



# Ontario Injury Prevention Resource Centre

*Helping injury prevention practitioners reduce injury in Ontario*

## The Canadian Falls Prevention Curriculum



- 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:
1. an approach to select interventions consistent with proven prevention strategies;
  2. an understanding of how to integrate falls prevention programming into existing seniors' health services policies and protocols; and
  3. knowledge of appropriate evaluation and dissemination techniques.

### Upcoming Session

Where: SMARTRISK, 790 Bay Street, Suite 401, Toronto, ON, M5G 1N8

When: December 3-4, 2007

Time: 8:30 a.m.-4:30 p.m.

Cost: \$200 – includes all course materials, meals and refreshments on each day. This course is offered free to Ontario public health practitioners.

To register: Complete attached registration form. Space is limited to 20 participants so register early. Payment is required at time of registration. No refund will be provided for cancellations after November 21, 2007.

### Future Sessions

Regional sessions are available free of charge to Ontario public health practitioners. If you are interested in planning a session in your area please contact Kelly Cimek by phone at 416-596-2720 or by email at [kcimek@smartrisk.ca](mailto:kcimek@smartrisk.ca).

[www.OnInjuryResources.ca](http://www.OnInjuryResources.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 Canadian Falls Prevention Curriculum 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.

The need for this training was confirmed through a Canada-wide survey of practitioners working in the area of seniors' falls prevention. Ninety-one percent of respondents (N=292) indicated the need for a national curriculum to teach how to design, implement and evaluate effective falls prevention programs, as no such curriculum exists in Canada.

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:

- Defining the Problem
- Identifying the Risk Factors
- Examining Best Practices
- Implementing the Program
- Evaluating the Program

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## Registration Form

The Canadian Falls Prevention Curriculum-Toronto Workshop (December 3-4, 2007)

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Please indicate special dietary or accessibility requirements:

Cost- \$200 (free for Ontario public health practitioners)

Please choose method of payment:

(  ) Cheque (payable to SMARTRISK) (  ) VISA (  ) Mastercard (  ) AMEX

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

Name on Card (please print): \_\_\_\_\_

To reserve a spot contact Kelly Cimek by phone at 416-596-2720 or by email at [kcimek@smartrisk.ca](mailto:kcimek@smartrisk.ca).

Send form by mail or fax to: SMARTRISK, 790 Bay Street, Suite 401, Toronto, ON, M5G 1N8; Fax: 416-596-2700

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.

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