

## Document 2- Ottawa Public Health's Falls Prevention Approach



OPH's Fall Prevention Approach aims to reduce falls among adults 65 years and older with focus on five priority areas:

1. Monitoring and reporting falls-related statistics
  - Monitor and report falls related emergency department, hospitalizations and mortality data
  - Survey older adults about fall risks and behaviours in 2017
2. Engaging key stakeholders to improve fall prevention health care services
  - Raise awareness of primary care providers of falls assessment
  - Strengthen collaboration between community pharmacists and primary care for medication reviews
3. Expanding access of physical activity programming and products for older adults in the community
  - Partner with community agencies to increase availability of strength and balance programming and products
  - Raise older adult awareness of physical activity programs in the community
  - Promote exercise programming available for older adults across ability

4. Enhancing older adult environments

- Provide training to front line service providers on how to improve environments when providing care
- Support retirement homes to reduce fall risk environments
- Identify opportunities to advocate for safer homes and public spaces
- Advance Age-Friendly Ottawa initiatives

5. Engaging older adults in fall prevention behaviours

- Promote six fall prevention healthy behaviours
- Increase awareness and access to the Staying Independent Checklist/Preserver votre autonomie, screening tool