



# Fall Prevention Community of Practice

## Fall Prevention Month

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Ontario Neurotrauma Foundation



# What is a Community of Practice?

- A group of health care practitioners, caregivers, older adult groups, policymakers, researchers, healthcare administrators, educators and leaders who come together to exchange information on a topic
- Fall Prevention CoP offers
  - An online communication platform, called Loop
  - Free webinars
  - Free library service
  - Partnership building
  - Implementation support

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**LINDSAY TOTH**  
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### MEMBER SEARCH

Search for a member by organization, expertise, or name.

WHO ARE YOU LOOKING FOR?

WHO'S ONLINE



[BROWSE ALL MEMBERS](#)

### DISCUSSION SEARCH

What would you like to know about fall prevention? Discussions link together research evidence, implementation, lived experience and practical knowledge.

WHAT ARE YOU LOOKING FOR?

[BROWSE ALL DISCUSSIONS](#) [START A DISCUSSION](#)

## NEW DISCUSSIONS [VIEW MORE](#)

- Morse Fall Risk Assessment, Is there a better risk assessment tool for use with residents in long term care?** **PAT NOIREL**  
*added on November 20, 2015*

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- YouTube video from "Stay on Your Feet"** **WENDY CAREW**  
*added on November 18, 2015*

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- I am interested to know if the senior activity centres in your community are affiliated more closely with public health or recreation, or perhaps another department or agency.** **LAUREL CAMMAART**  
*added on November 10, 2015*

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- Home Care Safety Falls Prevention Virtual Improvement Collaborative** **JASON THOMPSON**  
*added on November 9, 2015*

## ACTIVE DISCUSSIONS [VIEW MORE](#)

- YouTube video from "Stay on Your Feet"** **HÉLÈNE GAGNÉ**  
*commented on November 23, 2015*



ABOUT

MEMBERS






EVENTS

SEARCH



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WHO'S ONLINE

[BROWSE ALL MEMBERS](#)**CHRISTIANE BROWN**[MESSAGE](#)

 **Research Coordinator for Dr. Brian Maki at Toronto Rehabilitation Institute - UHN**

 [christiane.brown@uhn.ca](mailto:christiane.brown@uhn.ca)

 [Linked In](#)

 Located in Toronto, Ontario, Canada

 English, French

## WORKS IN:

[RESEARCH OR EVALUATION](#)

## AREA(S) OF EXPERTISE:

[RESEARCH](#)

## WHAT I'M WORKING ON:

I am involved in a number of projects related to fall prevention. As a member of the Ontario Falls Prevention Community of Practice, I have participated in the development of the Fall Prevention Month toolkit. I will be planning Fall Prevention Month events at the Toronto Rehabilitation Institute. I am also in the process of setting up a study comparing 2 different dynamic balance control assessment tools (the manual and cable release-from-lean) in those with sub-acute stroke and acquired brain injury.

Finally, I have an interest in activity monitoring in older adults. I have been in touch with a few different companies which produce activity monitoring devices with the idea of co-developing an activity monitor designed for older adults and reduced mobility populations.

# Background

- Fall prevention: complex issue with multiple strategies to reduce risk factors and support optimal aging
- Fall Prevention Community of Practice (CoP) identified need to mobilize stakeholders in Ontario
- **Collaborative** development and promotion of **coordinated** fall prevention messaging and activities during November 2015

# Working together

- Partners contributed to leadership, planning, in-kind resources and services
- Developed Terms of Reference, key message, two communications, bilingual toolkit
- Commitment to cross-promote and work collaboratively with other organizations



# Logo & key message

It takes a community to prevent a fall. We all have a role to play!



# Partners

- Ontario Neurotrauma Foundation
- Fall Prevention Community of Practice
- Parachute
- Ontario Injury Prevention Resource Centre
- RNAO
- York Region
- CARP
- Public Health Agency of Canada
- Ontario Gerontology Association
- Saint Elizabeth
- Toronto Rehabilitation Institute
- Finding Balance Ontario
- Finding Balance Alberta
- Osteoporosis Canada
- Canadian Patient Safety Institute
- Saskatoon Health Region



# Communications

## Early 2015

- Invitation to join us to promote November 2015 as Fall Prevention Month
- Call to Action
  - Plan an initiative
  - Submit resources to be included in toolkit
  - Join planning group

## Summer 2015

- Announcement that a toolkit is available to help organizations promote Fall Prevention Month
- Call to Action
  - Download the toolkit [oninjuryresources.ca/fall-toolkit](http://oninjuryresources.ca/fall-toolkit)
  - Plan an initiative

# Toolkit contents

- Overview and information on evaluation
- Suggestions and planning tips for simple initiatives for November
- Promotional materials
- Statistics
- Resources for older adults and caregivers
- Information for practitioners
- Programs and interventions

# Evaluation plan

- Number of toolkit downloads
- Number of organizations that planned at least one initiative during November
  - Self-reported reach of these initiatives
- Media analytics (including social media hashtags)
- Partner satisfaction surveys



# For more information

**Email me**

[lindsay@onf.org](mailto:lindsay@onf.org)

**Sign up for Loop**

[fallsloop.com](http://fallsloop.com)

**Download the Fall  
Prevention Month  
Toolkit**

[oninjuryresources.ca/fall-toolkit](http://oninjuryresources.ca/fall-toolkit)