



# Falls Prevention Program

UHN



**Have you had one or more falls  
or near falls?**

**Are you over 60 years of age?**

**If you said yes to the above two  
questions, we can help.**

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**University Health Network**  
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

## **Why is falls prevention important?**

- 1 in 3 seniors living in the community fall each year.
- 50% of these seniors who fall will suffer a significant injury.
- Falls are the leading cause of hospital admission for injury in seniors.

## **Are there ways to prevent falls?**

Yes. There are a number of proven ways to prevent falls, such as:

- ✓ Exercises to improve balance and strength
- ✓ Medication adjustments
- ✓ Home environment modifications
- ✓ Lifestyle changes



## **The falls prevention program involves:**

- A thorough assessment by a team of health professionals
- An individualized plan to help you prevent future falls
- A 12-week program of group education and exercise offered once a week for 2 hours

## **Group Education Topics**

- Benefits of Exercise
- Risks of Falls/Low Vision
- Fear of Falling/Memory
- Healthy Eating
- Home and Outdoor Safety
- How to Get Up from a Fall



- Safety on Stairs
- Community Resources
- Medications and Falls
- Osteoporosis
- Osteoarthritis
- Foot Wear

### **The Healthcare Team**

- Physicians
- Nurses
- Physiotherapists
- Occupational Therapist
- Dietitian
- Social Worker
- Pharmacist
- Chiropodist

**We will require a referral from your family doctor or another referring doctor.**

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The Falls Prevention Program is a collaborative partnership between the Seniors Wellness Clinic and the Regional Geriatric Program of Toronto.

