

The Canadian Falls Prevention Curriculum



presented by: The Ontario Injury Prevention Resource Centre



- What:** A two day workshop that will give participants the knowledge and skills needed to operate from an evidence-based approach to seniors falls and fall-related injury prevention, including:
- a) an approach to select interventions consistent with proven prevention strategies;
 - b) an understanding of how to integrate falls prevention programming into existing seniors' health services policies and protocols; and
 - c) knowledge of appropriate evaluation and dissemination techniques.
- Where:** **Little Cataraqui Creek Conservation Area, Outdoor Centre**
Located 2 km north of Hwy. 401 on Division St. (Perth Road), Kingston.
<http://www.cataraqueiregion.on.ca/lands/littlecat.htm>
- When:** **November 9-10, 2009**
- Cost:** \$200 – includes all course materials, meals and refreshments on each day. **(Free for Public Health Unit Staff).**
- To register:** Complete attached registration form. Space is limited to 25 participants so register early. Payment is required at time of registration.

For more information:

Contact Claude Meurehg by phone at 416-596-2700 general, 416-596-2705 direct or by email at: cmeurehg@smartrisk.ca

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Curriculum Background

The Canadian Falls Prevention Curriculum (CFPC) was developed and pilot-tested as a training curriculum for those working in the area of falls prevention among older adults (those 65 and over). The CFPC uses the Canadian Injury Prevention and Control Curriculum, developed by the Canadian Collaborative Centres for Injury Prevention and Control, as its model.

Leadership for this project is provided by the British Columbia Injury Research and Prevention Unit (BCIRPU) and its partners, the Alberta Centre for Injury Control and Research (ACICR), the PEI Centre for the Study of Health and Aging and the PEI Seniors Falls Prevention Coalition, together with a national advisory committee of stakeholders (government and non-government).

The CFPC will give participants the knowledge and skills needed to operate from an evidence-based approach to falls and fall-related injury prevention among seniors. The course will provide insight into how to involve seniors as partners in the development of effective strategies and interventions. Participants will also learn about current effective programs, and the reliability and validity of existing resources and tools for screening and assessing fall risk.

For seniors, the risk of falling and sustaining an injury is influenced by a broad set of health determinants, including physical, behavioural, environmental, social and economic factors. These wide-ranging contributors to falls can only be ameliorated by the coordinated and sustained approach of a multisectoral team of health professionals and community leaders who are well informed in evidence-based practices for prevention.

Course Outline

Through a combination of techniques (e.g., lecturing, visual aids, group discussion, and a group project), participants will master the following content:

1. Defining the Problem
2. Identifying the Risk Factors
3. Examining Best Practices
4. Implementing the Program
5. Evaluating the Program

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Registration Form Kingston Workshop (November 9-10, 2009)

Name: _____

Title: _____

Organization: _____

Address: _____

City: _____ Postal Code: _____

Phone: (_____) _____ Fax: (_____) _____

Email: _____

Please indicate special dietary or accessibility requirements:

Cost- \$200 (free for Public Health Unit Staff)

Please choose **method of payment**:

() Cheque (payable to SMARTRISK)

() VISA () Mastercard () AMEX

Card Number: _____ Exp. Date: ____/____

Signature: _____

Name on Card (please print): _____

Send Form to: SMARTRISK, 36 Eglinton Ave. W., Suite 704
Toronto, ON, M4R 1A1
Phone: 416-596-2700 • Fax: 416-596-2721
Email: cmeurehg@smartrisk.ca
Attention: Claude Meurehg

Cancellation Policy: Registration confirmation will be forwarded upon receipt of payment. No refunds will be granted two weeks prior to the workshop date. A waiting list will be maintained so please notify us as soon as possible if you are unable to attend.