

Finding Balance Falls Prevention Month November, 2021

November is Seniors' Falls Prevention month across Canada. The Injury Prevention Centre developed and coordinates the [Finding Balance Program](#) which is an evidence-based education program and public awareness campaign designed to educate and empower older Albertans to stay independent and prevent falls.

By sharing free [Finding Balance resources](#) with older adults, you can:

1. Reduce falls - the leading cause of injury among seniors
2. Support older adults to remain independent and live a healthy, active life

THEME: Keeping Well

The Keeping Well booklet was created to help older Albertans to stay well, keep active and stay connected to lower their risk of falling.

[DOWNLOAD BOOKLET](#)

Practitioners' Day 2021

Practitioners' Day 2021

26 October, 2021
9:00 – 11:00 a.m. (MST)

Stay Independent.
Prevent Falls.

*Prevent Falls through
Meaningful Movement
and Home Exercise Programs*

Register for FREE now!
<http://bit.ly/FBPracDay2021>

findingbalancealberta.ca

INJURY PREVENTION CENTRE
KNOWLEDGE. LEADERSHIP. ACTION.

UNIVERSITY OF ALBERTA

Alberta Health Services

Falls Prevention Month Weekly Events & Free Resources

On behalf of the Injury Prevention Centre (IPC), and our partners, we are sharing the *Finding Balance* Falls Prevention Month information.

1 - 7 November: Vision and Eyes Health in Older Adults

Webinar 1: [Staying Independent: What you should know about your vision and eye health](#)

Date: 4 November, 2021

Video: Video on Eye Health [Coming soon...]

Resources:

- [Vision InfoSheet](#)
- [Could a Fall Change Your Lifestyle? Brochure](#)
- [Keeping Well Booklet](#)

8 - 14 November: Medications and Older Adults

Webinar 2: [Medication Decisions that Reduce Risk for Falls](#)

Date: 10 November, 2021

Video: Video on Medication [Coming soon...]

Resources:

- [Medication InfoSheet](#)
- [Keeping Well Booklet](#)

15 - 21 November: In and Around Your Home

Webinar 3: [Home modifications to support community dwelling older adults with staying independent and preventing falls in both rural and urban settings](#)

Date: 16 November, 2021

Video: How to Get Up from the Floor Video [Coming soon...]

Resources:

- [In and Around Your Home](#)
- [In and Around Your Community](#)
- [Self Assessment Checklist](#)
- [How to Get Up from the Floor](#) (multiple languages)

22 - 30 November: Keeping Well and Be Active

[Keeping Well Booklet](#)

Video: Everyday Exercises for Older Adults Video & Be Active [Coming soon...]

Resources:

- [Everyday Exercise Posters](#)
- [Resistant Band Booklet](#)
- [Be Active Benefits Poster](#)

- [Be Active InfoSheet](#)
- [Personal Activity Tracker](#)
- [Winter Walking](#)

Check the [Finding Balance website](#) for further information and videos coming soon!



Finding Balance is a seniors' falls prevention initiative developed by the Injury Prevention Centre at the University of Alberta.

If you would prefer not to receive emails from *Finding Balance*, please reply with "UNSUBSCRIBE" in the subject line or body of the email.