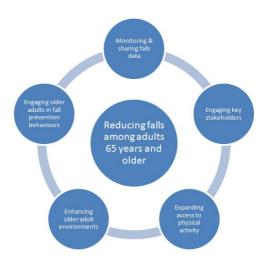


Document 2- Ottawa Public Health's Falls Prevention Approach



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

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• 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