauma Prevention Council and involves a tour of each room in your home. This video is 20 minutes long.</p>	
<p><i>Steady As You Go</i> – An exercise video. This video is 33 minutes long.</p>	
<p><i>Safehip Protector</i> – Shows the benefits of using hip protectors. This video is very short, used for the promotion of a certain brand. Does have good information though.</p>	
<p>Audio Tape: <i>Walk to the Beat</i></p>	
<p><b>Information:</b></p>	
<p><i>Tai Chi in a box</i> - Includes a book of information about Tai Chi and activity cards</p>	
<p><i>Presentation Package Overview</i> on falls prevention – this presentation takes about ½ hour to present. Includes background information as well as overhead transparencies.</p>	
<p><i>Workshop Package</i> about falls prevention – this workshop takes about 1 hour to 1 ½ to do. Goes through both environment and personal risk factors in detail. Includes background information about falls prevention as well as transparencies for an overhead.</p>	
<p><i>CMHC Information Kit</i> - Includes: A Home Security Checklist, Practical Tips for your Home, Renovation Guide and Catalogue, At Home with Alzheimer’s Disease, Safe at Home: A Guide to Personal Response Services, Maintaining Seniors Independence through Home Adaptations, Modification Checklist, and an ordering list.</p>	



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<p><i>Policy Kit</i>- This is a kit that would help a person identify and take action about a fall hazard in their community.</p>	
<p><i>Adaptive Equipment Demonstration Kit</i> - Includes equipment like: Treads for winter walking, bath equipment and hip protectors</p>	
<p><i>A Best Practices Guide for the Prevention of Falls Among Seniors Living in the Community.</i> This guide provides evidence for effective approaches for reducing injury among seniors and efficient means of delivering prevention programs.</p>	
<p><i>An Inventory of Canadian Programs for the Prevention of Falls Among Seniors Living in the Community.</i> The main goal of this inventory is to identify the scope and type of falls prevention activities being offered to community-dwelling seniors in Canada.</p>	
<p><i>The Economic Burden of Unintentional Injury.</i> This study was released by Smart Risk at the Atlantic Network for Injury Prevention in late May of this year. The study looked at the costs due to all different kinds of unintentional injuries in Atlantic Canada.</p>	
<p><i>Pictures for Display Board</i> – Pictures can be borrowed to use on a display about preventing falls. Pictures include hazards in the home, adaptive equipment, statistics on falls, etc.</p>	
<p>Package of Skits: The package includes: Please Help Me I'm Falling, Keep Moving, No Wonder You're Dizzy, Home Sweet Retirement Home, I won the Lottery, Memorabilia, If I Knew Then What I Know Now, &amp; Taking on the Town.</p>	



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<b><u>Resources Available To Keep</u></b>	<b>If interested in ordering please print Y</b>
<i>Seniors Guide to Programs and Services in Newfoundland and Labrador</i> - This booklet contains useful information for seniors and those concerned about seniors.	
<i>A Personal Care Home Owners Manual</i> about Falls Prevention.	
Canadian Association of Occupational Therapy Brochures which include:	
Information about Installing Grab Bars	
Information on Bath Seats	
Information on Bath Mats	
Avoid Falls While Travelling	
Information about Using a Cane	
Seniors Are Good For Business	
How to Reduce the Risks (for falling)	
Have a Safe Home and Lifestyle	
Information on Hip Protectors	
Protect Yourself from Falls	

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Seniors Resource Centre Association of Newfoundland and Labrador  
 Suite W100, 280 Torbay Road, St. John's, NL, A1A 3W8  
 Telephone: (709) 737-2333 Toll Free 1-800-563-5599 Fax (709) 737-3717  
 Website: [www.seniorsresource.ca](http://www.seniorsresource.ca) email: seniorsresource@nf.aibn.com



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## Resources Available From Other Sources

	<b>Ordering Information for Booklets</b>
<p><i>Safe Living Guide</i> This is a 42 page booklet which looks at ways that you can prevent injuries in and around your home. This booklet has two sections. The first, Your Home, includes a checklist for home safety. This checklist asks questions which will determine how safe your home currently is. This section also looks at various products that can be used to make your home safer. The second section, Yourself, includes facts about aging, keeping active and general advise on taking medication. This booklet also includes valuable resources for further information.</p>	<p>Health Canada Division of Aging and Seniors</p> <p><b>Telephone: (613) 952-7606</b></p>
<p><i>Bruno and Alice</i> This is a 23 page story that has been separated into twelve episodes about two seniors, Bruno and Alice, and the their journey towards love. This story is an amusing look at the how their lack of prevention almost leads to them not meeting.</p>	<p>Health Canada Division of Aging and Seniors</p> <p><b>Telephone: (613) 952-7606</b></p>
<p><i>Maintaining Seniors' Independence Through Home Adaptations</i> This 24 page self assessment guide looks at our homes, the type of difficulties that seniors can face when aging and adaptations that can be made to the home in order to help sustain independence.</p>	<p>Canadian Mortgage and Housing Corporation</p> <p>Telephone: 1-800- 668-2642</p>
<p><i>Step Forward with Confidence - it is a matter of choice</i> - This pamphlet looks at personal choices you can make in order to decrease the chance of falls.</p>	<p>Health Canada Division of Aging and Seniors</p> <p><b>Telephone: (613) 952-7606</b></p>
<p><i>You can Prevent Falls! - Falls Prevention Information for Veterans and Seniors</i> - This pamphlet gives tips to seniors and veterans on how to adapt your home to prevent falls</p>	<p>Health Canada Division of Aging and Seniors</p> <p><b>Telephone: (613) 952-7606</b></p>

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	<b>Ordering information for fact sheets</b>
<p><b>You Can Prevent Falls Facts Sheets 1-8 and Injury Prevention CD</b></p> <p>Fact Sheet No. 1 - By improving your health - Looks at how important your health is in preventing falls.</p> <p>Fact Sheet No. 2 - By having a safe home and lifestyle! - Looks at making your home safe.</p> <p>Fact Sheet No. 3 - By reducing risks! - Looks at using prevention measures to eliminate the risks of falling.</p> <p>Fact Sheet No. 4 - By involving your community! - This fact sheet looks at how you can get your community involved.</p> <p>Fact Sheet No. 5 - By following these tips - This list is a checklist to prevent falls.</p> <p>Fact Sheet No. 6 - It's a fact! -This fact sheet includes statistics about falls.</p> <p>Fact Sheet No. 7 - Falls Prevention Resources - This booklet gives contact information and costs of material on falls and falls prevention.</p> <p>Fact Sheet No. 8 - The Falls Prevention Initiative - The fact sheet tells what the Falls Prevention Initiative is all about</p>	<p>Health Canada Division of Aging and Seniors</p> <p><b>Telephone: (613) 952-7606</b></p>

# Project UPRIGHT: NL Falls Prevention Resource List

## Healthy Active Living Resources To Order

(see ordering information on back of sheet)

### Active Living

*Active Living in Newfoundland and Labrador* - Promotes the benefits of incorporating active living into our lifestyles

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*Canada's Physical Activity Guide to Healthy Active Living for Older Adults*

**Tearsheet** - For Older Adults

Provides basic information on staying active.

**Handbook** - For Older Adults

This is a 21 page book that gives detailed information on Active Living.

**Poster** - For Older Adults

Be Active, Your Way, Every Day for Life. This poster is 18" X 21"

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### Walking and Walking Club Materials

*Organizing a Walking Club*- This is a tearsheet that gives you the basics of starting to organize your walking club.

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*Organizing an Indoor Walking Club* - This leaflet tells you how to set up and administer your program, to help participants walk their way to fitness and health.

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*Walking Club Wall Chart*- This Wall Chart helps you to keep track of all your members distances traveled. You may want to order a personal walking diary for members of your group and they can give you their total amount walked at the end of every month.

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*Physical Activity Registration Form*- Includes the Physical Activity Readiness Questionnaire. This is designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

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*Walking, The Activity of a Lifetime* - Outlines the benefits of walking, suggests how to get started and provides a sample of walking and wheeling program.

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*Personal Walking Diary*- This booklet is designed for an individual to record their daily walking distances.

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## **Nutrition**

*Canada's Food Guide to Healthy Eating* - This tearsheet is a basic nutrition education tool used to help plan healthy meals and to evaluate eating habits.

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*Canada's Food Guide to Healthy Eating Poster Size* - This is a poster size version of the Food Guide.

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*Using the Food Guide* - This booklet for consumers explains the basic concepts of the tearsheet more fully.

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To obtain any of the preceding publications please contact the Health and Community Services Office in your Region.

Health & Community  
Services - St. John's Region  
738- 4910

Health & Community  
Services-Eastern  
229-1551

Health & Community  
Services- Central  
651-3306

Health & Community  
Services - Western  
Old -5677

Grenfell Regional  
Services  
454-3333 ext. 367

Health Labrador  
896-3304

